



## HEAT PACKS

### Wheat Packs—Unscented & Scented

Unscented ☐

Lavender ☐

Rosemary ☐

### Sizes and Suitability



Small - Forehead  
Heating time 1.50 min



Medium - Elbow/Knees  
Heating time 2.00 min



Large - Neck & Shoulder/Stomach  
Heating time 2.00 - 3 min

Small, Medium and Large bags are sewn in 3 sections for ease & comfort to apply to injuries

-Heat Pack can be worn comfortable under clothing whilst working-

Neck & Shoulder heat pack, try wearing a scarf over the top. Relief of Muscular Aches and Joint Pain

### Microwave Instructions

Place in Microwave with 1/4 cup of water when heating—do not wet the bag. (This will stop your grain from drying out or burning) Heating times may vary according to the Microwave.

(Caution is needed when heating your bag—always check the heat of it before laying it on the affected area)