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comfheat 014

Comfheat Microwaveable Grain Heating Pad Model 014 User Manual

For Moist Heat Therapy and Pain Relief

1. PRODUCT OVERVIEW

The Comfheat Microwaveable Grain Heating Pad Model 014 is designed to provide soothing moist heat therapy for various body parts. Filled with natural flax seeds, lavender, and clay beads, it offers deep penetrating warmth to help alleviate muscle pain, joint stiffness, and cramps. Its uniform heat distribution design ensures consistent comfort.

2. KEY FEATURES

- **Moist Heat Therapy:** Utilizes natural flax seeds, lavender, and clay beads to deliver deep, penetrating moist heat, effective for reducing muscle soreness, accelerating recovery, and relieving stress, neck and shoulder pain, venous pressure, knee joint discomfort, and cramps.
- **Reusable and Skin-Friendly:** Constructed from a soft, breathable, and stretchable material, this heating pad is reusable and washable, suitable for direct application to the neck, shoulders, arms, back, lower back, legs, knees, and other areas.
- **Uniform Heat Distribution:** Features a multi-compartment design to ensure the filling remains evenly distributed, preventing clumping and providing immediate, consistent pain relief and relaxation.
- **Natural Ingredients:** Filled with flax seeds for moist heat, clay beads for weight and heat retention, and lavender for stress relief.

comfheat

MIKROWELLENGEEIGNETES FEUCHTES HEIZKISSEN

Mehrzweck-Wärmepack



Flexibel



Beschwert



Feucht



Figure 1: Natural Ingredients. This image illustrates the natural components of the heating pad: flax seeds, which provide penetrating moist heat; clay beads, which add weight and retain heat; and lavender, known for its stress-relieving properties.

3. SETUP AND PREPARATION

To prepare your Comfheat heating pad for use, follow these microwave heating instructions:

1. Place the heating pad flat inside a clean microwave.
2. For the initial heating, microwave for **60 seconds**.
3. Carefully remove the heating pad and gently touch it to assess the temperature.
4. If additional warmth is desired, return the heating pad to the microwave and heat in **5-second increments** until the preferred temperature is reached.
5. **Important:** Microwave ovens vary in heating intensity. Always test the temperature of the heating pad before applying it to your skin to prevent burns. Do not overheat.



Figure 2: Microwave Heating. This image demonstrates the process of placing the heating pad into a microwave for warming. The text indicates heating for 60 seconds initially, then adding 10-second increments if needed, and to lightly touch before use.

4. OPERATING INSTRUCTIONS (USAGE)

Once heated to a comfortable temperature, the Comfheat heating pad can be applied to various parts of the body for targeted relief. You can enjoy moist heat for up to 20 minutes per application.

- **Shoulder:** Drape the pad over your shoulder to relieve tension and muscle pain.
- **Arm:** Wrap around an arm to soothe muscle aches or joint discomfort.
- **Lower Abdomen/Back:** Place on the lower abdomen for menstrual cramp relief or on the lower back for back pain.
- **Knee:** Position over the knee joint to ease discomfort and stiffness.



Figure 3: Targeted Relief. This image demonstrates the versatility of the heating pad, showing its application on the shoulder, arm, lower abdomen, and knee for targeted pain relief.

5. MAINTENANCE AND CARE

To ensure the longevity and hygiene of your Comfheat heating pad, follow these care instructions:

- **Cleaning:** The heating pad is washable. Spot clean with a damp cloth as needed. For deeper cleaning, hand wash gently with mild soap and cold water. Do not machine wash or tumble dry, as this may damage the internal filling.
- **Drying:** Air dry completely before storage or next use. Ensure no moisture remains inside the pad.
- **Storage:** Store the heating pad in a cool, dry place away from direct sunlight and moisture when not in use.

6. SPECIFICATIONS

Feature	Detail
Model Number	014

Feature	Detail
Dimensions	15 x 28 cm (5.9 x 11 inches)
Weight	Approximately 490 grams (1.08 lbs)
Filling Material	Natural flax seeds, lavender, clay beads
Color	Grey
Outer Material	Soft, breathable, and stretchable fabric (skin-friendly plush)



Figure 4: Product Dimensions and Features. This image provides a visual representation of the heating pad's dimensions (27.9 cm by 15.2 cm), its weight (453.6 g), highlights its skin-friendly plush material, and emphasizes its uniform heat distribution design.

7. SAFETY INFORMATION

- Always test the temperature of the heating pad on a small area of skin before full application to avoid burns.
- Do not overheat the product. Follow recommended microwave heating times.
- Do not use on broken, irritated, or sensitive skin.
- Do not use while sleeping.
- Keep out of reach of children and pets.
- If you have any medical conditions, consult a healthcare professional before use.

8. WARRANTY AND SUPPORT

Comfheat offers a comprehensive warranty and support for your product:

- **30-Day Return Policy:** Customers are entitled to a 30-day return right.
- **90-Day Refund:** A 90-day refund is offered for eligible returns.
- **1-Year Warranty:** The product comes with a one-year warranty.
- **Customer Support:** If you are not satisfied with your heating pad or require assistance during use, please do not hesitate to contact us via email. You will receive a response within 12 hours.

For support, please refer to the contact information provided with your purchase or visit the official

Comfheat website.