

NON-LEAKING – MICROWAVEABLE

POLAR FROST®COLD & HOT PACK

SOFT – DURABLE - REUSABLE – BIOGRADEABLE – NON-TOXIC

Cold: First aid to reduce swelling and pain in acute as well as chronic disorders in muscles and joints. Cool in a freezer about 2 hours. Apply, wrapped in a towel, for 5 – 20 minutes. Shorter time on less muscular areas. Let the skin recover to normal temperature before new application.

Hot: Use only for non-inflamed symptoms of ache and pain. Excellent for muscular disorders like cramps, stiffness, tension and lumbago. Warm both sides in microwave about 20 seconds.

For additional warmth, heat again in 10 second intervals, or warm in a bowl of hot water for 8-10 minutes. Do not apply more than 20 minutes at the time.