

# Reliance Relief Reusable Hot & Cold Pack

## Product Images

---



## Description

---

The Reliance Medical Relief Reusable Hot and Cold Pack is used to aid muscular discomfort and helps to reduce swelling and bruising

Hot Pack: increases circulation, providing temporary relief to muscle pain, sinusitis or menstrual cramps

- Size: 130MM x 26.5MM
- To heat, microwave for approximately 30 seconds or immerse in boiling water
- Cold Pack: Helps to reduce swelling, toothache, headache and fever
- To cool, place in freezer for 1 hour
- Covers available to provide extra comfort and protection from freeze burn and skin overheating  
Velcro cover is reusable and easy to position on body
- Non-woven paper covers are disposable and economic