

## TheraTools C Shaped Neck Wrap

# TheraTools Professional C Shaped Neck Wrap User Manual

Model: C Shaped Neck Wrap

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## 1. INTRODUCTION

The TheraTools Professional C Shaped Neck Wrap is designed to provide targeted heat or cold therapy to the neck and shoulder area. Its ergonomic "C" shape ensures a close and comfortable fit, delivering soothing relief. This wrap contains natural herbs that release a gentle aroma when heated, enhancing the therapeutic experience. Please read this manual thoroughly before using your neck wrap to ensure proper operation and maintenance.

## 2. SETUP AND PREPARATION

### 2.1 Heating Instructions (Moist Heat Therapy)

1. Ensure the neck wrap is clean and dry before heating.
2. Place the neck wrap flat in a microwave oven. Ensure it does not touch the sides of the microwave.
3. Heat on high for **1 to 2 minutes**. Heating times may vary based on microwave wattage.
4. Carefully remove the wrap from the microwave. **Caution:** The wrap may be hot.
5. Test the temperature on the back of your hand or wrist before applying to the neck. If additional warmth is desired, reheat in 30-second intervals, checking the temperature after each interval. **Do not overheat.**

*Note: Overheating can damage the product and may cause burns. Always supervise heating.*

### 2.2 Cooling Instructions (Cold Therapy)

1. Place the neck wrap in a clean, sealed plastic bag to protect it from moisture and odors.
2. Place the bagged wrap in the freezer for at least **1 to 2 hours**.
3. Remove from the freezer and plastic bag. The wrap is now ready for cold therapy.

### 3. OPERATING INSTRUCTIONS

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Once prepared (heated or cooled), position the C-shaped neck wrap comfortably around your neck and shoulders. The design is intended to contour to the natural curve of your neck for optimal contact and therapeutic benefit. Use for periods of 15-20 minutes, or as recommended by a healthcare professional.



*Figure 1: The TheraTools Professional C Shaped Neck Wrap positioned for use, demonstrating its ergonomic design for neck and shoulder comfort.*

### 4. CARE AND MAINTENANCE

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#### 4.1 Cleaning

- Spot clean only with a damp cloth.
- Do not submerge in water.
- Do not machine wash or dry clean.
- Allow to air dry completely before storing or reheating.

#### 4.2 Storage

- Store the neck wrap in a cool, dry place when not in use.
- For prolonged cold therapy, store in the freezer in a sealed plastic bag.

## 5. TROUBLESHOOTING

Problem	Possible Cause	Solution
Wrap not heating sufficiently.	Insufficient heating time or low microwave wattage.	Increase heating time in 30-second increments. Ensure microwave is functioning correctly.
Wrap not cooling sufficiently.	Insufficient freezing time.	Ensure wrap is in the freezer for at least 1-2 hours.
Herbal scent fading.	Natural dissipation over time.	The therapeutic benefits of heat/cold therapy remain even if the scent diminishes.
Wrap feels damp after heating.	This is normal for moist heat therapy.	Ensure the wrap is not excessively wet. If it is, allow it to air dry before next use.

## 6. SPECIFICATIONS

**Brand:** TheraTools

**Model:** C Shaped Neck Wrap

**ASIN:** B07GVPCMBJ

**Manufacturer:** HERBAL CONCEPTS

**Batteries Required:** No

**Therapy Type:** Moist Heat / Cold Therapy

## 7. WARRANTY AND SUPPORT

For warranty information or product support, please contact TheraTools customer service. Details can typically be found on the product packaging or the official TheraTools website. Please retain your proof of purchase for warranty claims.

*Disclaimer: This product is intended for personal comfort and relief. It is not a substitute for professional medical advice or treatment. Consult a healthcare professional for any medical conditions or concerns.*