



Arctic Flex



ICE EYE MASK

Owner's Manual
RHB1063

vivehealth.com

OVERVIEW

We are constantly answering questions and recording helpful videos to make using your Arctic Flex Ice Eye Mask as easy as possible. Throughout the manual we will include QR codes and links to important videos that you can visit to help you through the process.



To see all FAQ's in one place visit vhealth.link/rrg

WHAT'S INCLUDED

- 1 pc ice eye mask
- 2 pc 3" round gel packs
- 1 pc black fabric cover

USE AS COLD THERAPY

- Place the eye mask or gel packs flat in the freezer for at least 2 hours.
- Remove the eye mask or gel packs from the freezer.
- Place the fabric cover on the eye mask or wrap the gel packs in a towel. (Optional)
- Apply the eye mask or gel packs to your eyes.
- Do not apply cold therapy for more than 15-20 minutes at a time.

USE AS HOT THERAPY

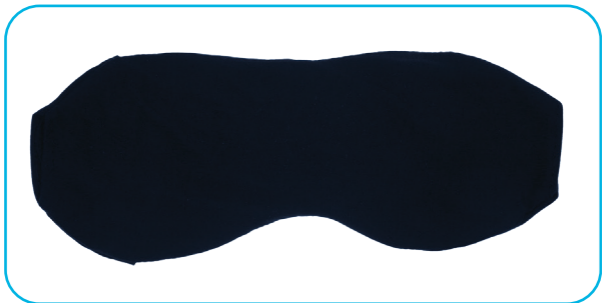
NOTE: Gel packs and eye mask must be room temperature before heating.

- Place the eye mask or gel packs on a paper towel in a microwave.
- Heat the gel packs on High for 5 seconds and the eye mask on High for 15 seconds.
- While heating, watch the eye mask and gel packs carefully. If they start to expand, stop heating immediately.
- Check for desired temperature. If needed, continue to heat in 5 second intervals until the desired temperature is reached.
- Carefully remove the eye mask or gel packs from the microwave using a towel.
- Place the fabric cover on the eye mask or wrap the gel packs in a towel. (Optional)
- Apply the eye mask or gel packs to your eyes.
- Do not apply hot therapy for more than 15-20 minutes at a time.

REMINDER: If you wear contact lenses, heat from the eye mask and gel packs may dry them out, use with caution.

INSTRUCTIONS

- To insert the eye mask in the cover, open the fabric cover at the large opening and slide the eye mask into the cover.



- Make sure to pull the mask completely through the cover so that the straps are free of the cover.
- To apply the eye mask, place the mask on your eyes. Wrap the straps around your head and secure using the hook and eye closure material. Adjust as needed.



- To apply the gel packs, lay down or tilt your head back. Place one or both packs directly over your eyes. Adjust as needed. Wrapping the packs in a towel is optional.



CARE INSTRUCTIONS

- Hand wash the fabric cover in mild soap and hang to dry.
- Wipe the gel packs and eye mask with a damp cloth or rinse under water and dry immediately.

WARNINGS

CAUTION: For external use only. Carefully read all instructions and warnings before using. Use caution if you have sensory or circulatory issues.

- Do not overheat.
- Do not apply hot or cold therapy for more than 20 minutes at a time. Repeat every 1 or 1.5 hours as needed.

- Do not puncture or tear the gel packs.
- Check the gel packs for leaks before using. Discard if leaking.
- This product is non-toxic and latex free.
- If the contents of the gel packs come in contact with your skin or eyes, rinse the affected area with warm water immediately.
- If the contents of the gel packs are swallowed, consult a physician immediately.
- Adult supervision is recommended when using this product on children.
- This product is not recommended to be used on infants.
- If you experience swelling, discomfort or pain, stop treatment immediately and consult a physician.

GOT MORE QUESTIONS?

Check out our list of Frequently Asked Questions at vhealth.link/rrg for helpful answers.



And if that doesn't answer your question, our customer service team would love to help! Feel free to connect with them by phone, e-mail, or chat on our website.



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