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Brookstone WL1964-PKA

Brookstone Thera-Spa Cooling & Warming Neck & Shoulder Wrap

INSTRUCTION MANUAL

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Introduction

The Brookstone Thera-Spa Cooling & Warming Neck & Shoulder Wrap is designed to provide targeted hot or cold therapy for relief of muscle tension, aches, and stress. Infused with a light lavender scent, it promotes relaxation and comfort. This versatile wrap is suitable for use at home, during travel, or as a comfort solution for work.



Image: The Brookstone Thera-Spa Neck and Shoulder Wrap in blush pink, shown on a person's neck and shoulders, highlighting its ergonomic design and soft texture.

Setup and Preparation

This wrap features a removable inner clay bead pouch for customized hot or cold therapy. Always remove the inner pouch from the outer casing before heating or chilling.

For Hot Therapy:

1. Remove the inner clay bead pouch from the outer plush casing.
2. Place the inner pouch in a microwave with 1/2 cup of water.
3. Heat for approximately 1-2 minutes. Heating times may vary based on microwave wattage. Do not overheat.
4. Carefully remove the heated pouch and gently shake to distribute heat evenly.
5. Insert the warmed pouch back into the outer casing.

For Cold Therapy:

1. Remove the inner clay bead pouch from the outer plush casing.
2. Place the inner pouch inside a plastic bag to protect it from moisture.
3. Place the bagged pouch in the freezer for at least 2 hours.
4. Remove from the freezer and plastic bag, then insert the chilled pouch back into the outer casing.

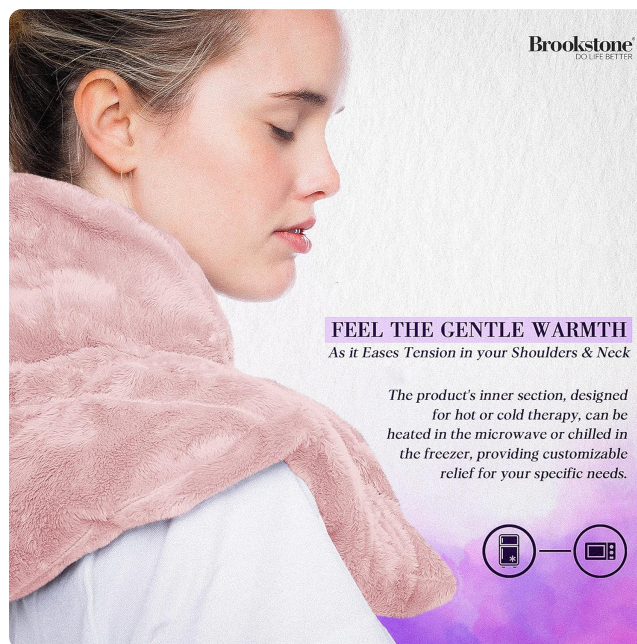


Image: A woman wearing the neck and shoulder wrap, with graphics indicating its dual functionality for both heating in a microwave and chilling in a freezer.

Operating Instructions

Once the inner pouch is prepared and re-inserted into the outer casing, the wrap is ready for use.

- **Application:** Gently place the wrap around your neck and shoulders, ensuring the weighted clay beads provide a comfortable, supportive sensation. The design allows for a perfect fit across various body types.
- **Therapeutic Benefits:** The hot therapy helps to soothe stiff muscles, increase blood flow, and alleviate tension.

Cold therapy can reduce swelling, numb pain, and provide relief from soreness.

- **Aromatherapy:** The light lavender scent infused in the wrap promotes a calming and relaxing environment, enhancing the overall therapeutic experience.
- **Duration of Use:** Use for comfortable periods as needed. For hot therapy, re-heat when the warmth diminishes. For cold therapy, re-chill when the cooling effect lessens.



Image: A woman comfortably wearing the Brookstone Neck & Shoulder Wrap, demonstrating its ergonomic design for hot or cold therapy.



Image: A back view of the neck and shoulder wrap, illustrating how the weighted clay beads provide a supportive and hugging sensation for soothing therapy.



