



Natural moor

Heat cushion • Neck cushion • Back cushion



Instructions for use

Thank you for buying a Moorland® natural moor cushion from blue bell! The product is a patented medical device. It provides gentle healing and relaxation with natural ingredients. The Moorland® natural moor cushion releases therapeutic heat over the course of several hours.

The moor filling is a modified natural product. Colour variations and discolourations occur naturally. The moor is obtained from regenerative extraction in Germany. The film used is free from critical softeners. The Moorland® natural moor cushion is produced in Germany, in the Lower Rhine region.

Please observe the following instructions. This will help you to enjoy the comfort of the high quality Moorland® natural moor cushion for many years. If you have any questions, please ask your GP or pharmacists.

Application in heat therapy – ideal for tensions

Muscles relax at a temperature of 40 – 43 °C and the body’s regenerative powers are strengthened. The increased circulation stimulates the metabolism, improves the natural healing process and increases well-being. Long term heat relieves pain!

Application in heat therapy: lumbago, sore muscles, back pain, stomach ache, menstrual pain, neck pain, tensions, rheumatic problems (Ask your physician or therapist about using the cushion; do not use for rheumatic inflammations!), stiff joints, stiff neck.

| Article | Moorland® moor heat cushion | Moorland® moor neck cushion | Moorland® moor back cushion |
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| Microwave (at max. 600 Watt) Stop every two minutes and knead the cushion | Heat for approx. 2-3 minutes, continue in 10 second intervals if required | Heat for approx. 2-3 minutes, continue in 10 second intervals if required | Heat for approx. 3-4 minutes, continue in 10 second intervals if required |
| Oven Place on a plate (at max. 120 °C) Do not preheat | Heat for approx. 10 minutes, continue in 2 minute intervals if required | Heat for approx. 10 minutes, continue in 2 minute intervals if required | Heat for approx. 15-20 minutes, continue in 2 minute intervals if required |

Safety information Caution: Do not leave the moor cushion unattended while heating! If the product inflates, switch off the microwave or oven and check the cushion for damage when it has cooled down. Overheating the cushion can result in cracks and leaks. If this is the case do not use the cushion. Do not let the cushion come into contact with hot metal.

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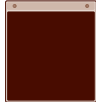
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Application in cold therapy – ideal for inflammations

Cold reduces inflammations as the lower body temperature inhibits the activity of the inflammation mediators. Cold therapy initially triggers blood vessel reactions and the muscles contract. The sensation of pain is reduced. Longer application reduces muscle activity, lowers muscle tension and eases cramps.

Application in cold therapy: bruises, sprains, pulled muscles, headaches, migraines, fever, toothache, insect bites, nose bleeds, contusions, nocturnal leg cramps, oedema, tennis elbow, inflammation of muscles and joints, reviving tired and heavy legs, rheumatic pain (please ask your GP or therapist about using the cushion).

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| Refrigerator | Permanent storage possible | Permanent storage possible | Permanent storage possible |

Important information

Ensure to carefully check the temperature with the back of your hand before use. To avoid possible heat or cold reactions on the skin, always place the cushion into a towel or a protective cover after activation. Please remember that burns can occur at temperatures as low as 48 °C. Keep children away from packaging materials! Risk of suffocation. Do not use the moor cushion on persons who are unable to feel heat or cold. Therefore please do not use this article on children under 3 years, helpless persons or heat-insensitive persons. Do not use in combination with painkillers. Do not use cold therapy if you suffer from arterial circulatory problems and Raynaud syndrome.

Do not use the cushion if there is visible damage which may be caused e.g. by sharp or pointed objects, overheating or excessive impact (e.g. dropping the cushion on the floor)! Please check the cushion for damage after every heating process. If the cushion leaks, stop using it as it may soil other objects. We do not assume any liability for possible consequential damage.

Storage and care: We recommend storing the cushion in the refrigerator. Please keep the instructions for use in a safe place. After use, clean the cushion with a damp cloth and leave to dry. Do not use any aggressive cleaning agents or solvents. When the moor cushion is not going to be used for a longer period of time it should be periodically heated to prevent it from drying out.

We hope you enjoy using this product.

