

DIRECTIONS FOR HEATING EASYHEATS SHOULDER

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 SHOULDER should be folded in half , with the Velcro tabs tucked in between, so that the entire wheat bag is compact and not overhanging the edge of the heating plate or turntable. Ensure that your microwave plate is clean and dry prior to heating your wheat bag.

EASYHEATS SHOULDER 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 varying microwaves and environmental conditions such as room temperature). Do not leave microwave unattended whilst heating.

Do not heat **EASYHEATS SHOULDER** for longer than 2 minutes in total.

It is advisable to place a small heatproof container of water in the microwave whilst heating **EASYHEATS SHOULDER** to prevent excessive drying of the wheat

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

Continual heating and drying of **EASYHEATS SHOULDER** 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 SHOULDER**

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

Do not use **EASYHEATS SHOULDER** in bed or whilst sleeping, as spontaneous heating can occur and the bag may catch fire if covered by bed clothes.

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.

The use of oils on **EASYHEATS SHOULDER** is not recommended.

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

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.

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