

# Tension Relief Wrap

*Relax tight muscles and relieve tension*

The Tension Relief Wrap can be used to apply moist or dry heat to relieve tension and muscle aches in the neck and shoulder area. Cold applications will help to reduce pain and swelling.

**Directions for heating:** Remove the zippered cover and heat the insert in a microwave for 1 to 2 minutes on a medium setting. If you desire more heat, extend the heating time by 30-second increments. Replace the cover on the wrap and apply the wrap to your neck and shoulders or other area of the body where you want to relieve tension and muscle aches.

**Directions for applying moist heat:** Moist heat penetrates muscles more deeply than dry heat and increases circulation in the area. Remove the outer zippered cover, then spray the inner wrap with water and place it in the microwave for 1 to 2 minutes on a medium setting. If you desire more heat, extend the heating time by 30-second increments. Place the wrap back inside the cover and place on the area you want to heat.

**Directions for cooling:** A cold wrap helps to reduce pain and swelling. Place the entire wrap in a plastic bag then into a freezer for 1 to 2 hours before using.

**Important:** Use caution when applying a heated wrap. Do not use on sensitive skin. People suffering from nerve damage, circulation problems or paralysis should use this product only as directed by a physician.

**Care instructions:** Hand or machine wash outer cover only, on gentle cycle. Hang dry.

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