



HOT & COLD HOODED NECK PAD

SOOTHE YOURSLF. Find instant relief from neck stiffness and muscle tension with your new weighted neck pad. This plush pad can be used hot or cold, according to your therapy needs. Filled with natural, fragrant herbs and seeds, and featuring a comfortable hood, this neck pad is all you need to ease some tension at the end of a long day.

FEATURES

1. Attached hood.
2. Filled with natural seeds & herbs.
3. Plush yet durable fabric.
4. Weighted design.
5. Can be used hot or cold.

BENEFITS

1. Pain and stress relief.
2. Natural aromatherapy.
3. Can help with insomnia.

WHAT'S INCLUDED

1. Hooded Neck Pad
2. User Guide



HEATING UP

1. Make sure your microwave is clean and empty.
2. Place the pad in the microwave.
3. Heat it up for 90-100 seconds max. **CAUTION:** The pad can reach temperatures of up to 60 degrees.
4. Before using the heated pad, carefully make sure that it is at a safe and desirable temperature.
 - a. If the pad is not hot enough, flip it over and heat it for another 30 seconds.
 - b. Do not heat the pad for more than 3 minutes at a time.
5. The pad can stay hot for up to 30 minutes, depending on the surrounding ambient temperature. Reheat as needed. Enjoy!

COOLING DOWN

1. To freeze the pad, insert it into a plastic bag and place it in the freezer for at least 2 hours.
2. Wear the cold hooded pad for 8-10 minutes at a time.
3. Repeat the steps above as needed.

SPECIFICATIONS

Size: 20 x 17 in

Weight: 4 lbs

Material: Velboa

Inside filling: Buckwheat hulls, flaxseed, millet, clay beads, lavender, mint

CUSTOMER SUPPORT

If you have any questions about using the SLF Hot & Cold Hooded Neck Pad, we are here to help. Call or email us, and an experienced customer support representative will be happy to assist you:
1-855-GO-TZUMI or support@tzumi.com.

MAINTENANCE & PRECAUTIONS

1. Wipe the pad with a wet towel as needed, and let it air dry.
2. Do not machine wash.
3. Keep the pad away from pets.



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