

Restore by GAIAM 

DUAL TEMPERATURE THERAPY WRAP

Setup, Usage Tips, and Care & Safety Guide

Please read before using your Dual Temperature Therapy Wrap.

SETUP

1. Remove Dual Temperature Therapy Wrap from box and check for possible shipping damage. If nicks or tears are present, **DO NOT** use.
2. Your Dual Temperature Therapy Wrap is now ready for use.

INSTRUCTIONS FOR USE

HEAT THERAPY

The Dual Temperature Therapy Wrap is designed to heat in your microwave.

DO NOT use convection function on your microwave for heating.

CAUTION! Microwave heating times may vary. **DO NOT OVERHEAT!**

Microwave the Dual Temperature Therapy Wrap on a clean, microwave-safe surface for 1 minute and 15 seconds. **DO NOT** leave the Dual Temperature Therapy Wrap unattended while heating.

Before removing from the microwave, **ALWAYS** test the Dual Temperature Therapy Wrap by shifting its contents to check for hot spots.

If additional heating is required, continue microwaving in 15-second intervals.

DO NOT EXCEED 2 MINUTES IN TOTAL HEATING TIME.

DO NOT heat in a gas or conventional oven. Microwave **ONLY**.

Recommended maximum microwave wattage - 850 to 1400. Microwaves with Low, Medium and High settings should be used on Low and adjusted until best heat is determined.

To avoid exposure to excessive heat, frequently shift the position of the Dual Temperature Therapy Wrap when in use.

COLD THERAPY

For cold use, place the Dual Temperature Therapy Wrap in a plastic bag and place in the freezer overnight. Remove the Dual Temperature Therapy Wrap from the plastic bag before use.

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CARE

1. **DO NOT** wash. Spot clean Dual Temperature Therapy Wrap with a damp cloth. Air dry.
2. Avoid exposing the Dual Temperature Therapy Wrap to sharp or abrasive surfaces, or to excessive sunlight.

IMPORTANT SAFETY CAUTIONS!

Please read before setting up or using your Dual Temperature Therapy Wrap.

1. To reduce the risk of injury, consult your doctor before using this product. The instruction presented herein is in no way intended as a substitute for medical counseling.
2. If you suffer from heart disease, high blood pressure or any other disease or condition, consult your doctor before using this product.
3. **DO NOT** use this product on persons with diabetes, nerve damage, circulatory conditions, sensitive skin, or damaged or broken skin.
4. **DO NOT** use the Dual Temperature Therapy Wrap on persons unable to remove this product from the packaging, such as infants, children and some older persons.
5. **NEVER** place a heated Dual Temperature Therapy Wrap over the eyes.
6. Use product only as intended.
7. This product is sold without any warranties or guarantees of any kind and manufacturer and distributor disclaim any liability, loss or damage caused by its use.

CAUTION: Use only as directed. Consult with your doctor or physical therapist before beginning any self-treatment program. Suitable for ages 13 and over. Keep out of reach of infants and younger children. If symptoms worsen, discontinue use and contact your doctor.

GAIAM®



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