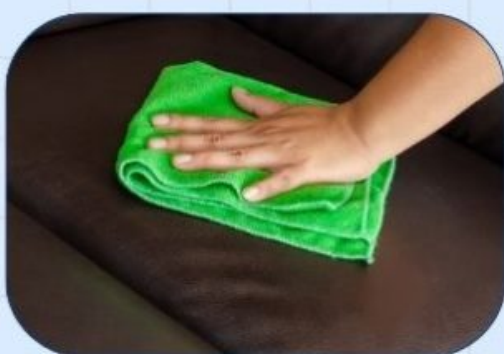


# Safety Tips For Using

# Massage Pads



Use the massage pads for no more than 20-30 minutes.



Wipe the pads clean with a dry cloth before and after each use.

Consult your doctor before using them if you've chronic pain or are pregnant.



Keep them out of your children's reach.

Store them properly in a box when not in use.



Cover the pad with a cotton cloth or blanket to avoid direct skin contact as they heat up.

Image: Amazon