



# New Easy-Ice Pain Relief Pack

Cold/Hot Therapy  
AUTO-HYDRATING & GEL-FREE SURFACES

## Use on multiple body positions



Knee Pain



Back Pain



Elbow Pain



Shoulder Pain



Leg Pain



Cold/Hot Therapy Pack

## Contact:

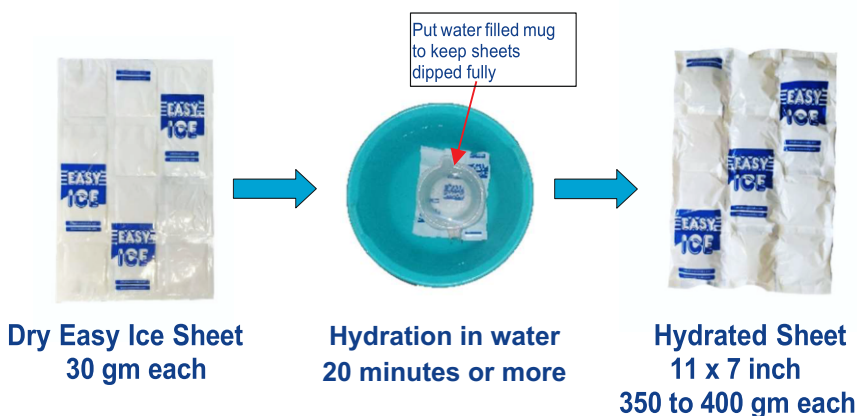
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Code: B1 N

## How to use:

### Hydration:

1. The first step is to hydrate the Easy Ice sheets. This is required once in the beginning. During hydration Easy Ice sheet absorb water.
2. Hydration is best with warm water, slower with cold water.
3. Your pack has two Easy Ice sheets. One sheet is used in the belt at a time. Second sheet is Spare.
4. Hydrate both sheets and keep them in freezer for ready availability during cold therapy. Alternatively use one for cold and second sheet for hot therapy.
5. To hydrate, take a small tub about 16" dia, fill it with water. Dip dry Easy Ice sheets in the tub. At their own Sheets remain floating, to dip them, put one or two water filled mug over the sheets. Let the sheets remain dipped for 20 minutes or more. The sheet absorb water **automatically** and each cell will swell about 2 cm thick.



6. The hydrated sheets form gel in the cells. Hydration is required only at the starting. No need to hydrate again.



**Cool in Freezer**

### To Use cold:

Place hydrated sheets flat and freeze them to lowest temperature for about 3 hours. Now the cold sheets are ready to be inserted in the belt and use on body. While using belt on body If you feel cells are hard on skin; let the frozen sheet stay in ambient water for say 10 minutes. This will make the hard cells soft to use.



**Heating in Microwave**

### To Use Hot:

Let sheet thaw to room temperature. Place them flat in microwave oven. Heating time depends on oven power. Single sheet will **heat in about 40 seconds** in 700 Watt oven. Adjust heating interval in small increments to suit temperature as required on body. For safety, handle the hot sheet with a small towel.

One can also heat sheets in boiled water in a top. Put the hydrated sheets in hot water for about 5 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. For safety, handle the hot sheet with a small towel.

### Using Easy Ice sheets in belt :

The Belt has a pocket on outer side with flap opening. Insert sheet in the pocket and close the flap. The flap-side is outer side and the other side touches body. Hold belt on required body part and engage the elastic. The elastic lengths on the belt are provided for going round larger part like waist.



**Outside of the Belt  
for insertion of Sheet**



**Inside of the Belt  
towards body**



**Engaging Elastic  
for Small Area**

When belt is to be used on smaller areas like knee, elbow etc; encircle elastic till length reduces and then engage on suitably. Refer to video at [www.easyiceindia.com](http://www.easyiceindia.com)

After treatment, the belt can be removed, sheet can be put in freezer for reuse.

Belt can be washed in washing machine, at ambient temperature.

When not using Easy Ice sheets store them in freezer or in an open plastic bag (not sealed), in the cupboard. Keeping in plastic bag prevents dehydration or dust on sheets.

### Notes

- Easy Ice gel is non-toxic. Sheet is washable under tap water, anytime.
- The gel sheet is for external use. Do not eat, ingest or mix in drinks. Take care when using with children so they do not ingest it accidentally. Do not cut the plastic film on the sheet for hydration/absorption of water.