



KOOL CAZZ **Heat Wraps and Ice Packs**



distributed by
Abundance Of Love (AOL), The Villages, FL
tvabundanceoflove.com

What do injuries need? **HOT** or **COLD**

HEAT is for muscles. Heat can help take the edge off your pain, such as muscle spasms. Heat can make inflammation worse.

ICE is for injuries. Ice can help tissue that is swollen or damaged. Ice can make muscle spasms worse.

Heating and Cooling Instructions:

- * Remove the gel pack from the wrap before heating or freezing.
- * Freeze the gel pack for at least 2 hours. Gel pack can be stored in the freezer.
- * Heat the gel pack in the microwave in 15 second intervals.

CAUTION - DO NOT OVERHEAT! Overheating may cause pack to rupture.

Wrap Use: After heating or freezing, place the gel pack inside the wrap pocket. Position the pack on the afflicted area. Wrap around the appendage securing the Velcro firmly in place. Do not cut off circulation. Heat or ice your pain for a time recommended by your physician. Fifteen to twenty minutes may be necessary several times a day.

Washing Instructions: Remove gel packs. Wash fabric on gentle cycle, lay flat to dry.

More Info: Packs are composed of plant-based ingredients, GRAS listed by FDA, biodegradable, non GMO, and completely non-toxic. Made in The Villages.

Order/Price Info:

Back Wrap	\$30	Knee Wrap-Large	\$30
Neck Wrap	\$25	Knee Wrap-Small	\$25
Ankle Wrap	\$20		

Complete an order form and deliver to any AOL meeting. See tvabundanceoflove.com, Join Us, for our meeting locations/times. Many fabrics are available for men, women, youth and children. Delivery will be within 2 weeks depending on fabric requested.

Thank you for your order and support of
Abundance Of Love (AOL), a 501(c)(3) nonprofit organization
Contact: Jen Smith, tvabundanceoflove@gmail.com, 352-250-3431