



## Instructions for use of warming pillow

### Application of heat

#### **Microwave**

The microwave should be set to a maximum of **500 Watt**. The duration for microwaving varies with the age and make of the microwave. It is best that you set your microwave to less than 500 Watt, and that you heat the warming pillow for a maximum of **90 seconds**. You must however ensure that you always allow the warming pillow to cool fully in between applications, before you heat it in the microwave again. If the applications happen too frequently at short time intervals, the warming pillow can start to smoulder, and this in turn can cause the fabric to burn. The microwave plate on which the warming pillow rests should be completely dry and clean, in order to prevent the fabric from being burnt.

#### **Oven**

When heating the warming pillow in an oven, it is necessary to make preparations. The cushion must be **completely wrapped in aluminium foil**. Without this packing, there is a danger that the fabric will be burnt by the heat. The oven should be heated to a **maximum of 150° C** ; usually 100° C should be sufficient. It takes approximately **10 to 15 minutes**, until the cushion has become sufficiently warm. Take care when removing the cushion, as the aluminium foil can become very hot.

#### **Warning**

Generally the fabric burns very quickly, and even without endangering the kitchen, this very quickly destroys the warming pillow. As soon as the stones become too hot and store too much heat, the cotton fabric is attacked and can be destroyed. This can generally be recognised by brown flecks and small holes in the fabric. The cushion is then unusable. In addition, the burnt odour is disturbing during applications.

**Note: Never leave the warming pillow unattended while heating in an oven or microwave. There is a danger of fire if the heating is incorrect.**

The operating instructions from the manufacturer of the oven or microwave must be complied with.

The warming pillow may become discoloured after being heated multiple times.

Read these instructions for use carefully, and use the article only as described, so that no unintended injuries or damage occur. Keep these instructions for use carefully, and with the article pass them on to a new owner.

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### Washing instructions

#### **Hand washing**

For hand washing, wash the cushion in lukewarm water using a sponge or microfibre cloth in order to remove dirt. In this process, keep on changing the water.

#### **Machine washing**

For machine washing, always ensure that the warming pillow is washed using the delicate cycle at low temperature (30°), using a laundry net. The laundry net protects the washing machine in the unlikely event that a seam of the warming pillow becomes loose during the washing procedure, and the individual content of the warming pillow spill out. In this case, they are caught in the laundry net, and so damage to the washing machine is prevented.

#### **Drying**

To dry, spread the warming pillow out on a hand towel, and dry by frequently turning and shaking.