

Instructions for use:  
Information for the user.

# SLEEP WELL!

## Cooling cushion



**Material:** PVC, blue gel  
**Dimensions:** 49 × 25 cm  
**Cover:** 100% cotton  
With 8 neodymium magnets (1,200 Gauss)



### Application and use:

The MAGNETIX cooling cushion is used for cold therapy but is also very good for heat therapy. The cushion is reusable and uncomplicated to use.



#### Applications for cold therapy\*

- Migraines and headaches
- Tension
- Swelling after cosmetic procedures
- Bruises
- Toothache
- Rashes and itching
- Inflammation
- Heat complaints
- Sunburn
- Fever
- For a cooler sleeping climate

#### Instructions for use as a cold compress:



1 h

Place the cooling cushion (without cover) in the refrigerator or freezer for about 1 hour before use. Use only with the cover. After use, remove the cover and keep it somewhere handy. You can keep the cooling headband in the freezer compartment ready for use at any time.

#### Applications for heat therapy\*

- Tension
- Persistent headaches
- Neck pain
- Backache
- Sore throat
- Joint pain
- Stomach pains
- Chills
- Sore muscles
- Warm up prior to sports
- Promotes good blood circulation

#### Instructions for use as a thermal compress:



50°

6 min

Before use, place the cushion (without cover) in a water bath (up to 50° C) for about 6 minutes. Use only with the cover. After use, remove the cover and keep it somewhere handy.

**Attention:** Overheating may cause damage or even destroy the cushion.  
**Not suitable for microwave ovens!**

\* Diese Empfehlungen sind kein Ersatz für eine medizinische Behandlung.



Also available:  
Cooling headband  
Cooling knee pad

Your MAGNETIX Wellness Consultant:

**Warning:** Do not use on children under the age of three years. Application for the treating of arterial circulatory problems, hypersensitivity to cold, acute cardiac & circulatory diseases, only after consultation with your doctor. Place the cushion in the enclosed cover before use. The gel is easily biodegradable and non-toxic. Never leave children alone with

the gel pad. If a child or adult has swallowed the gel content, it is recommended to urgently consult a doctor. Damaged cushions should no longer be used. The cushion should never be in contact with a hot surface. Not suitable for microwave ovens! The cushion can be safely disposed of in ordinary household waste.  
**Attention: For external use only!**