



# POLAR FROST® GEL WITH ALOE VERA

## WHEN TO USE POLAR FROST® AND/OR POLAR HOT?

### PREVENTIVE CARE with **Polar Hot** gel

To warm up muscles to avoid injuries and muscular stiffness.  
When suffering local circulation problems.

### FIRST AID with **Polar Cold** packs

For acute injuries to prevent swelling and inflammation.

For chronic pain to cut down peaks of pain and ache.

For emergencies (like accidents) to prevent bleeding and symptoms of soft tissue injuries.

Treatment time 5 – 20 min.

### FIRST AID with **Polar Hot** pack

For non-inflamed muscle cramps and pain like lumbago.

For non-inflamed joint disorders

For effective muscle warming and relaxation in neck -, shoulder-, and back areas

Recommended treatment time circa 20 minutes.

### CONSTANT CARE with **Polar Frost Gel** & Aloe Vera

For local first aid in minor aches and pains and as a course of treatment for soft tissue injuries, aches and pains, associated with inflammation, like

- strains, sprains and ruptures
- chronic neck-, back-, and shoulder pain
- arthritis, bursitis
- tennis elbow
- disorders like cramps
- tension etc..

Duration of efficacy 2 – 4 hours.

Application 3 – 4 times a day

Treatment time 2 – 5 days

### CONSTANT CARE with **Polar Hot Gel** & Aloe Vera

For non-inflamed aches and pains. For muscular disorders, like

- cramps
- stiffness
- lumbago
- back pain
- arthroses
- arthritis
- local circulation problems

Duration of efficacy 6 – 12 hours

Application 2 times a day

Treatment time 2 – 5 days

### SUPPLEMENTARY CARE with **Polar Hot** gel

To promote healing process especially when treating injuries.

Polar Hot improves local circulation and metabolism which are crucial when aspiring fast and proper healing.