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› MORLIDEN 8 x 18 Inch Microwavable Heating Pad Instruction Manual

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Model: 8 x 18 Inch Microwavable Heating Pad

INTRODUCTION AND PRODUCT OVERVIEW

The MORLIDEN Microwavable Heating Pad is designed to provide soothing moist heat or cold therapy for various body parts. Filled with natural ingredients like flaxseed, millet, buckwheat, and clay beads, it offers flexible and comfortable application for pain relief and muscle relaxation.

This heating pad features a soft, washable Dutch velvet cover for hygiene and comfort. Its segmented design ensures even distribution of the filling and consistent heat retention.

100% Natural Herbs

Natural plant fillers are effective in relieving all kinds of pain



Image: The MORLIDEN Microwavable Heating Pad applied to a user's shoulder, demonstrating its flexible design for targeted relief.

SETUP AND PREPARATION

For Heat Therapy:

1. Ensure the heating pad is clean and dry.
2. Place the heating pad flat in a clean microwave. Do not fold or bunch.
3. Heat for 1 to 2 minutes. Heating times may vary based on microwave wattage. Start with 1 minute and increase in 30-second increments if more heat is desired.
4. Carefully remove the heating pad from the microwave. Test the temperature on the back of your hand before applying to the desired body area.
5. If the pad feels too hot, allow it to cool for a few minutes before use.



Heat Therapy

Warm the neck wrap in microwave to soothe muscles, improves the blood flow, which immediately eases the pain.

Hot Or Cold Therapy



Chill In The Freezer

Chilled in freezer to be used as cold compress to reduce swelling, soothe sprains and tissue injuries.



Image: The heating pad placed inside a microwave for warming, illustrating the heat therapy preparation.

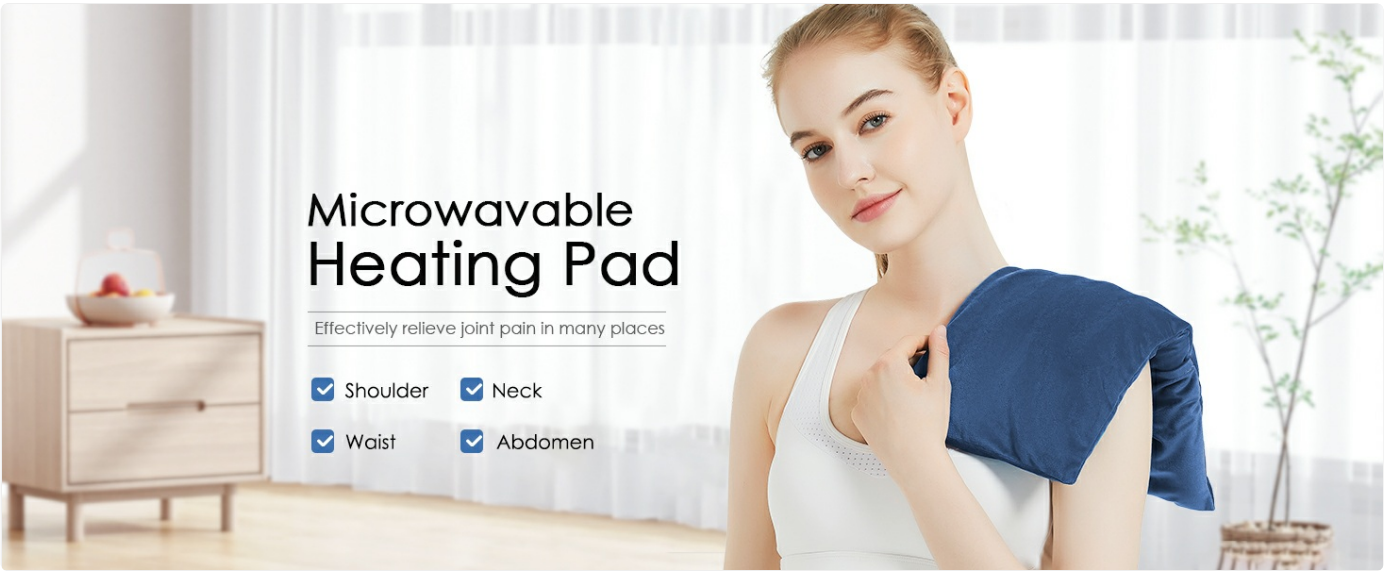
For Cold Therapy:

1. Place the heating pad in a sealed plastic bag to protect it from moisture and odors.
2. Place the bagged heating pad in the freezer for at least 2 hours.
3. Remove from the freezer and apply to the desired body area.

OPERATING INSTRUCTIONS

The MORLIDEN heating pad is versatile and can be applied to various parts of the body for targeted relief. Its flexible design conforms to your body's contours.

- **Neck and Shoulders:** Drape the pad over your neck and shoulders for relief from tension and stiffness.
- **Back and Waist:** Place the pad on your lower back or waist area to soothe muscle aches.
- **Knees, Joints, and Wrists:** Wrap the pad around specific joints for localized pain relief.
- **Abdomen:** Apply to the abdomen for comfort during menstrual cramps or stomach discomfort.



Microwavable Heating Pad

Effectively relieve joint pain in many places

- ☒ Shoulder
- ☒ Neck
- ☒ Waist
- ☒ Abdomen

Image: A user demonstrating the application of the heating pad to the neck and shoulder area.

MAINTENANCE

Cleaning the Washable Cover:

The outer Dutch velvet cover is washable. To clean:

1. Remove the outer cover from the inner bean bag.
2. Machine wash the cover in cold water on a gentle cycle.
3. Tumble dry on low heat or air dry.
4. Do not wash the inner bean bag.

Storage:

Store the heating pad in a cool, dry place when not in use. If using for cold therapy, keep it in a sealed bag in the freezer.

TROUBLESHOOTING AND SAFETY INFORMATION

- **Overheating:** Do not overheat the product. Excessive heating can damage the pad and pose a burn risk. Always follow recommended heating times and test temperature before use.
- **Burning Smell:** If you notice a burning smell, immediately stop heating and allow the pad to cool completely. Inspect for damage.
- **Damage:** Discontinue use if the pad shows any signs of damage, such as tears, holes, or leakage of filling.
- **Skin Sensitivity:** If you have sensitive skin, place a thin cloth barrier between the heating pad and your skin.
- **Medical Conditions:** Consult a healthcare professional before using if you have any medical conditions, especially those affecting circulation or skin sensitivity.
- **Children and Pets:** Keep out of reach of children and pets. Do not allow them to play with or chew on the heating pad.
- **Moisture:** The pad provides moist heat. Do not add additional water to the pad.

SPECIFICATIONS

Product Dimensions	8 x 18 inches
Weight	Approximately 2.67 Pounds
Filling Material	Flaxseed, Millet, Buckwheat, Clay Beads (unscented)

Cover Material	Dutch Velvet (washable)
Therapy Type	Moist Heat & Cold Therapy
Manufacturer	MORLIDEN

WARRANTY AND SUPPORT

For any questions, concerns, or warranty information regarding your MORLIDEN Microwavable Heating Pad, please contact MORLIDEN customer support through the retailer where the product was purchased or visit the official MORLIDEN brand store online.

We recommend retaining your proof of purchase for warranty purposes.

