



Arctic Heat Cooling Products Basic care and usage

Activation

1. Initially soak in water for **10 minutes** so crystal in pockets swells into gel form.
(pockets should be firm but not bursting)
2. When removing from water gently twist in opposite directions to **remove excess water**.
3. Vigorously wipe inside and outside of the product with a towel.
(some gel may escape simply wipe it away)
4. **Hang till** material is **completely dry**.
5. Product can be now placed in the **FREEZER** for a minimum of 2 hours.
Do not keep product in the fridge it may develop mold spots.
6. If it is stiff when taken out of freezer, it is ok to snap the frozen gel pockets with your fingers.
(do not force frozen stuck together material apart just wait for it to defrost it will naturally come apart)
7. When product has lost its cooling simply put it back in the freezer.
8. When the crystal/gel pockets start to dehydrate and become flat start activation from step 1.

Storing

- Whilst in activated (gel) state, product must be stored by hanging in a ventilated area.
DO NOT STORE IT IN THE FRIDGE!
- If wishing to store for long periods, allow item to **COMPLETELY DEHYDRATE**
(**returning it to crystal**) then put it into storage.
- To re-activate, start from step 1.

Washing

- Simply **hand wash** in warm water with mild soap for no more than 2 minutes
- Hang to dry
- Occasionally beads of gel may appear, this is not a fault simply wipe away with a cloth

Please Note: Gel crystals are non-sensitive to skin and mucous membranes, are not absorbed by skin and are non-toxic.

For more information, refer to www.arcticheat.com.au