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› HealthSmart /

› HealthSmart Vivi Relax-a-Bac Scarf Wrap Hot Cold Therapy Instruction Manual

HealthSmart 616-4605-0300

HealthSmart Vivi Relax-a-Bac Scarf Wrap Instruction Manual

MODEL: 616-4605-0300

Product Overview

The HealthSmart Vivi Relax-a-Bac Scarf Wrap is a versatile therapy product designed to provide soothing comfort and pain relief through both hot and cold applications. Its unique design and natural filling offer targeted relief for various body areas.

Key Features:

- **Dual Therapy:** Functions as both a microwavable heating pad and a cold compress.
- **Moist Heat Therapy:** Delivers doctor-recommended moist heat for deep penetrating relief.
- **Natural Filling:** Contains 100% natural kiln-fired clay beads, safe, non-toxic, and excellent for retaining temperature.
- **Even Distribution:** Individual beaded pockets prevent shifting, ensuring consistent therapeutic relief.
- **Comfortable Design:** Features a soft waffle weave cover with convenient woven cotton handles for easy positioning.
- **Washable Cover:** The zippered cover is machine washable for easy cleaning.

Important Safety Guidelines

Please read and understand all safety information before using this product. Improper use may result in injury or damage to the product.

General Safety:

- Do not overheat the product. Follow microwave instructions carefully.
- Always test the temperature of the wrap before applying it to your skin, especially for prolonged use or on sensitive areas.

- Do not apply directly to broken or irritated skin.
- Supervise children and individuals with reduced physical, sensory, or mental capabilities when using the product.
- If you experience any discomfort, pain, or skin irritation, discontinue use immediately.
- Consult a healthcare professional if you have any underlying medical conditions or concerns.

Legal Disclaimer: *Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.*

How to Use Your Vivi Relax-a-Bac Scarf Wrap

For Hot Therapy:

1. Ensure the scarf wrap is clean and dry.
2. Place the entire scarf wrap (with cover) into a clean microwave.
3. Heat for **45 seconds** on high power.
4. Carefully remove the wrap from the microwave.
5. Test the temperature on the back of your hand or wrist before applying to the desired area. If additional warmth is needed, heat in 10-second increments, not exceeding a total of 2 minutes.
6. Apply the warm wrap to your neck, shoulders, back, or other areas needing moist heat relief.



Image: Natural kiln-fired clay beads provide excellent heat retention for moist heat therapy.



Image: The Vivi Relax-a-Bac Scarf Wrap ready for use.

For Cold Therapy:

1. Place the entire scarf wrap (with cover) into a freezer-safe bag to protect it from moisture and odors.
2. Freeze for at least **one hour**.
3. Remove from the freezer and apply to the desired area for soothing cold relief.



Image: The scarf wrap comfortably positioned around the neck and shoulders for therapy.

Care and Maintenance

Cleaning Instructions:

- The waffle weave cover is machine washable. Unzip and remove the inner bead-filled insert before washing.
- Machine wash the cover in cold water on a gentle cycle.
- Tumble dry on low heat or air dry.
- Do not wash the inner bead-filled insert. If the insert becomes soiled, spot clean with a damp cloth and allow to air dry completely before reinserting into the cover.



Image: Zipper detail on the removable waffle weave cover for easy cleaning.

Storage:

- Store the scarf wrap in a cool, dry place when not in use.
- For cold therapy, store the insert in a freezer-safe bag in the freezer.

Product Specifications

Feature	Detail
Product Dimensions	12 x 12 x 12 inches; 2.5 Pounds
Item Model Number	616-4605-0300
Manufacturer	Vivi
Brand	HealthSmart
Age Range	Adult
Unit Count	1 Count
Special Feature	Microwaveable, Portable, Washable

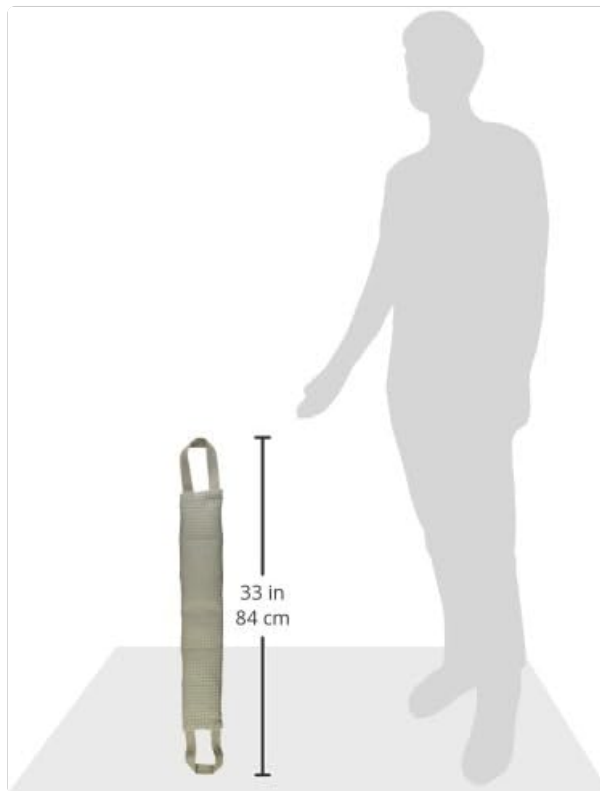


Image: Product dimensions for the scarf wrap.

Troubleshooting

If you encounter any issues with your Vivi Relax-a-Bac Scarf Wrap, please consider the following:

- **Insufficient Heat:** Ensure your microwave wattage is sufficient. Try heating in shorter increments (e.g., 10-15 seconds) after the initial 45 seconds, not exceeding 2 minutes total.
- **Insufficient Cold:** Ensure the wrap has been in the freezer for at least one hour. For colder temperatures, extend freezing time.
- **Uneven Temperature:** Gently knead the wrap after heating or cooling to redistribute the clay beads and ensure even temperature.

For further assistance, please contact HealthSmart customer support.

Warranty and Customer Support

For information regarding product warranty, returns, or any other customer support inquiries, please refer to the packaging or contact HealthSmart directly through their official website or customer service channels. Please have your model number (616-4605-0300) and purchase date available when contacting support.

Official Product Videos

No official seller-provided videos directly demonstrating the HealthSmart Vivi Relax-a-Bac Scarf Wrap were found in the available product data. Please refer to the written instructions and images for guidance on product usage.