



# **BELIEVE THERAPIES**

therapy that works

## **USE OF HOT / COLD PACKS**

### **PRIOR TO EACH USE:**

1. Carefully inspect the pack for rupture or leak. Check the pack by pressing with the palm of the hand before applying to the client. Discard the pack if punctured or broken.
2. For heat, Heat for 15 seconds on high heat in the microwave and knead. Then, continue heating at 5 second intervals until the desired temperature is reached. Continue to knead after each heating.
3. For cold, store in the freezer.