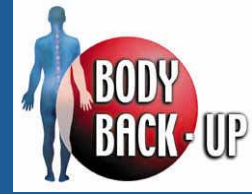


# Heat Pack instructions



Osteopathy &  
Sports Injury Clinic

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The hot or cold pack you heat in the microwave or cool in the freezer. The safe alternative for all ages to the hot-water bottle, gel packs and electric pads. No boiling water, trailing wires or danger from scalding.

The **Hot Bot / Nature's Heat** contains 100% naturally treated cereal encased in an inner cotton lining and comes with one outer slipcover.

**Use your Hot Bot / Nature's Heat** for comfort and relaxation while in bed, on the sofa, in the car or at work. The **Hot Bot / Nature's Heat** is ideal in helping to relieve:

**Tension and stress • Back pain • Stiff neck • Rheumatic pain • Menstrual pain  
Aching joints • Inflammation & bruising • Muscle strains  
Sciatic & migraine pains • Stomach aches**

The heat of the **Hot Bot / Nature's Heat** is slowly released and depending how and where you use it will stay warm for up to three hours snuggled up under blankets or a duvet, up to 45 minutes without insulation (perhaps on a stiff neck), up to an hour and a half (used as a back cushion). For the first few heatings you may experience variable heat retention and some condensation.

## • User Instructions •

**Heating:** The **Hot Bot / Nature's Heat** must **ONLY** be heated in a microwave on full power.

**650 – 750 Watts: up to three minutes • 800 Watts: up to two and a half minutes**

These times are for microwaves **with** a turntable. Microwaves **without** a turntable, your **Hot Bot / Nature's Heat** must be shaken and turned over halfway through the above heating times.

**Please note** we recommend the slipcover is removed before micro waving. To top up the heat pop it back in the microwave and heat for approximately **half the original time**.

**Freezing:** Remove the slipcover and place the **Hot Bot / Nature's Heat** in a plastic bag in the freezer for 2 – 4 hours depending on the setting of your freezer. Condensation may appear; gently shake and it will evaporate. When frozen the **Hot Bot / Nature's Heat** remains dry and supple and remains dry to the touch while defrosting.

## • Care Instructions •

The original channel design allows the contents to be positioned to the contours of your body. If the inner lining becomes dirty dab-clean with a damp wet cloth, do not immerse in water, dry slowly and thoroughly in a well ventilated place.

The outer slipcover is machine washable, see the instruction label. Remove all packaging before use and retain instructions for future reference.

Always follow the recommended heating times and **NEVER** over-heat. It is a natural product and not flame retardant.

You may also be interested in our Fact Sheet — Applying Heat

To find out more about Body Back-Up visit our website or email us at [practice@bodybackup.co.uk](mailto:practice@bodybackup.co.uk)

[www.bodybackup.co.uk](http://www.bodybackup.co.uk)

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