

# Pain relief plus heat therapy

Introducing Pain Heater , designed to offer effective and targeted relief with the relaxing benefits of heat therapy. Relieving rheumatic pain, back pain, sciatica, swelling , fibrositis , muscle “knots” or trigger points, and most kinds of cramping/spasm (menstrual, neuropathic, restless leg syndrome, for example, or even just stiffness from postural stress). The best mixture of herbal oil and powder does it effortlessly. It’s better than creams and greasy solutions because it has no added scent and heat therapy gives you the best natural result for healing.

## How does Pain Heater therapy works?

- Heat is reassuring, and reassurance is analgesic. (This is applied neurology, not just a psychological effect.)
- Heat can penetrate a few centimetres into tissue, and cells and biochemistry speed up when the tissue temperature rises, which might have therapeutic implications.
- Heat may have an effect on the common painful phenomenon known as “trigger points.”
- Heat may help soreness after exercise.

## How to use Pain Heater

**Step 1:** Open the bottle, take out the amount of powder you want to use and warm it for about 2-3 mins in a pan or oven without water (Make sure it’s pleasant warm to use on skin).

**Step 2:** Take a washed & sanitized cloth or cloth bag put the powder in it then make a knot to remove excess moisture.

**Step 3:** Place the cloth directly against the skin where the affected muscles & joints are located. How long you apply is really up to you, but it ranges from 15-20 mins until the powder stays warm.

**Step 4:** When you're done using the powder make sure you put the powder back in our bottle and tighten the cap it'll stay effective for 6 months. Keep it on room temperature.

**Step 5:** Try using the same cloth for the procedure as it'll soak up the oils.

## **Restrictions:**

- Keep it away from children as its not edible.
- Avoid the usage of water with it.
- Keep it at room temperature
- Make sure to read the expiry label before usage.