

COMFORT PAD

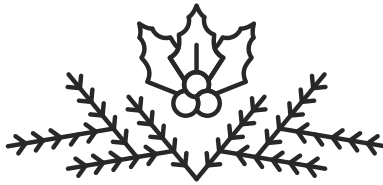
WARM

Heat in microwave for 1 minute. Shake, continue heating for 30 second intervals until the desired temperature.

COLD

Keep in freezer. Take out when needed.

Place on achy muscles.



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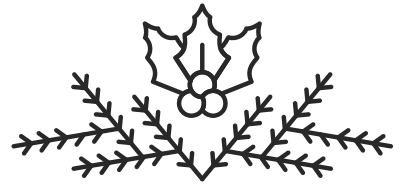
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This little pillow filled with rice,
Is such a comfort that's extra nice.

Microwave for 1 to 2 minutes on high
And kiss those aches and pains goodbye.

Apply it to the troubled spot,
The heat will ease the pain a lot.

Or warm those little toes, so cold
You'll find this nice to have and to hold.

Or freeze it for a little while,
And fix that pain up in style.

Instead of a compress made of ice,
Use this pillow filled with rice!



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