





#### WHEN TO USE

You can use this comfy pillow wherever you need some extra warmth, to reduce a fever, or to soothe your baby bump. The plush side warms and relaxes while the smooth cotton side provides cool relief after only a short time in the fridge or freezer.

#### HOW TO USE

# Heating in the microwave:

We recommend heating the pillow gently at 600 watts, and checking the temperature after about 20 seconds.

## Heating in the oven:

Heat at around 120°C for about 1 minute. The grapeseed pillow must not be placed directly onto any heating surface- it is best to use a non-flammable container.

## Cooling in the freezer:

Leave in the refrigerator for at least 60 minutes or in the freezer for 30 minutes.

### Important:

always test the temperature by hand before use.

### CARE INSTRUCTIONS

Individual stains can be treated by dabbing them with a damp cloth. Since grape seeds are a natural product, discoloration may occur while washing. For this reason, washing your grapeseed pillow is not recommended.







#### WARNING

In the microwave, make sure that the plate can rotate freely and watch for signs of overheating, as this can be a fire hazard. Children must not heat or use the grapeseed pillow without adult supervision. Caution: packaging and small parts must be kept out of the reach of children. The contents can be swallowed by small children and are a choking risk. The manufacturer and distributor are not liable for damage or consequences resulting from improper handling or negligence.

