

## Warm-Buddy Instructions



Warm Buddies are the perfect way to introduce your friends, family and customers to the therapeutic benefits of aromatherapy. Each adorable plush animal contains an inner grain pack that can be heated or cooled. Then add a few drops of essential oil for the desired therapeutic effect: relaxation, improved sleep, infection-fighting, pain-relief, and more (see Therapeutic Uses below). Warm Buddies make a great gift for children and adults, especially when you consider the numerous health benefits of adding essential oils!

Warm Buddies are ideal for NSP Home Spa parties, Baby or Bridal showers, Get-Well gifts, Birthdays or any occasion! Everybody loves a Warm Buddy!

### Inner Removable Grain Pack

Each Warm Buddy contains a removable natural grain pack inside a hidden Velcro enclosure. Each grain pack contains a proprietary blend of all-natural grains chosen for their high heat retention (no flax seeds are used). The grain blend is unscented so even people with allergies can enjoy the benefits. Plus, the Warm Buddy products have been tested and approved as a medical device by Health Canada and the FDA.

### Heating/Cooling Instructions

Warm the grain pack in the microwave for heat therapy or place it in the freezer for cold therapy. Heating instructions come attached to every Warm Buddy inner grain pack. Heating times will vary with the power of the microwave. Grain packs are to be heated on HIGH and should reach room temperature before re-heating. To warm in an oven, wrap the grain pack in aluminum foil and heat approximately 30 minutes at 200 degrees Fahrenheit. To freeze, place the grain pack in a plastic bag and put in the freezer for 1 - 4 hours, depending on the size of the pack and the desired temperature.

### Using Aromatherapy

Since ancient times, pure plant essential oils have been used for their healing benefits. Essential oils have many uses: some are antiviral, antimicrobial or antifungal; others may soothe inflammation, relax tense muscles or enhance breathing. Add a few drops of essential oil to the Warm Buddy inner grain pack after heating for added therapeutic effects. Essential oil scents will fade upon repeated re-heating. Stronger scents (i.e. eucalyptus, peppermint, tea tree, etc.) may last longer, so start with only a drop or two if you desire to use other essential oils at a later date.

*Try using Chamomile or Lavender for calming, relaxation and promoting sleep; Eucalyptus or Peppermint for colds and sinus/respiratory congestion; Eucalyptus, Lemon or Peppermint for headaches; Bergamot, Lavender or Neroli for stress.*

### Washing Instructions

Warm Buddies have a washable outer cover made of synthetic fur. Hand-washing is recommended to prolong the life of your Warm Buddy.

### Therapeutic Uses

The relaxing warmth of a Warm Buddy helps relieve stress, eases tension, and soothes sore muscles. Warm Buddies are especially great for comforting children at night and soothing tummy-aches or "boo-boos." Warm Buddies can also be used to help arthritis, back pain, cold feet, fibromyalgia, migraines, pregnancy, respiratory congestion, stress/tension, and shoulder, arm, neck and hip problems. Of course, Warm Buddies are ideal for relaxation and promoting sound sleep.

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### Warm Buddies are available from:

Herb Allure, Inc.  
POB 1048  
Jamestown, NY 14702

**Toll Free: 1-800-358-4278**  
Worldwide: 716-487-9502  
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