

# Comforting Wrist Warmers, Eucalyptus

## *Hot therapy pack for hands and wrists*

For temporary relief of tense or aching muscles, heat these wrist warmers in the microwave and place on wrists. Exclusive to Gardener's Supply, they are filled with rice, flaxseed and aromatic eucalyptus.

For increased dexterity while wearing the warmers, you may fold the palm insert in half and slide it into the wrist portion of the warmer.

### **Heating Instructions and Precautions**

As all microwaves have different power settings, **DO NOT LEAVE UNATTENDED. DO NOT** heat on a stovetop or toaster, or in a convection microwave or conventional oven. **DO NOT OVERHEAT.**

Remove the grain-filled inserts and place them in the microwave for 45 seconds on a medium setting. Test the temperature of the inserts before use. If you desire more heat, shake gently, refold in opposite direction and reheat at 30-second increments **only** to avoid scorching.

**Moist heat:** Wrist warmers should feel damp when heated. For more moisture, remove outer covers, then mist the inserts with water and place them in the microwave following the heating instructions above.

### **WARNING**

**Do not use on sensitive skin or areas with poor circulation.** People with circulatory problems, skin disorders, or other medical conditions should seek medical advice before use. **DO NOT** apply to an open wound. Not intended for use by children except under a physician's care and with parental supervision.

**Washing Instructions:** Remove grain-filled insert before washing outer cover. Machine wash cover in cold water, on gentle cycle, and hang to dry. Spot clean insert with a damp cloth as needed.

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