

# HOT & COLD BODY WRAP

## SETUP, CARE & SAFETY GUIDE

Please read before setting up or using your Hot & Cold Body Wrap.

### SETUP & USE

1. Remove your Hot & Cold Body Wrap from box and check for possible shipping damage. If nicks or tears are present, DO NOT use.
2. Your Hot & Cold Body Wrap is now ready for use.

#### For Cooling

Place the Hot & Cold Body Wrap in the freezer for 4-6 hours to freeze gel; product will stay cold up to 1 hour. Refreeze as necessary.

#### For Heating

Bring water to a boil in a pot on your stove. Once water reaches boiling, remove from heat. Submerge the gel insert (remove from the protective pouch) in to the water for 2-3 minutes. Carefully remove the gel insert from the water and place the gel insert back in to the protective pouch. Repeat as needed. Not for use in a microwave oven.

### CARE

1. Wash separate on the gentle cycle with mild detergent. Lay flat to dry. Prior to washing remove cold gel pack. Ensure the gel pack holder is secure to the wrap and the zipper is closed. Ensure that the front closure is secure.
2. Avoid exposing the Body Wrap to sharp or abrasive surfaces, or to excessive sunlight.

### IMPORTANT SAFETY CAUTIONS!

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 Hot & Cold Body Wrap on people unable to remove this product from the packaging, such as infants, children and some older persons.
5. Use product only as intended.
6. 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. Adult use only. Keep out of reach of infants and younger children. If irritation occurs or symptoms worsen, discontinue use and contact your doctor.