Deep Hot or Cold Therapeutic Massage Relief!

HEAT THERAPY
- Penetrating heat increases the blood flow to relieve neck, back and feet discomfort associated with sore or strained muscles or aching joints.
- Relieves chronic conditions of rheumatoid arthritis, osteoarthritis, muscle tension or spasm in the neck, back or feet.
- Increases warmth, comfort and relaxation of sore muscles.

COLD THERAPY
- Decreases circulation and relieves pain and discomfort associated with muscle tension and muscle spasm.
- Relieves tension headaches or migraines.
- Relieves strained or swollen muscles in the neck, shoulder and back.
- Relieves the pain of inflamed or aching joints in the neck, back and feet.

MASSAGE THERAPY
- The sensation of vibration competes with the sensory pain fibers to help reduce the soreness associated with inflamed, swollen aching muscles and joints.
- Stimulates relaxation and circulation reducing muscle tension or spasm in the neck, back or feet.
- Relieves strained and swollen muscles in the neck, shoulder and back.
- Increases comfort to sore muscles and joints.

Item No. Units/Case
H6280  6
(Requires 2 "D" Batteries – Not Included)
INSTRUCTIONS: (1) Unzip cover (2) Remove gel pack and place in freezer or microwave for either Hot or Cold Therapy (3) Insert 2 “D” batteries as per instructions below.

HEAT THERAPY DIRECTIONS
Place gel pack in microwave over for a maximum of 25 seconds. DO NOT HEAT GEL PACK IN BOILING WATER.

COLD THERAPY DIRECTIONS
Place gel pack in the freezer for a minimum of 15 minutes.

PLACEMENT OF GEL PACK
The Hot and Cold Message Pillow™ has been designed with a curved surface on one side to support the neck or the back and the flat side with pockets to position the feet. In order to receive maximum hot or cold therapy, there are two separate pockets for the placement of the Gel Pack on the inside of the Massage Pillow. Place Gel Pack in pouch inside the Massage Pillow on the flat side when used for foot therapy or in pouch on the curved side for neck and back therapy.

NECK OR BACK THERAPY DIRECTIONS
Place gel pack in pouch inside the Massage Pillow on the curved side.

FEET THERAPY DIRECTIONS
Place Gel Pack in pouch inside the Massage Pillow on the flat side.

MASSAGE THERAPY
Press on/off switch on the side of the Massage Pillow to activate the vibration. Sit back, relax and enjoy the Hot & Cold Massage Pillow.

QUICK AND EASY BATTERY INSTALLATION
(Requires 2 “D” Batteries – Not Included)
• Unzip back of cover.
• Locate battery holder which is attached to the inside of the pillow. DO NOT PULL OUT THE BATTERY HOLDER.
• Place 2 “D” batteries in the battery holder as shown.
• Zip the cover closed.
• To activate the Massage vibrator, simply press the control switch.

WASHING INSTRUCTIONS
Polyester Fleece Cover: Recommended Dry Cleaning or Spot Cleaning.
Foam Core: Do not wash - See Instructions Inside

CAUTION:
• Do not apply hot or cold gel pack directly to skin.
• Do not heat gel pack in boiling water.
• If gel pack is too hot or too cold it can damage sensitive skin.
• Do not leave in microwave longer than 25 seconds.
• Keep gel pack out of reach of children.
• Dispose of gel pack if punctured or cut.