

FREEZING INSTRUCTIONS

Place the cap inside the protective zipper bag and put it in the freezer. Leave the cap in the freezer for 1 to 2 hours if you prefer a colder temperature.



You can also use the cap at a lower temperature by keeping it in the refrigerator instead of the freezer to reach the desired temperature. But remember, this will reduce the duration of the cold effect.

Cold therapy is ideal for use in the early stages of a headache or migraine, especially when there is a throbbing sensation or inflammation. The cold helps to constrict blood vessels, reducing inflammation and providing relief.

HEATING INSTRUCTIONS

Remove the cap from the protective plastic bag and microwave for 35 seconds. Ensure the temperature is comfortable and sufficiently warm.



If necessary, heat the cap in 10-second increments until the desired temperature is reached.

Do not overheat. Always check the temperature before use. If the cap is too hot and causes discomfort, allow it to cool until it reaches a comfortable temperature.

Heat therapy is more effective when the headache is related to muscle tension or stress. The warmth relaxes the muscles, improves blood circulation, and relieves pressure, providing a calming effect.