

Cryosphere Cold Gel Massage Roller

K116 v01: 28/07/21

Please read and retain these instructions for future reference

vivadia



Dimensions

(H) 6x (W) 18.6 x (D) 8.1cm

Weight: 230.5g

- **UNIQUE CRYOSPHERE GEL ROLLER**
- **SIMPLY PLACE IN THE FREEZER TO COOL THE GEL AND THEN USING THE EASY GRIP HANDLE MASSAGE AND SOOTHE AWAY ACHES AND PAINS**
- **WITH DRAWSTRING BAG**
- **USE ALL OVER THE BODY**
- **GIVES RELIEF FROM TENSION WHICH CAN CAUSE HEADACES**
- **MASSAGE WILL IMPROVE BLOOD CIRCULATION**
- **REUSABLE AND DURABLE**

ASSEMBLY INSTRUCTIONS / INSTRUCTIONS FOR USE:

Unpack the components carefully. Please check all parts have been removed from the packaging.

The roller stays cold for up to 3 hours out of the freezer so it's perfect to use at home or on the go. Its unique ergonomic handle lets you effortlessly target body areas without tiring your hands.

Instructions For Cold Use:

Step 1: Place your roller in the freezer for 20 minutes before using.

Step 2: Roll over muscles to reduce inflammation, puffiness and soreness.

Step 3: Wash with soap and water or rub down with an alcohol wipe for a deep clean once a week.

Instructions For Hot Use:

Step 1: Place the ball in a bowl of hot water for 5-10 minutes. Keep the handle part out of the water.

Step 2: Let the ball cool down to the required temperature.

Step 3: Apply the Massage Roller Ball to affected muscles.

Step 4: Wash with soap and water or rub down with an alcohol wipe for a deep clean once a week.

Warning:

HEAT THERAPY: Do not heat the roller over direct heat such as an open flame, stove or oven. Do not heat in a microwave. Use only tap water to warm roller.

COLD THERAPY: Do not attempt to stick tongue to the roller. Do not apply on wet skin. Keeping cold roller in the same body area for too long can cause serious cold burn. Only use over clothing or towel. Using the roller directly on your skin may cause skin to itch or turn grey or red. If you feel the roller is too cold, let it cool for a few minutes before using again.



Keep away from children. This product is not meant for use on children, or to be used by children.

Please check with your GP if you have any questions about using this product.

DISPOSAL

- Coopers of Stortford use recyclable or recycled packaging where possible.
- Please dispose of all packaging, paper, cartons, packaging in accordance with your local recycling regulations.
- Plastics, polybags – this is made from the following recyclable plastic.



Code & Symbol	 PP	 OTHER
Type of Plastic	Polypropylene	TPR
Commonly used for	Microwaveable food containers, yoghurt pots, butter tubs, disposable plates and cups	CD's, crisp packets, various flexible packaging, baby bottles, sunglass lenses
Notes	Commonly recycled and collected from household recycling bins (packaging tape itself not recyclable but does not interfere with cardboard)	Not often or widely recycled

- At the end of the product's lifespan please check with your local council authorised household waste recycling centre for disposal.