restore

MINI COLD THERAPY PACKS

- 1. Remove the chilled Mini Cold Therapy Pack(s) from the storage pouch.
- 2. Remove the backing from one side of the adhesive sticker.
- 3. Place the sticky side of the adhesive on the Mini Cold Therapy Pack. Press gently but firmly to adhere.
- 4. Remove the backing from the other side and apply to the affected area. Press gently but firmly.
- 5. Leave Mini Cold Therapy Pack in place on affected area for 3-10 minutes.
- 6. After use, peel off the adhesive and discard. Return the Mini Cold Therapy Pack to the storage pouch and chill for the next use.







CHEST



BACK



CALVES

LEGS



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