

HOT AND COLD THERAPY PACK - BACK AND STOMACH - REGULAR



SKU: THE-11089

SPECIFICATIONS

Size: 28cm x 20cm

Material: 100% Cotton And Hand Washable

Code - T113

DIRECTIONS FOR USE

1. Preparation

Cold Treatment

For immediate treatment of sprains, swelling, minor burns, headache and migraines.

Freezer

Seal the pack into a plastic bag and place it in the freezer for the time recommended on the pack.

Heat Treatment Microwave

For lower back pain, stomach ache, labour pain, cramps, arthritis, etc.

Heat the pack in a turntable microwave set to High for the time recommended on the pack. As a safety measure, always place a glass of water in the microwave to reduce the risk of the pack overheating.

Heat Treatment Oven

Insert the pack into an oven-safe bag. Preheat the oven to 200 degrees Celsius. Lower the temperature to 50 degrees Celsius. Place the bag in the oven for the time recommended on the pack. Check the pack at 5, 10 and 15 minutes to obtain the desired temperature.

2. Application

Place the pack over the affected area and keep it in place for approximately 20 minutes. Repeat the application as necessary every half hour.



3. Usage Care

- Read and follow the directions for use on the pack.
- Do not overheat.
- Do not apply to impaired-sensation skin.
- Do not reheat until the pack has returned to room temperature or reduce heating time by half.
- If pain persists, consult your doctor.

WARRANTY

One year warranty from date of purchase

VARIATIONS

Image	SKU	Colour
	THE-11089-11092	Red
	THE-11089-11093	Blue

PRODUCT DESCRIPTION

The Hot & Cold Therapy – Back & Stomach Pack- Regular by Therapack is a simple design that gives targeted relief for pain and allows mobility as it can be held in place by clothing such as jeans, pants or skirts.

When the Back And Stomach Heat Pack is placed against the lower back, it eases tension and relieves back pain. Whilst it is placed on the stomach, it relieves abdominal pain such as that caused by cramps.

The Hot & Cold Therapy – Back And Stomach Pack- Regular by Therapack is good for Back pain, Stomach aches, Period pain, Labour pain and Sports injuries. They are easy to use and comfortable to wear as it subtly moulds to your body.

They are Australian made and made from 100% cotton that is also hand washable. These Therapacks contain natural Australian lupin seeds. Lupin seeds are odourless, pest-resistant, mould-resistant, allergy friendly and, unlike hot water bottles or gels, they are safe in the event of spills. With Australia having one of the highest levels of allergy related diseases such as asthma, they are Hypo-allergenic, as all natural is the focus of this design.

The Therapacks can be effective for both hot and cold treatments by either placing the pack in the oven, microwave or chilled in a freezer. They can also be used for relaxation purposes and to encourage sleep.

Therapacks Heat Packs have been developed by healthcare professionals and are the result of years of practical experience and are available in Red and Blue.