



MINI COLD/HOT THERAPY BELT

Item: MB1



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Fever/Headache



Toothache



Wrist



Ankle / Shin



Foot

Highlights:

- It's novel cold/hot pack. No filling of ice cubes/hot water. Safe and environment friendly. Just requires 250 cc water at start.
- Treat fever, headache, toothache, swelling from tooth extraction.
- Accident, bumps, sprain or arthritic pain in small joints viz knuckles, toe, ankle, shin.
- Reusable for many months, convenient to carry.

How To Use:

There is a small opening on the side of the belt. Pour 250 ml of warm water into the opening. Water will get absorbed in in the belt



After pouring water, close the opening by hand or clips. Hold for about 5 minutes, move belt so that water can moves in all sides of belt. If little water comes out, ignore. Next inverting the belt to drain off unabsorbed water.



Belt is now ready for cooling or heating. One can also keep it, as it is or carry anywhere as required.

Belt size: 7.5 x 5 inches

Weight: 260gm



Cold Use:

Place the belt flat in the freezer. Set the freezer to the lowest temperature. Let it freeze for 2 hours or more. Now Position belt on the body and by using velcros hold at required position. If you feel a frozen belt is too cool or hard, leave it in the open for a little while to thaw & then use.



Hot Use:

Place the belt flat in Microwave oven. Heating time depends on Oven power, one can set 40 seconds for a 700 watt oven. Adjust heating in small increments of 5 sec to suit the temperature required on the body. For safety, handle belt with a small towel. Once heated apply belt on body.



Notes:

1. After use, the belt will return to room temperature. Reuse the belt by cooling or heating. No need to put water in the belt, again. Belt can be used multiple times. One can store the belt in a clean poly bag.
2. If you want to use the belt in the microwave oven immediately after freezing it. Let the frozen belt come to open air temperature before putting the belt in microwave oven.
3. Repeated heating in microwave say about 25 times. Little water may evaporate. Make up for loss to restore belt weight to 260 gm. Don't need to add water when the belt is used cold.
4. See videos & details at www.easyiceindia.com