

**VERY IMPORTANT
DO NOT DISCARD!**



MAHANA
NATURAL HEATING PADS

Care & Heating Instructions

By following the care tips and heating instructions, you can enjoy the soothing warmth and therapeutic benefits of your Mahana Natural Heating Pad for years to come. Thank you for choosing Mahana!

WARNING: Misuse of this product can result in burns. Use at your own risk. You assume all responsibility for misuse. Lubba Lubba U Limited's liability for ANY direct, indirect, punitive, incidental damages, or special consequential damages to property or life (arising out of or connected with the use or misuse of our products expressed or implied) is limited to the product purchase price.

Caring for Your Heating Pad

For your safety, and to extend the lifespan and ensure the effectiveness of Mahana Natural Heating Pads follow these essential care tips:



CLEANING: Spot clean your heating pad as needed with a damp cloth and mild detergent. Avoid soaking or submerging it in water, as this can damage the fabric and affect the integrity of the flaxseeds.



REFRESH REGULARLY: Over time, the heating properties of the natural oils may diminish. To rejuvenate your heating pad, place it in the microwave for 1-2 minutes on a low heat setting, allowing the seeds to absorb moisture and regain their warmth.



AVOID OVERHEATING: When heating your heating pad, always follow the instructions to prevent overheating. Overheating can cause the fabric to scorch, the seeds to become too hot, and put you at risk of being burnt.

Caring for Your Heating Pad



STORE PROPERLY: To maintain freshness and protect from dust and moisture, store your heating pad in the provided ziptop bag in a cool, dry place away from direct sunlight.



FLAXSEEDS MAY SHIFT: The flaxseeds within your heating pad will shift over time and could become uneven. Before each use, check to ensure the flaxseeds are evenly distributed so your heating pad may heat or cool effectively.



INSPECT AS NEEDED: Check your heating pad regularly for any signs of wear and tear. If you notice any damage, discontinue use and make repairs. If it's time to replace your heating pad, go to our online shop at mymahana.co.nz to purchase a new one.

FOR SPECIFIC HEATING INSTRUCTIONS AND MORE INFORMATION, PLEASE TURN OVER.



Heating Instructions for Your Heating Pad

WARNING: Misuse of this product can result in burns. Use at your own risk. You assume all responsibility for misuse. **See reverse side for additional warnings.**

USE HEAT THERAPY FOR:

Back Pain • Fibromyalgia • Insomnia • Lupus • Muscle Cramps & Spasms • Arthritis • Anxiety • Neck & Shoulder Tension • Body Aches & Chills • Sinus Pressure • Sensory Integration • Stress

GETTING STARTED: When heating your heating pad for the first time, start at the lowest heating time and go slow, adding 10 seconds at a time until you reach the desired temperature. Make sure it is able to turn during heating. Reduce heating time if the pad is going directly onto bare skin, rather than over clothing. When reheating, reduce heating time if the pad has been heated within the last hour. If heated too long, the heating pad will burn your skin or scorch the flaxseeds inside it.

Do not heat in ziptop bag!

Do not overheat – Do not get wet!

HEATING IN A MICROWAVE: (RECOMMENDED)

Heating times are based on 1100 watt microwaves

Start at the lowest heating time, adding 10 seconds at a time until you reach the desired temperature. Make sure Your Heating Pad is able to turn during heating.

Whatu Heating Pad.....40 sec. – 1:00 min.

Classic Heating Pad.....1:40 – 2:00 min.

Tuara Heating Pad.....2:50 – 3:00 min.

Paemanu Heating Pad.....2:50 – 3:00 min.

Heating Instructions for Your Heating Pad

HEATING IN AN OVEN: We realize that there may be some who do not have access to a microwave. The following instructions will allow you to safely heat your heating pad in the oven.

To avoid scorching carefully follow these instructions.

PREPARE YOUR HEATING PAD: Place your heating pad on a baking sheet or oven-safe dish. To allow for even heating, ensure the heating pad is laid flat and not folded or bunched up.

PREHEAT OVEN: Preheat your oven 150°C (about 300°F). This gentle heat ensures that the flaxseeds inside the pad are warmed evenly without risking damage.

TURN OVEN OFF: Once the oven reaches 150°C (about 300°F), **TURN OVEN OFF** and carefully place the baking sheet or dish with the heating pad on it inside the oven.

HEATING TIMES: Follow the heating times below, but check it periodically to avoid overheating or burning.

Whatu Heating Pad.....4:00 – 6:00 min.

Classic Heating Pad.....10:00 – 12:00 min.

Tuara Heating Pad.....14:00 – 16:00 min.

Paemanu Heating Pad.....14:00 – 16:00 min.

CAREFULLY REMOVE AND ENJOY: After heating, carefully remove from the oven using oven mitts or potholders to protect your hands from the heat. Allow your heating pad to cool until it's temperature is comfortable to touch with the back of your hand.

Cooling Instructions for Your Heating Pad

USE COLD THERAPY FOR:

Migraine • Inflammation • Under Eye Puffiness •
Hangover • Headache • Swelling • Fever • Toothache
• Anxiety • Stress • Fatigue • Sports Injuries (use in
combination with heat therapy)

COLD THERAPY: Your Mahana Natural Heating Pad will not freeze solid. Place your heating pad in the provided ziptop plastic bag and then in the freezer for 1 to 2 hours. Remove your heating pad from the ziptop bag before use.

Want to use your Mahana Natural Heating Pad only for cold therapy? Just store it in the ziptop bag in the freezer to keep it ready for use all the time.

INFORMATION AND REVIEWS: For more information about our products or to leave us a review on Google, please scan the QR Code.



MAHANA

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