

How to Use Your Rice Bag...

Heat Therapy - Heat your Rice Bag in the microwave for 1 1/2-2 minutes, then put it around your neck to keep warm or use it to relieve pain from sore muscles. Don't want to use a microwave? Place your heating pad in a baking dish in a 300° oven for 10-15 minutes.

Cold Therapy - Store the rice pad in the freezer, then place it on sore muscles or injuries to aid healing.

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