

Flexible
Contours to
fit you - hot
or cold



Adjustable
Gel Ease is
comfortable
to wear and
stays in place
where it is
needed most

The elasticated
wraparound strap helps
to comfortably hold the
pack in place.



Soft protective,
washable cover

More Gel
Gel Ease
holds heat
and stays
cold longer
for lasting
relief



HOT PACK USES
Temporary relief of muscle aches, sprains, and strains.
Back pain. Menstrual cramps. Sinusitis.

HOT PACK INSTRUCTIONS
HOT WATER
Bring water to the boil, remove from heat and immerse
the hot/cold pack for approx 4-10 minutes.
Check after the first 4 mins, then every 1 minute
until the correct temperature has been reached.

MICROWAVE
Adjust times to suit the power of your microwave according
to the microwave manufacturers instructions.
1. Place the Relief hot/cold pack flat in the microwave oven.
2. Remove the pack, check for any splits or leakages, knead to
distribute the heat.

GUIDANCE ONLY - DO NOT OVERHEAT

MICROWAVE POWER	TIME (room temp)
600W	30 Seconds
700W	20 Seconds
800+W	10 Seconds

Wipeable
pouch



gel
ease



gel ease

HOT | COLD GEL THERAPY

Warming and cooling relief.

2 x heatable and freezeable flexible gel packs with cloth pouch and elasticated strap. Reusable hot and cold relief for back pain, muscle aches, strains and sprains, sinusitis, menstrual cramps, and back pain.

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Wipeable
fabric pouch



Mesh pocket holds
gel pack in place



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washable cover



gel ease

HOT | COLD GEL THERAPY

Warming and cooling relief.

2 x heatable and freezeable flexible gel packs with cloth back brace pouch and elasticated strap. Reusable hot and cold relief for back pain, muscle aches, strains and sprains, sinusitis, menstrual cramps, and back pain.