

HOT WATER BOTTLE

Once you use a hot water bottle, you won't believe how you ever got along without it! The hot water bottle is one of the most useful all-purpose health care products you will ever use. It is designed to apply comfortable, soothing heat therapy easily and conveniently to any part of the body for a variety of ailments.



To use, fill it with hot water from the sink. The water bottle will stay warm for up to two hours.

Use it to:

- Relax particular muscles or use for the entire body
- Deliver nurturing comfort to enable a deep state of relaxation

Try using the hot water bottle on:

- The feet for warmth
- The back for strain
- The lower abdomen for cramps
- The abdomen for digestion and relaxation of mind and body

Additional uses:

- To combat illness:** Use as a warm, soothing companion to help you through flu, chills, and aches.
- To ease menstrual cramps:** A hot water bottle on the abdomen brings pain relief and soothing comfort.
- As a bed warmer:** A warm hot water bottle placed in your bed makes for a cozy sleep, especially on cold winter nights.
- To ease arthritic pain:** A natural, moist heat therapy for arthritic pain relief, a hot water bottle is especially great for hands.
- To calm children:** A hot water bottle can be a warm cuddly companion and provide a calm, secure feeling when children are ill or upset.
- As a traveling companion:** Take it with you on trips to comfort you – no electricity needed.
- To calm your pet:** Placed under a blanket, a warm hot water bottle soothes puppies in new surroundings – it provides warmth and security and calms them down.
- To encourage restful sleep:** To help you sleep after a high-stress day, lie down with a hot water bottle on your stomach, close your eyes, and breathe deeply so the bottle rises and falls. Many people carry a lot of tension there and the weighted heat releases it. Try it!

