

## COMFORT PAD

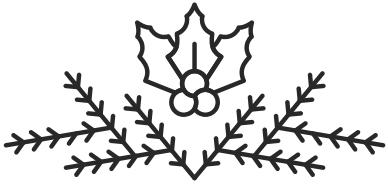
### WARM

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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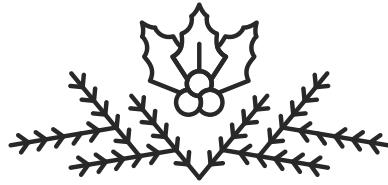
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*Warm  
wishes*

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wishes*

*Warm  
wishes*



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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