



HOT HEAD CAP INSTRUCTION MANUAL



Need a little warmth and comfort for your head, or want your hair treatment to actually soak in properly? This flaxseed heating cap is designed to hold heat gently and evenly, helping support headache relief and giving conditioning treatments a deeper, more effective result.

Made with a soft microfibre cotton lining and a nylon outer layer, it's comfy to wear and easy to reuse again and again. Just heat it in the microwave, pop it on, and enjoy up to 30 minutes of soothing warmth.

Great for:

- Headaches and migraines
- Tension and stress relief
- Cooling relief (kept in the freezer)
- Warm relief (microwave heat therapy)
- Warmth support during cold days or flare-ups
- Deep conditioning treatments
- Helping hair masks absorb better
- Curly, thick, long, or textured hair types
- Self-care days at home
- Reusable, low-waste heat therapy option

Features:

- Flaxseed filling for gentle, even heat
 - Soft microfibre cotton lining for comfort
 - Nylon outer layer for durability
 - Provides up to 30 minutes of warmth per heat
 - One size fits most and suits different hair types
 - Reusable and eco-friendly alternative to disposable heat packs
 - Includes a storage bag for easy keeping
- Image Description: A purple microwavable flaxseed heating cap with a gathered elastic edge. The second image shows the cap being used for hair care and comfort, including warming in a microwave and wearing it over the head.



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Details:

Material: Microfibre, Nylon, Flaxseeds

Size: 12cm (inner diameter) x 26cm (outer diameter)

Storage Bag Size: 28.5cm x 21cm

Weight: 130 grams

Package Contains: 1x Flaxseed heating cap + bag

Age Guidance: 12+ (younger children only with adult supervision due to heat and burn risk).

How to Use:

1. Place the cap in the microwave for 1 minute
2. Carefully remove and test the temperature before wearing
3. If needed, heat in 10 second bursts until it feels warm and comfortable
4. Do not heat for more than 2 minutes total
5. For cold use: Place the cap in a sealed bag and chill in the freezer until cold, then wear for short periods and re-chill as needed.

For headaches or migraines:

- Use the cap on a dry head and rest while it gently warms

For hair conditioning treatments:

1. Wash and rinse your hair first
2. Apply conditioner or hair mask as directed
3. Wrap hair in a shower cap first (this protects the heating cap)
4. Heat the flaxseed cap and place it over the shower cap
5. Leave on for 10 to 20 minutes, then rinse hair as usual

Care Instructions:

- Spot clean gently using warm water and mild soap
- Do not soak or fully immerse in water
- Lay flat to air dry fully before storing
- Always use a shower cap underneath during hair treatments to keep it clean and dry
- Avoid overheating to protect the fabric and flaxseeds