

**INSTRUCTIONS FOR USE:**

To use as a heat pad, lay the Lavender Heat Pack on a towel and place into your microwave. Heat for 1 – 1 ½ minutes and remove from microwave. Check the temperature of the heat pack before using. If more warmth is desired, re-heat for additional 15 seconds. **DO NOT MICROWAVE THE LAVENDER HEAT PACK FOR MORE THAN A TOTAL OF 3 MINUTES.** Never leave the heat pack unattended in the microwave. Do not overheat.

Note that microwave times will vary depending on brand and wattage.

When used for the first time, the heat pack may appear a little damp. This is normal as moisture from the wheat is released.

Drape the heat pack around your neck and fasten with hook & loop.

As with any object placed in microwave, heating the item for more than the recommended time can cause a potential fire hazard. Do not leave unattended when heating in the microwave.

The heat pack will remain at a comfortable heat for up to an hour and can be re-heated. Please allow heat pack to cool down fully between uses.

To use as cold therapy, wrap the Lavender Heat Pack in a plastic bag and place into your freezer for at least 1 hour.

CARE AND CLEANING INSTRUCTIONS:

- Do not wash the heat pack in the washing machine. Wipe the outer shell clean with water. Air dry or fluff dry with a hair dryer. Do not use bleach. Do not submerge the heat pack in water.

CAUTION:

- Always check the temperature of the heat pack before placing it directly on your body to ensure it is okay for your desired therapy.
- Please read and retain these instructions for future reference.
- Allow to cool fully before reheating.
- Do not extend the manufacturers' maximum heating time.
- Contains buckwheat hulls.
- This is NOT a toy. Parental supervision advised. Not recommended for children under 3 years of age or for use on persons with medical condition.
- May cause an allergic skin reaction. Wash skin thoroughly with plenty of water after handling.
- May cause eye irritation. IF IN EYES: Rinse cautiously with water for several minutes. Remove contact lenses, if present and easy to do. Continue rinsing. If eye irritation persists seek medical advice/attention.
- Always wash hands after each use.
- If allergic reaction occurs seek immediate medical attention.
- If contents are leaking, discontinue use and discard. Take off any contaminated clothing and wash it before reuse. Contain and collect spillage by absorbing with sand, earth or other non-combustible material and dispose of contents/container in accordance with national regulations.
- Do not use to heat bedding, duvets or use as alternative to a hot water bottle.

DISPOSAL:

- Dispose of all packaging, paper, cartons, plastic and plastic bags in accordance with your local recycling regulations.
- At the end of the product's lifespan please dispose of it at an authorised household waste recycling centre. Do not dispose in drains, ponds, rivers or watercourses or ground. Toxic to aquatic life with long lasting effects.