

DIRECTIONS FOR HEATING EASYHEATS NECK

IMPORTANT : These directions are based on an **800W** microwave oven, If using a more powerful microwave, you must reduce the level of power to **800W**. Failure to do this, may result in scorching of the fabric casing and stitching of your heatpack or reduced heat retention.

Caution: It is important to carefully follow these instructions as overheating or inappropriate use may result in fire or burns.

EASYHEATS NECK should be heated in a microwave for 90 seconds initially and at further 20 second intervals until the desired warmth is achieved. (Times will vary according to the power of the microwave). Do not heat **EASYHEATS NECK** for longer than 4 minutes in total.

EASYHEATS NECK should be folded in half and the small pockets at the front should be placed on top, so that the entire wheatbag is compact and not overhanging the edge of the heating plate.

Make sure that the turntable is clean before use.

Do not leave microwave unattended whilst heating.

It is advisable to place a small heatproof container of water in the Microwave whilst heating **EASYHEATS NECK**, to prevent excessive drying of wheat.

Our wheat has been treated naturally with freezing, to prevent any pests such as weevils. For this reason, please do not store your Easyheats alongside untreated wheatbags.

Keep **EASYHEATS NECK** dry at all times. Discard if wheat becomes wet.

Continual heating and drying of **EASYHEATS NECK** may overheat it to the point where it may catch fire. Beware of overcooked odours or the smell of burning or charring. These indicate the need to replace **EASYHEATS NECK**

Do not reheat **EASYHEATS NECK** until it has completely cooled. Likewise, do not store **EASYHEATS NECK** until it has completely cooled.

Do not use **EASYHEATS NECK** laying down in bed or whilst sleeping, where it is covered by doonas or blankets, as spontaneous overheating can occur and the bag may catch fire.

This product may irritate sensitive skin so please check with your medical practitioner or skin specialist if unsure.

People with reduced skin sensitivity to heat and cold should not use this product.

To cool **EASYHEATS NECK** place in a completely airtight bag in a freezer until cold.

Following these instructions will ensure that your **EASYHEATS** product will provide you with comforting warmth (or soothing cold) over and over again.