



Beinio[®]therm

Moor heat cushion instructions

Thank you for choosing a Beinio moor cushion!

This is a class 1 patented medical product that uses natural ingredients to offer gentle healing and relaxation. As the moor filling is a modified natural product colour deviations and discolouration may occur. The peat is obtained from regenerative mining in Germany. The heat cushions are manufactured in the Lower Rhine area of Germany.




Please read the following instructions carefully. By doing so, the premium-quality moor heat cushion will act as a pleasant aid for many years to come.

Use for heat therapy – ideal for tense muscles:

At a temperature of 40 – 43°C, your muscles relax and your body's regenerative capacity increases. The increased circulation stimulates your metabolism, fosters your natural healing process and heightens your sense of wellbeing. Long-lasting heat relieves pain!

Areas of application:

Back pain, pulled muscles, dislocated joints, arthrosis, stiffness in the neck, gall and liver pain, stomach and intestinal pain, gynaecological problems, sciatica.




HEAT APPLICATION			
Product	<p>beinio[®]therm moor heat cushion</p> 	<p>beinio[®]therm moor neck cushion</p> 	<p>beinio[®]therm moor back cushion</p> 
<p>Microwave (max. 600 watt): Stop every two minutes and knead the cushion</p>	<p>Heat for approx. 3 minutes. If necessary, continue heating for 10 seconds at a time</p>	<p>Heat for approx. 3 minutes. If necessary, continue heating for 10 seconds at a time</p>	<p>Heat for approx. 3 minutes. If necessary, continue heating for 10 seconds at a time</p>
<p>Oven – place on a plate (max. 120°C) Do not pre-heat</p>	<p>Heat for approx. 10 minutes. If necessary, continue heating for 2 minutes at a time</p>	<p>Heat for approx. 12 minutes. If necessary, continue heating for 2 minutes at a time</p>	<p>Heat for approx. 15 minutes. If necessary, continue heating for 2 minutes at a time</p>
<p>Safety notice: Caution: Do not leave the moor cushion unattended while heating! If the product inflates, switch off the microwave or oven and check the cushion for damage once it has cooled down. Overheating the cushion can cause tears and leaks. Do not allow the cushion to come into contact with hot metal.</p>			

Use for cold therapy – ideal for inflammations:

Cold eases inflammations as your reduced body temperature stems the activity of the inflammatory mediators. The cold therapy starts by triggering vascular reactions, which tense your muscles. Your pain is alleviated. When applied for longer, your muscles become less active and tense and your cramps are relieved.

Areas of application:

Inflammations, head aches, migraines, circulatory problems, fever, insect bites, bruises, broken bones.

COLD APPLICATION			
<u>Product</u>	beinio [®] therm moor heat cushion 	beinio [®] therm moor neck cushion 	beinio [®] therm moor back cushion 
<u>Freezer</u>	max. 2 hours at 10°C	max. 2.5 hours at 10°C	max. 3 hours at 10°C
<u>Fridge</u>	permanent storage possible	permanent storage possible	permanent storage possible

Important information:

Before use, please carefully check the temperature with the back of your hand. To prevent possible skin reactions to the heat or cold, place the heat cushion in a towel or protective cover once it has been activated. Please remember that even a temperature of 50°C can cause burns. Keep children away from packaging – risk of suffocation! The moor cushion must not be used on anyone who cannot tolerate heat or cold. It should therefore not be used on children aged under three, disabled persons or heat-insensitive persons. Do not use in conjunction with painkillers. Do not use cold therapy in the event of arterial circulatory disorders or Raynaud's syndrome.

The moor cushion can be damaged by sharp or pointed objects or if overheated. In such a case it must no longer be used! Please check the cushion for damage before each use and after heating. If the cushion leaks, please do not use it as other items could be dirtied. No warranty can be assumed for consequential damage. When using the version with essential oils, the intensity of the aroma/fragrance depends on the frequency of use and can decline over time.

Storage and care: we recommend storing the cushion in the packaging provided. Please store the usage instructions carefully. Please wipe the moor cushion with a damp cloth after each use and store it in a dry condition.



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