

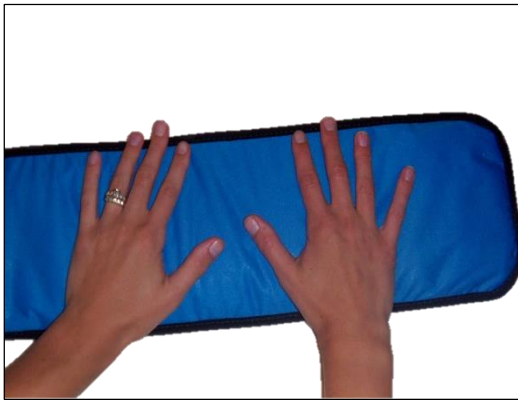
Neck Wrap Product Guide



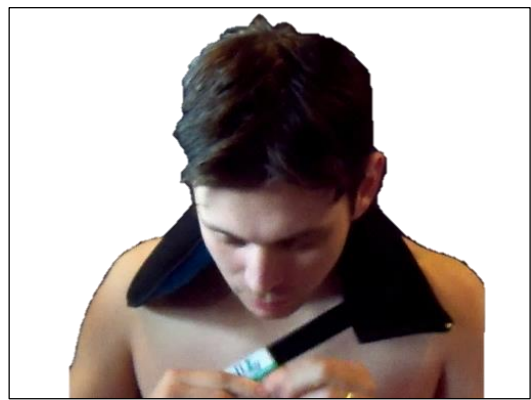
1) Keep strapping attached when not in use



2) Place gel pack in casing
(Microwave 30 + seconds or freeze 2 + hours)



3) Press firmly to distribute gel evenly



4) Place wrap around neck and apply strapping from the left side across to the right side



5) Wear 10 – 20 minutes

For more information visit:
www.lifeandlimbgel.com