

Natural moor cushion

Instructions for use

Thank you for buying a beinio®med moor cushion from bb med. The product is a patented class 1 medical device. It provides gentle healing and relaxation with natural ingredients. beinio®med moor cushions release therapeutic heat over the course of several hours. In addition to heat application, cold application is also possible, depending on the indication.

The moor filling is a modified natural product. Colour variations and discolourations occur naturally. The moor is obtained from regenerative extraction in Germany. The PVC used is free from critical softeners. The beinio®med moor cushions are 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 moor heat cushions for many years.

Heat therapy – ideal for tensions!

Function: 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!**

Indications:

Universal moor cushion: Back pain, pulled muscles, sprains, arthrosis, stiff neck, gall bladder and liver pain, stomach and intestinal pain, gynaecological pain, sciatic pain.

Neck moor cushion: Stiff neck, back pain, pulled muscles, sprains, arthrosis.

Bronchial moor cushion: Cough, chronic bronchitis and incipient acute bronchitis (not recommended for high fever).

Product / heating	beinio®med universal moor cushion	beinio®med neck moor cushion	beinio®med bronchial moor cushion
Microwave (max. 600 Watt). Stop every 2 minutes and knead the cushion.	Heat for approx. 3 minutes, continue in 10 second intervals if required.	Heat for approx. 2 minutes, continue in 10 second intervals if required.	Heat for approx. 45 seconds, continue in 10 second intervals if required. Caution: Do not heat the wipes! ¹
Oven (do not preheat, max. 120 °C). Place on a plate.	Heat for approx. 14 minutes, continue in 2 minute intervals if required.	Heat for approx. 12 minutes, continue in 2 minute intervals if required.	Heat for approx. 10 minutes, continue in 2 minute intervals if required. Caution: Do not heat the wipes! ¹
Hot water (max. 80 °C). Place in a bowl. Remove with a spoon ¹ , then dry thoroughly.	Heat for approx. 6 minutes, continue in 1 minute intervals if required.	Heat for approx. 6 minutes, continue in 1 minute intervals if required.	–

¹ Use a wooden or plastic spoon without sharp edges.

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

*** Additional information about using the bronchial moor cushion in heat therapy:**

Heat treatment is supported by essential oils. The bronchial wipes contain high quality oils from eucalyptus, mint, rosemary, tea tree, Spanish sage and lemon. The oils develop their effect during the heat treatment. They are antiseptic, strengthen circulation and relax the bronchial tubes.

How to use: Take the wipe from the sachet and place it inside the heated bronchial cushion. Position the bronchial heat cushion at chest level and fix it with the strap. The ideal intensity of the scent is adjusted by how far you insert the wipe into the bronchial heat cushion.

Cold therapy – ideal for inflammations!

Function: 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.

Indications for universal and neck moor cushion:

Inflammations, headaches, migraine, circulatory problems, fever, insect bites, contusions.

Product / cooling	beinio®med universal moor cushion	beinio®med neck moor cushion	beinio®med bronchial moor cushion
Freezer	Max. 2 hours at -10 °C	Max. 2 hours at -10 °C	–
Refrigerator	Permanent storage possible.	Permanent storage possible.	–

Important information: Ensure to carefully check the temperature with the back of your hand before use. To prevent possible heat or cold reactions on the skin, place the moor cushion into the supplied cover. Please remember that burns can occur at temperatures as low as 50°C. Keep children away from packaging materials! Risk of suffocation.

Contraindications: Do not use as a wound cover. Do not use on children under 3 years of age, on helpless and heat sensitive people. The cushions should not be used after taking painkillers or sedatives as these could reduce the sensation of heat or cold. Prolonged use can lead to skin burns. Cold therapy is not suitable for arterial circulatory problems and Raynaud syndrome. Consult a physician before use.

Sharp or pointed objects or overheating can cause damage to the moor cushions. Do not use damaged cushions! Please check the cushions for damage before each use, whether hot or cold. Do not use leaking cushions as these could soil other objects. We accept no liability for any consequential damage.

Storage and care: We recommend storing the cushion in the supplied packaging. The instructions for use have to be stored in a safe place. After use, clean the cushions with a damp cloth and store in a dry place. NOTE: 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.

Bronchial heat cushion: Essential oils can cause irritation on sensitive skin. Avoid eye contact with the liquid. If any liquid gets into eyes, rinse with plenty of water and consult a physician. The wipe should be stored out of reach of children. Not suitable for children under the age of 6. Do not place on fine surfaces (e.g. polished wood, marble).

Always observe the instructions for care and use and retain these.