



# New Easy-Ice Pain Relief Pack

LARGE SIZE 15 X 10 1/2 INCH 37 X 26 CM

## CONTACT

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### Use on multiple body positions



Back



Knee



Shoulder



Upper Back



Muscle Pain



Sport Injury



### How to Use

#### Hydration

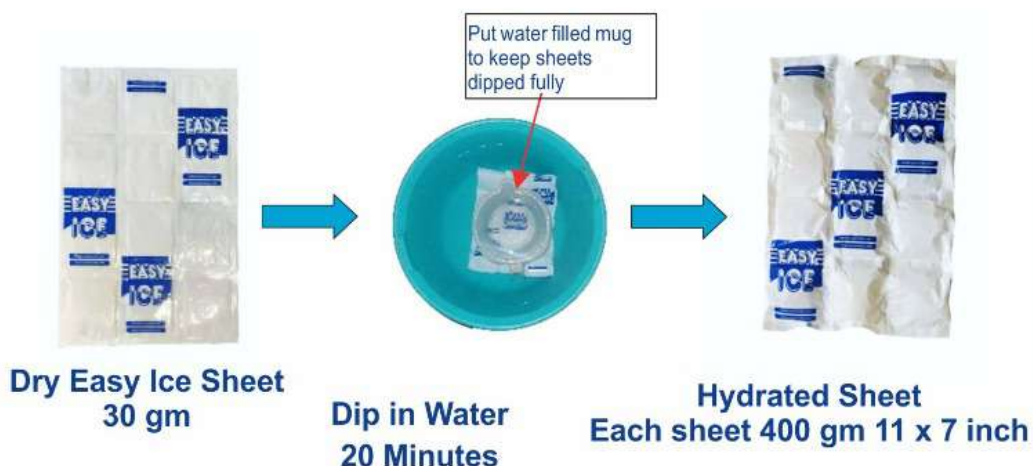
1. The first step is to Hydrate the four dry Easy Ice sheets in your pack.
2. To hydrate take a small tub 16" dia, fill this with water. Dip dry easy Ice sheets in the tub. At their own sheets remain floating. To dip them put water filled mugs on the sheets Let the sheets remain dip them put water filled mugs on the sheets Let the sheets remain dipped fully for 20 minutes. The sheets will aboard water automatically and swell in thickness to 2 cm.

#### Picture

4. The hydrated sheets from gel in the cells. Hydration is required

#### Hydrate the Ice Packs:

Soak the dry ice packs in lukewarm water for 20 minutes. They will absorb water and become 2cm thick.







Cool In Freezer

**To Use cold:** Place hydrated sheets flat in freezer. Set freezer to lowest temperature. Let the sheets freeze for about 4 hours or longer, This will freeze gel in the cells. Now the cold sheets are ready to be inserted in the belt and to be used on body. While using belt on body If you feel cells are hard on skin, let the frozen sheets stay in ambient water for approx 10 minutes This will make the hard cells softer to use.



Heating in Microwave Oven

**To use Hot:** Let sheet come to room temperature. Place them flat in microwave oven. Heating time depends on oven power. Two sheets together will heat in about 3 minutes in 700 Watt oven. Heating time for single sheet is only about 40 seconds\_ Adjust heating interval in small increments to suit temperature as required on body. For safety, handle the hot sheet with a towel.

One can also heat sheets in boiling water. Boil water in big tap. Remove the top from stove. Put the hydrated sheets in the top with hot water, for about 8 minutes. Take out the heated sheets, wipe extra water. Now the hot sheets are ready to be inserted in the belt and to be used on body.



Hydrated sheets & Belt

The belt has two inner pockets to hold the cold/hot sheets—one on the left and one on the right. Insert the sheets, close the pocket flaps, and ensure the wrap side faces your body. The belt features four elastic straps with Velcro segments for a secure fit. Place the belt on the required body part, first engaging the upper two straps, then the remaining two, adjusting as needed. Assistance may be helpful for securing the straps properly. For guidance, refer to the video at [www.easyiceindia.com](http://www.easyiceindia.com). After approximately 20 minutes of use, remove the belt and place the sheets back in the freezer for reuse. The sheets usually remain cool enough for multiple applications before refreezing, making them ideal for targeting different areas like the back, knee, or elbow. The belt is machine washable at ambient temperature for easy maintenance.



Inserting two sheets in Belt

**When not in use,** store Easy Ice sheets in the freezer or in an open plastic bag (not sealed) in a cupboard. Keeping them in a plastic bag prevents dehydration. Easy Ice requires minimal maintenance but can be rehydrated in water for a few minutes every six months to maintain proper hydration.

## **Notes**

- **Easy Ice gel is non-toxic. Sheet is washable under tap water, anytime.**
- **The gel sheet is for external use. Do not eat cut the plastic film on the sheet for hydration/absorption of water.**