Image: A woman wearing the neck and shoulder wrap, with an inset showing lavender, emphasizing the aromatherapy benefits of the product.

Product Video:

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Video: An official product video demonstrating the features and benefits of the Brookstone Thera-Spa Cooling & Heating Neck Shoulder Wrap, including its application and soothing effects.

Maintenance and Care

Proper care ensures the longevity and effectiveness of your neck and shoulder wrap.

- **Outer Casing:** Spot-clean the outer plush casing as needed using a damp cloth and mild soap. Allow to air dry completely.
- **Inner Pouch:** For the inner clay bead pouch, dry brush only. Do not wash the inner pouch with water.
- **Storage:** Store the wrap in a cool, dry place when not in use. Ensure the inner pouch is completely dry before storing to prevent mold or mildew.
- **Important:** Always remove the inner casing before cleaning the outer casing.

Troubleshooting

- **Uneven Heating/Cooling:** If the inner pouch heats or cools unevenly, remove it from the outer casing and gently knead or shake the beads to redistribute them before re-inserting.
- **Wrap Not Warm Enough:** Ensure your microwave wattage is sufficient. Increase heating time in 15-second increments, not exceeding 3 minutes total, and always check temperature before applying to skin.
- **Wrap Not Cold Enough:** Ensure the inner pouch has been in the freezer for at least 2 hours. For prolonged cold,

consider using a second pouch if available.

- **Scent Fades:** The lavender scent may naturally diminish over time. The therapeutic benefits of hot/cold therapy will remain.
- **Beads Shifting:** The clay beads are designed to shift to conform to your body. If they collect in one area, gently manipulate the pouch to redistribute them.







Specifications

Product Dimensions	12 x 9.5 x 1.75 inches
Item Model Number	WL1964-PKA
Manufacturer	Brookstone
ASIN	B0CJZ7VHM7
Brand	Brookstone
Age Range (Description)	Adult
Number of Items	1
Unit Count	1.0 Count
Special Feature	Microwaveable

Warranty and Support

Specific warranty information for this product is not provided in the available data. For details regarding warranty coverage, returns, or product support, please refer to the official Brookstone website or contact their customer service directly.

Brookstone Customer Service: Please visit www.brookstone.com for contact information and frequently asked questions.

 <p>Brookstone Towel Warmer www.brookstone.com</p>	<p>Brookstone Towel Warmer - User Manual and Safety Instructions</p> <p>Comprehensive guide to the Brookstone Towel Warmer, including setup, operation, safety precautions, troubleshooting, and warranty information. Learn how to make everyday a spa day with this essential home appliance.</p>
	<p>Brookstone Nature Sounds Sleep Pillow: User Manual and Features</p> <p>Detailed guide for the Brookstone Nature Sounds Sleep Pillow, covering setup, usage, care, specifications, and warranty information. Features memory foam neck support and multiple nature sounds.</p>
	<p>Brookstone 313181 Hand Massager: User Manual, Safety, and Operation Guide</p> <p>Official user manual and safety guide for the Brookstone 313181 Hand Massager. Learn about safe operation, maintenance, product specifications, and warranty details for this personal relaxation device.</p>
	<p>Brookstone BK14-5MSL Solar Magsafe Power Bank User Manual</p> <p>Comprehensive user manual for the Brookstone BK14-5MSL Solar Magsafe Power Bank. This guide covers package contents, product features including solar and MagSafe charging, detailed instructions for charging the power bank and your devices, operating procedures, important safety precautions, troubleshooting common issues, and technical specifications.</p>
	<p>Brookstone Mobile Mini Speaker: User Guide and Specifications</p> <p>Comprehensive user guide for the Brookstone Mobile Mini Speaker. Includes setup instructions, charging details, operation, care, FCC information, specifications, and one-year limited warranty.</p>
	<p>Brookstone ELITETOUGH True Wireless Earbuds BSTWS23 User Manual</p> <p>Comprehensive user manual for Brookstone ELITETOUGH True Wireless Earbuds (Model BSTWS23), covering setup, usage, features, specifications, and warranty information.</p>