

MIRACLE WARMERS Activation/re-activation Sheet

1. **ACTIVATING YOUR MIRACLE WARMERS FOR HOT THERAPY**

To activate your Miracle Warmer, press the metal disk inside of the plastic pouch with both thumbs until the disk (CLICKS). Some bags require several clicks to activate. You will notice a chemical reaction occurring, at this time MIRACLE WARMER IS ACTIVATING.

(If your Miracle Warmer activated during shipping follow the instructions in step 2 re-activate or reset your bag.)

2. **REACTIVATING YOUR MIRACLE WARMERS**

To reactivate your Miracle Warmer you will need to use any type of stove or rice cooker. Fully submerge your Miracle Warmer in a pot with hot water. The water temperature needs to be between 160 – 170 degrees Fahrenheit. If you do not have a thermometer, to prevent melting or scorching the product it is recommended to place a washcloth inside the pot. Your Miracle Warmer must rest in hot water for 7 – 10 minutes until all crystals have melted.

3. **MIRACLE WARMERS COOL DOWN PERIOD**

Once your Miracle Warmer has reached liquid state, remove from hot water using tongs. Place Miracle Warmer on a clean towel or drying rack at least 15 minutes or until cool to the touch.

4. **MIRACLE WARMERS ACTIVATION TIME**

Once activated, your Miracle Warmer will provide 30 minutes to 3 hours of soothing warmth. Hand Warmers last up to 30 minutes, Neck and Shoulder warmers last up to 2 hours. After its warming cycle is finished, your Miracle Warmer will become hard to the touch. At this time your MIRACLE WARMER will need to be reactivated, please refer to step 2.

5. **MIRACLE WARMERS COLD THERAPY**

Your Miracle Warmer may be used for cold therapy in liquid state or solid state. If the Miracle Warmer is in liquid state and placed in the Freezer it will automatically activate and cool down. Once Miracle Warmer is cool it may be used to provide **COLD THERAPY**.

CAUTION: DO NOT MICROWAVE Use Tongs when removing Miracle Warmers from **HOT WATER**. Your Miracle Warmer may be too hot for sensitive skin, proceed with caution. Place Miracle Warmer on the skin to test for sensitivity. If Miracle Warmer is too hot, wrap the Miracle Warmer in a towel and place on desired area.

DO NOT SQUEEZE Excessive squeezing over time may weaken your Miracle Warmer thereby causing loss of liquid. Miracle Warmers contain **SODIUM ACETATE**. The FDA classifies **SODIUM ACETATE** under the "**GENERALLY RECOGNIZED AS SAFE**" category. However, it may be considered a mild skin irritant.

CAUTION: Should your Miracle Warmer leak and the Sodium Acetate comes in contact with your eyes or your skin, immediately rinse the affected area with water to avoid irritation. If **SODIUM ACETATE** comes in contact with your clothing or any other materials; wash the affected area thoroughly.

MIRACLE WARMERS come with a 6 Month Warranty; Warranty does not cover damage to other materials such as clothing, shoes, etc.