



# REUSABLE HAND WARMER

## Activating Instructions

1. Bend metal disk inside hand warmer until it “clicks”.  
Liquid will begin to crystallize.
2. Massage hand warmer until completely crystallized.
3. Apply hand warmer to desired area.
4. Insulate hand warmer in a towel or cloth material for longer lasting heat.

## Rejuvenating Instructions

When the crystals cool but do not return to a liquid state – it’s time to rejuvenate.

1. Bring water to a rolling boil. Lower heat and bring water to a slow simmer.
2. Carefully place hand warmer in heated water.
3. Simmer for 10-15 minutes, or until crystals completely dissolve.
4. Remove from water and allow to cool to room temperature before next use.

## **CAUTION: DO NOT MICROWAVE**

Contents hot after boiling/recharging.

Allow to cool to room temperature before handling or reactivating.

Do not puncture or open pouch.

Do not ingest liquid contents.

Avoid freezing.