



With Aromatherapy

**BED BUDDY®**

DEEP SOOTHING RELIEF

# HOT & COLD PACK

Thermatherapy®

**Place product in microwave and heat for 90 seconds. Carefully touch to test. If additional warmth is desired, continue heating in 20 second intervals.**



Product # BBF1986, 1994,  
1995, 1996

- Heat on clean microwave safe dish. Lay flat and distribute contents of BED BUDDY evenly lengthwise.
- Do not leave BED BUDDY unattended while heating.
- Leave in microwave for 1 minute before use.
- Microwave heating times vary. Always touch-test temperature before use.
- Overheating may cause cover to ignite.
- Never heat a BED BUDDY that is wet in any manner. It can burn you.
- Do not enclose the BED BUDDY in any manner. It can burn you.
- Do not sit or sleep on the BED BUDDY.
- Continuous low heat in one area can burn you. Continually shift the position of the BED BUDDY when in use.
- Never wash the BED BUDDY inner pouches. Clean with a damp cloth only.
- Use cold ONLY over the eyes.
- Always protect furniture and delicate fabrics.
- Do not use this product on persons with nerve damage, circulatory problems, insensitive skin, or with damaged or broken skin; or on persons unable to remove this product such as infants, children, and some older persons.
- Consult physician before use if pregnant or any medical conditions exist.

**Do not exceed two minutes heating time per use.**