

# LIVINGSTONE LIVINGSTONE REUSABLE HOT & COLD PACKS

Reusable Pack with non-woven protective cover for all injuries and swelling

- Reusable pack that can be used frequently
- Safe to use in a microwave or freezer
- Relieves minor pain and swelling of minor injuries
- Great for relieving muscle aches, strains, headaches, bruises and cuts
- Use hot to relax muscles and reduce pain
- Use cold to help reduce swelling and inflammation
- Comes with protective non-woven cover to avoid direct contact to skin
- Available in multiple sizes that are specifically designed to target body areas

## For Cold

Place pack into -18°C freezer for 2 hours and apply with cover. After 30 minutes, the temperature of the pack should not exceed 10°C. Place back in freezer and can be reused.



## For Heat

Warm up pack in microwave in intervals of 10 seconds, then take out and apply with cover. After 30 minutes, reheat in microwave to reach temperature of 40°C and can be reused.



Comes with pack

HCPACKK



HCP250X250N



HPCOVERLRG

Code	Description	Unit
HCPACKK	Small Pack with Cover, 10 x 25cm	Each
HCP250X250N	Large Pack Only, 25 x 25cm	Each
HPCOVERLRG	Cover Only for HCP250X250N	Each

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