



Wheatbags by The Australian Wheatbag Store

Home of the Contemporary Wheatbag

HEATING/COOLING AND CARE INSTRUCTIONS

PLEASE KEEP FOR FUTURE REFERENCE

The Australian Wheatbag Store makes traditional wheatbags in non-traditional designs and shapes. We do this by combining modern patterns and colours with natural, organic raw materials and sustainably grown fibres such as hemp, organic cotton and bamboo.

We design and silk screen print our own fabrics in house, using water based inks and keep production locally based to reduce our carbon footprint. All products are partially made in our own studios and partially by a local supported employment facility. So the creation of our products is done in an environmentally and socially responsible way. And that's how we like it.

We believe a wheatbag has the same right to look cool, fit you perfectly and work well for a long time as any other item in your household or indeed in your wardrobe.

What a wheatbag will do when HEATED:

- Release heat gradually and evenly
- Relieve arthritic aches and pain
- Relieve stiffness in joints
- Increase poor circulation
- Relax and relieve aching muscles
- Warm your bed up
- Relieve menstrual pain and cramping
- Reduce/relieve tension
- Regain posture by relaxing tense muscles
- Provide relaxation and comfort

What a wheatbag will do when FROZEN:

- Release cool gradually and evenly
- Mould perfectly to your body straight from the freezer
- Reduce swelling
- Reduce bruising
- Soothe headaches or migraines
- Provide relief from insect bites or stings
- Cool you down on a hot day (try the shoulder shaped wheatbag!)
- Refresh tired eyes

To use HOT: Microwave on high for 1 minute, increase time if necessary to find *your* ideal setting. Remember to consider other times for the young and elderly. Never microwave for longer than 3 minutes no matter how large the wheatbag! Place a cup of water in the microwave while heating your Wheatbag to keep the grains hydrated. If the wheat is a little bit moist, it will hold the heat better and the wheatbag will last longer. Take care when removing the wheatbag from the microwave as there may be steam emitting. We recommend you test if the heat is appropriate on your forearm before placing it elsewhere.

To use COLD: Place the wheatbag in a plastic bag in the freezer and leave overnight. Remove from the bag when ready to use and apply directly to the affected area you want to cool. Perfect on a hot day!

Some injuries are better treated with cold therapy than with heat. Please consult your health care professional before commencing treatments of serious injuries.

SAFETY INFORMATION:

• Do not exceed 3 minute heating time as your wheatbag could then burn. • Do not let children microwave wheatbags unsupervised. • Ensure the wheatbag is rotating freely in your microwave • Microwave use only—not for oven or stove top use! • Excessive re-heating of the wheatbag can be dangerous especially when it hasn't cooled down completely. Try re-heating in 10 second increments or wait until cooled. • Discard the wheatbag if you observe any of these signs: an over-cooked odour, smell of burning or smoking/charring. Place the wheatbag on a non-combustible surface to cool down, then throw away • Add scent to your wheatbag by placing it, together with an opened bottle of essential oil, in a plastic tub. Place the lid on the tub and leave for 24 hours, giving time for the aromas to infuse your wheatbag. • Do not wash or soak your wheatbag. If the fabric becomes stained—sponge away with a damp cloth. • Store the wheatbag, when completely cooled, in a cool and dry place. • Please follow the above instructions as misuse of wheatbags may be hazardous and/or result in burns or injuries.

Questions? Check out the Australian Wheatbag Store online or send us an email: info@theaustralianwheatbagstore.com.au

www.theaustralianwheatbagstore.com.au