

Lavender Comfort Wrap

Hot and cold therapy pack

for neck and shoulders

For temporary relief of tense or aching muscles, heat this wrap in the microwave and place it on the neck and shoulders. Exclusive to Gardener's Supply, this wrap is filled with rice and flaxseed, as well as aromatic lavender.

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 insert and place it in the microwave for 1½ minutes on a medium setting. Test the temperature of the wrap before use. If you desire more heat, shake wrap gently, refold in opposite direction and reheat at 30-second increments **only** to avoid scorching.

Moist heat: Wrap should feel damp when heated. For more moisture, remove outer cover, then mist the insert with water and place it in the microwave following the heating instructions above.

Cooling Instructions

Place the entire wrap in a plastic bag then put into a freezer for 1 to 2 hours before using. Apply cold wrap for temporary relief of minor pain and swelling.

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.

GARDENER'S
SUPPLY COMPANY

1-800-427-3363 • www.gardeners.com