



Tel: 01373 825 665 www.wheateeze.co.uk Fax: 01373 825 664

Directions for Wheateeze use and care

To Heat:

Place the WHEATEeze Pack in a microwave oven on a high setting, observe times:

ONLY heating times can be varied to suit personal comfort and levels of warmth required:

Relief Pack 2-3 minutes

Lower Back Pack 3-4 minutes

Full Back Pack 4-5 minutes

Mitt 1-2 minutes

After this time the Mitt will be much hotter on the inside than the outside so take great care before inserting the hand until you know the ideal heating time for your comfort.

Eye Shadow 20-30 seconds

Requires very little time in the microwave only as the area around the eyes is extremely sensitive.

Footsie 20-30 seconds

Requires very little time in the microwave only as the area around the eyes is extremely sensitive.

To Freeze:

Insert the WHEATEeze Pack into the supplied plastic bag and place in the freezer for 3-4 hours. It is recommended to keep a WHEATEeze Pack in the freezer in this way to enable immediate treatment of an injury thus facilitating initial healing and shortening the time to total recovery.

Similarly the WHEATEeze Eye Shadow should be kept in the freezer always ready for immediate migraine treatment. Apply a WHEATEeze Pack straight from the freezer to the injured area to stabilise internal bleeding then, only after a time lapse of 24 hours, apply a warmed WHEATEeze Pack to assist the healing process.

Wheateeze by THERA CARE,
Unit 3, Westbury Industrial Estate
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WHEATeeze Pack Care:

Do not wash or allow to get wet

Allow the Pack to cool before storage to prevent trapping moisture

Allow pack to cool before reheating as this allows the contents to re-hydrate and prevents overheating

Packs will achieve longer effective life if occasionally a cup of cold water is placed in the microwave when heating to allow a degree of re-hydration

Store the pack in a re-sealable polythene bag when not in use

Do Not:

Overheat the WHEATeeze Pack. If the Pack is too hot either allow it to cool naturally or cover it with a piece of suitable material.

Apply heat within first 24 hours of any injury.

Use for acute injuries in areas of poor circulation nor in any other areas where skin sensation is poor.

Note:

To reduce the moisture level place the pack in an airing cupboard overnight.

When applied to a specific pain site the WHEATeeze Packs impart support and comfort as well as the soothing properties of heat benefits. Moulds to the area for comfort dual purpose - Hot or cold warmth lasts for hours relaxing to touch long lasting convenient re-useable clean safe to use no leaking quick to prepare totally natural product.

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