



# REUSABLE ICE PACK – COOLING FACIAL INSTRUCTION MANUAL



Need a little reset for your face, eyes, or jaw?

This Cool / Warm Gel Face Mask is a reusable gel bead mask designed to sit comfortably around your face and eyes, giving you a soothing moment of relief when you're feeling puffy, sore, overheated, or simply needing to rest.

Use it cool for puffiness, swelling, sinus pressure, headaches, or itchy irritated skin from allergies. Use it warm for gentle comfort when your face feels tense, tight, or achy.

It's also a lovely option for screen fatigue, close-up work, stress, and anxiety, giving your eyes and face a chance to properly rest. Each use stays effective for around 15 to 20 minutes, which is a common recommended treatment time for hot/cold therapy.

With two comfort sides, you can choose what feels best for you. One side is soft and plush, and the other gives a more direct cooling or warming feel against the skin.

## Great for:

- Puffy eyes and facial swelling
- Jaw tension and facial aches
- Sinus pressure and sinus headaches
- Headaches and migraine comfort support
- Screen fatigue and tired eyes
- Stress, anxiety, and sensory downtime
- Allergy itchiness around the eyes and face
- Rest breaks, recovery days, and relaxation routines
- Heat or cold therapy at home

## Features:

- Use cold from the fridge or freezer for cooling relief
- Heat in the microwave for soothing warmth
- Reusable gel bead design for flexible comfort Soft plush side for a gentler feel on sensitive skin
- Smooth side for a more direct hot/cold effect
- Adjustable strap to help keep the mask in place
- Helps support rest, relaxation, and calming routines



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## INSTRUCTION MANUAL

- Stays effective for around 15 to 20 minutes per use

**Image Description:** A reusable gel bead face mask with cut-outs for the eyes, nose, and mouth, shown being worn by a child. The mask has an adjustable elastic strap and is pictured in two colour styles, including a light purple plush fabric and a light grey version.

### Details:

**Material:** plush, gel beads, plastic, elastic

**Mask Size:** 14cm (L) x 30cm (W) x 1.5cm (D)

**Strap Size:** 61cm (L) – total including mask

**To fit:** 49cm – 60cm, minimum to maximum

**Weight:** 120 grams








**Package includes:** 1 Cool / Warm Gel Eye Mask

**Age Guidance:** Suitable for teens and adults, and children with adult supervision. Not a toy.

### How to Use:

1. For cold relief: Place in the fridge for 1 to 2 hours, or the freezer for up to 30 minutes
2. Use for 15 to 20 minutes at a time, then remove and let your skin rest
3. For warm relief: Microwave in 10 second bursts until it reaches a comfortable temperature
4. Always test the temperature before placing on your face
5. For warmth, we recommend using the plush side against your skin for comfort
6. Do not overheat or use on broken or irritated skin

### Care and Cleaning Instructions:

-  Wipe clean with a damp cloth after use
-  Dry fully before storing
-  Store flat in a clean, dry place
-  If storing in the fridge or freezer, keep it in a clean bag or container
-  Do not boil or submerge in very hot water
-  Do not machine wash or tumble dry
-  Replace if the mask becomes damaged or leaks