

Dual Purpose Eye Mask

Hot or cold therapy for your eyes

This Eye Mask includes two inserts that slide separately into the soft chenille mask: a gel-filled insert that is cooled in the refrigerator or freezer to refresh tired eyes and reduce puffiness and a rice and flax-filled insert that is heated in a microwave to relieve sinus pain.

Directions for cooling: Refrigerate the gel insert for 60 minutes for a cool chill. For more intense cold, keep in the freezer for no longer than 24 hours. Once the gel insert is cooled, slide it into the exterior mask and seal.

Caution: Do not heat the gel insert.

Directions for heating: Open the mask and place the rice and flax insert inside and seal. Heat the mask for 1 to 2 minutes in a microwave on a medium setting. Do not heat more than 2 minutes. If you desire more heat, extend the heating time by 30-second increments.

Important: Use caution when applying a heated Eye Mask. People suffering from nerve damage, circulation problems or paralysis should use this product only as directed by a physician. Note that there is no filling in the eyeball area of this mask. This is because heat should never be applied directly to the eyeball.

Care instructions: Remove insert. Wash only the outer cover by hand in warm soapy water. Hang dry to prevent shrinkage.

GARDENERS
SUPPLY COMPANY

800-427-3363 • www.gardeners.com