How to Use Your Rice Bag... How to Use Your Rice Bag... Heat Therapy - Heat your Rice Bag in the Heat Therapy - Heat your Rice Bag in the microwave for 1 1/2-2 minutes, then put it microwave for 1 1/2-2 minutes, then put it around your neck to keep warm or use it to around your neck to keep warm or use it to relieve pain from sore muscles. Don't want relieve pain from sore muscles. Don't want to use a microwave? Place your heating to use a microwave? Place your heating pad in a baking dish in a 300° oven for pad in a baking dish in a 300° oven for 10-15 minutes. 10-15 minutes. Cold Therapy - Store the rice pad in the Cold Therapy - Store the rice pad in the freezer, then place it on sore muscles or freezer, then place it on sore muscles or injuries to aid healing. injuries to aid healing. How to Use Your Rice Bag... How to Use Your Rice Bag... Heat Therapy - Heat your Rice Bag in the Heat Therapy - Heat your Rice Bag in the microwave for 1 1/2-2 minutes, then put it microwave for 1 1/2-2 minutes, then put it around your neck to keep warm or use it to around your neck to keep warm or use it to relieve pain from sore muscles. Don't want relieve pain from sore muscles. Don't want to use a microwave? Place your heating to use a microwave? Place your heating pad in a baking dish in a 300° oven for pad in a baking dish in a 300° oven for

HeavenlyHomemakers.com

10-15 minutes.

injuries to aid healing.

Cold Therapy - Store the rice pad in the

freezer, then place it on sore muscles or

10-15 minutes.

injuries to aid healing.

Cold Therapy - Store the rice pad in the

freezer, then place it on sore muscles or