

*Handmade*

R I C E H E A T I N G B A G

**FOR HEAT THERAPY:**

Heat in the microwave in 30-second intervals, until desired warmth is reached. Shake the bag between increments to ensure even heat distribution. Always monitor while heating and test the temperature before applying.

**FOR COLD THERAPY:**

Store in the freezer until ready to use.

**SAFETY INFORMATION:**

Follow heating instructions and check the temperature before use. Do not overheat, as this may cause burns, fire, or damage to the fabric. Never leave unattended while heating. Not intended for infants.

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