WHAT IT DOES

Heat promotes muscle relaxation and can increase range of motion. It opens blood vessels to increase blood flow, relaxes muscles and helps alleviate pain.

WHEN TO USE IT

Heat is a great way to help loosen up tight joints and tight muscles. It is also a good method of pain relief for tension headaches and other chronic condtions. Always wait 48-72 hours before considering heat therapy.

When in doubt use ice.

M HELPFUL TIPS

- >Treat for no longer than 20 minutes at a time.
- >Do not lie on a hot pack so you don't fall asleep and potentially burn yourself.
- >Do not use heat if you have no feeling in that affected part of your body.
- NEVER use heat if there is swelling or bruising.
- >Do not apply heat directly to skin, use a thin towel.
- >Do not use heat if you have poor circulation, or if you have diabetes.
- >Wait 1 hour in betweeen heat treatments.

For sore muscle care, you can also try RELEVÉ RELIEF organic muscle gel from covetdance.com

*** WHAT IT DOES**

Ice calms down damaged tissue and slows down the blood flow to an injury. It aslo reduces swelling, inflammation and controls the pain.

WHEN TO USE IT

Ice should be used **right after an injury** or activity that aggrevates a chronic condition. Ice is good for migraine headaches, bumps, sprains, and strains that may occur with sports, slips and falls, or lifting. Cold therapy is also helpful in treating some overuse injuries or chronic pain in athletes. **When in doubt use ICE!**

*** HELPFUL TIPS**

- >Treat for no longer than 20 minutes at a time.
- > During treatment check skin every 5 minutes to make sure there is no damage, such as freezer burn (skin would become reddened or blistered, just as when burned with heat).
- >Do not apply ice directly to skin, use a thin towel.
- >Wait 1 hour in betweeen cold treatments.

