



Headache Relief Cap

INSTRUCTION MANUAL

WARNING

Before each use, be sure to check the inner lining of the hat for ice crystals, do not use it if for any reason ice crystals or gel are visible. If, for any reason, the gel from the sleeve comes into contact with your skin or eyes, be sure to wash the affected area thoroughly with soap and water. If you experience any allergic reactions, also be sure to clean the area with soap and water and consult your doctor.

FREEZING INSTRUCTIONS

Put the hat in the plastic bag provided and place it in the freezer for at least two hours, or until completely frozen. When you are ready to use the hat, remove it from the freezer and let it sit for a few minutes to thaw slightly. The hat should be cold to the touch, but not frozen solid. The hat should be worn for 15-30 minutes at a time, several times a day as needed. After use, return the hat to the freezer until it is needed again. The hat should not be worn for more than 30 minutes at a time, as prolonged exposure to cold temperatures can cause skin irritation or frostbite.



HEATING INSTRUCTIONS

Make sure to remove the hat from any plastic protective bag before heating, and if it is frozen, be sure to thaw it to room temperature first. Start by microwaving the product for 20 seconds, and then add in 10-second increments until it reaches the desired temperature. Always monitor the hat while it is in the microwave to ensure that it does not overheat. After heating, let the hat cool completely before placing it back in the plastic protective bag.



CAUTION

Do not use the cap if it is damaged or has any visible defects, as this could potentially cause further discomfort or injury. Avoid using the cap if it causes any irritation or discomfort. If you experience any adverse effects while using the cap, stop using it immediately and consult with a healthcare professional. Apply the product to dry skin for optimal results, and be careful not to microwave it for too long to avoid damaging its properties. Avoid using the product on infected areas or open wounds without first consulting a doctor, and be sure to keep it away from water to prevent it from becoming damaged or ineffective. Remember, the product should not be ingested, so be sure to keep it out of reach of children and pets.

MAINTENANCE and WASHING INSTRUCTIONS

When cleaning your product, use a damp cloth to wipe it down and then lay it flat to air dry. Do not wash the product, including by hand or in a machine, and avoid using bleach, dry cleaning, or ironing. These methods can damage the product and reduce its performance. Additionally, do not expose the product to hot water or put it in the dryer. If the product does happen to get wet, simply allow it to air dry. By following these guidelines, you can fully enjoy the benefits of your product for as long as possible.



For issues with your product please contact:

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