



A great new product from the EyeBag<sup>®</sup> Company. If you can't get to a microwave, are travelling on business or holiday and long for the relief that you get from the MGDRx EyeBag<sup>®</sup>, the EyeBag<sup>®</sup> *Instant* is going to be your best travelling companion!





Packed in an individual, single use sachet, the mask heats when the sachet is opened to the air to reach optimum temperature in 2-3 minutes.



Simply loop it over your ears and leave in place for 10 minutes and let the heat release your natural oils to relieve your symptoms.

Remove the EyeBag<sup>®</sup> *Instant* and use the massage technique as you would if you were using the MGDRx EyeBag<sup>®</sup>. Once the EyeBag<sup>®</sup> *Instant* has returned to room temperature, just dispose of it and it's as simple as that!

## EYELID MASSAGE TECHNIQUE

1. In order to express the liquid oil from the meibomian glands you should massage the eyelids using the index or middle finger and sweep the pad of that finger from the inner corner of the eye along the eyelid edge, to the outer corner of the eye.

2. You should start with the upper lid and put the finger pad in the corner of the eye next to the nose, just resting on the eyelid above the lashes for the upper lid and below the lashes for the lower lid, then sweep the finger gently but firmly along the eyelid to the outer end. Some people prefer to do this in a symmetrical way, using the index fingers or middle fingers of both hands, the right hand to the right eye and the left hand to the left eye simultaneously.

3. Repeat this with the lower lid, placing the pad of the finger just below the lashes in the corner of the eye and sweeping outwards towards the temple. This sweeping massage action can be repeated 5 to 10 times over about 30 seconds immediately following the warming.

4. It is important to do this massaging technique as described and neither to be too gentle with the massage nor too firm. It should be relatively comfortable and you should not be pressing hard enough to actually hurt your eyeball under the closed lids. The massaging should always take place with the eyes shut.

## IMPORTANT

Discontinue use if skin sensitivity occurs.

If you have any doubts, please consult your eyecare professional before use.

After use, dispose in normal household waste.

This product is Air Activated. Open only when ready to use.



The EyeBag<sup>®</sup> Company Ltd Unit 5 Calderdale Business Park Club Lane Halifax HX2 8DB

Tel: +44(0)1422 346 116

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This product is manufactured by: Suzhou Hengrun I/E Corp Ltd No. 888 Chenghu Road, Suzhou, China

On behalf of The EyeBag Company.

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