

ENGLISH

Natural **STADTHOLDER® Moor** heat pack for multiple applications.

The sustainable and stable **STADTHOLDER® Moor** pack is filled with unique peat mud known for its thermal properties.

Intended use: against pain and muscle stiffness.

STADTHOLDER® moor packs can easily be heated in the microwave (max. 600 Watt), in a pack heater (max. 55°C.) or in hot water (not boiling!).

Important!

- First consult with your physician/therapist before therapeutic application
- Overheating may damage the moor pack. Damaged moor packs can no longer be heated and/or used
- Don't heat the moor pack in the oven or on a grill
- After heating the moor pack, cover it with a protective cover, e.g. a towel, to protect the skin (to prevent skin irritation/burns)
- Leaking moor packs can cause stains on clothing, furniture, bed linen, etc.
- Not for consumption, for external use only
- The moor pack can dry out when not used for a long time
- Duration treatment: approx. 20 to 30 minutes per session

Contraindications heat therapy with moor packs:


- Cardiovascular diseases
- Circulatory diseases
- Infections involving fever
- Local inflammations and injuries
- Inflammatory rheumatic diseases
- Untreated tumours
- Hyperthyroidism
- Diabetes Mellitus

Caution with:

Orthostatic intolerance or orthostatic hypertension

Heating the pack:

Microwave

 **Important!** Clean the rotating plate inside the microwave before heating the pack. Make sure to remove bread crumbs and other food residues.

The heating time for microwaves depends on the size (mass) of the moor pack and the wattage (power). Start with a low wattage and a short heating time. Knead the moor pack to distribute the heat. Feel the provided heat and, if necessary, increase the wattage/power of the microwave in small steps until you find the right combination of wattage and heating time to get the moor pack hot enough. Please note that the temperature of the moor pack must feel comfortably warm and not too hot.

Pack heater

Set the temperature of the pack heater at max. 55°C and check that an undamaged PVC grill on the bottom protects the moor pack against direct contact with the bottom of the heater.

The moor pack can be stored in a pack heater filled with clean water at the right temperature for a long time. Never use a sharp object to remove the moor pack from the pack heater.

In hot water

Heat a large cooking pan with water to a maximum temperature of 90°C; don't let the water come to a boil. Remove the pan from the heat and submerge the moor pack in the hot water for approx. 7 minutes. Make sure that the moor pack doesn't come into direct contact with hot elements that may cause the outer layer of the pack to melt. If necessary, adjust the heating time depending on the size (mass) of the moor pack. Don't let the water boil to avoid overheating.

Cleaning:

Clean the moor pack under running water of max. 30°C. Don't use any aggressive cleaning agents and/or a brush, etc.

Removal:

The moor pack only contains non-toxic materials and can be thrown away with regular domestic waste.

Please follow any local waste disposal regulations.

Reports:

If you have any questions, complaints and/or reports of incidents, please contact your supplier or send an email to info@dillenburg.com.