

Hand Warmer & Cooler Instructions

Activating Instructions:

1. Bend metal disk until it “clicks” and liquid crystallizes
2. Massage hand warmer until completely crystallized
3. Insulate hand warmer for longer lasting heat

Rejuvenating Instructions:

When crystals cool but do not return to liquid stat, it's time to rejuvenate

1. Bring water to be a boil, then to a slow simmer.
2. Carefully place hand warmer in heated water
3. Simmer for 10 to 15 minutes or until crystals dissolve
4. Remove from water and allow it to cool before next use.

CAUTION: Do Not Microwave

Contents hot after boiling/recharging. Allow to cool to room temperature before handling or reactivating. Do not puncture or open pouch. Do not ingest liquid contents.

Avoid Freezing.