

relaxpak

HOT/COLD PACKS

*So... now you have a new RelaxPak. That makes us very happy.
Here are some things that will keep your pak around for a long, long time.*

Use the instructions sewn on your pak. They are on a tag along with our contact information.

The amount of time you heat the pak depends on the wattage of your microwave. Microwave on the low end of the recommended range if you have a newer, larger microwave. And a little bit longer if it's an oldie.

Test the pak using the low end of the instructions on your first try. Then add a few seconds in order to find the right amount of time.

Re-heat the pak for only a few seconds. This is because the grain is still warm inside even though you can't feel it.

Our paks are moist heat packs. Moist heat is a slow heat much like radiator heat in homes. Be patient.

Never use the pak if it feels HOT. That's not good for your skin, your muscles, or your pak. Okay?

If you spritz the pak with a little water, it will retain its moisture longer. Or you could put a mug full of water in the microwave with the pak if there is room.

Consider storing the pak in an airtight bag in the freezer. Why? This helps the pak last longer, somewhat like a bag of frozen peas. Plus you have it cold in case you need it as an ice pack. And it keeps the pak away from German Shepherds and Labradors who often like to snack on them.

Surface wash the pak with a mild laundry detergent or Dawn. No soaking! To dry the pak, microwave as recommended or leave in the sun.

Some of our paks are made using 2 different fabrics- flannel and cotton. The flannel side is used warm and the cotton side is used cool.

Should you need a cover, a little hand holding, or even another pak, please email us at Relaxpak@verizon.net

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