

# HOT & COLD NECK CRADLE

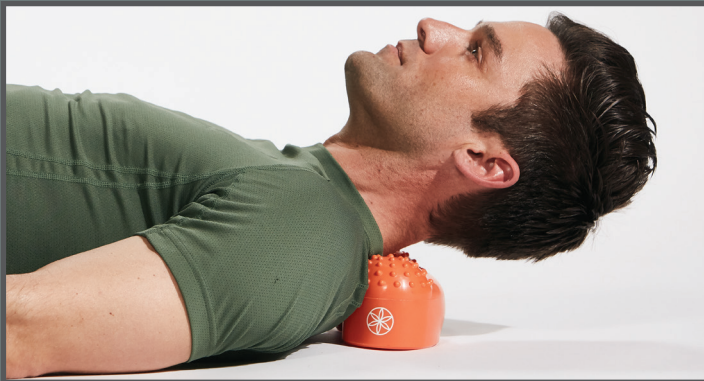
## MASSAGE GUIDE

### Cooling Therapy

Place the Hot & Cold Neck Cradle in the freezer for 4-6 hours to freeze gel; product will stay cold 15-20 minutes. Refreeze as necessary.

### Heat Therapy

Place the Hot & Cold Neck Cradle in 120-degree (very hot) tap water for 7-10 minutes; test before applying to skin. Roller stays heated approximately 10-15 minutes. Reheat as necessary.



Lie down on floor and place Hot & Cold Neck Cradle under neck.

Adjust placement until your head and neck are resting comfortably on the cradle.

Consult your doctor or physical therapist before beginning this or any other self-care program. This product is not a substitute for medical counseling and is not intended to cure any medical conditions.

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