

All-Natural Re-Usable Hand Warmers:

Microwave on high for 30-45 seconds.

Times vary with different microwave ovens, please start with a shorter time and add 5 seconds at a time until desired heat is reached.

Do not overheat.

Place in pockets or gloves/mittens to warm up cold fingers.

Re-heat as often as desired.

Made from cotton fabric and thread, organic wheat berries and barley

All-Natural Re-Usable Bed Warmers:

Microwave on high for 1 minute. Times vary with different microwave ovens.

Do not overheat.

Place in bed to warm up sheets. Reheat as often as desired

Bed Warmers also make soothing hot pads.

In summer months, put packet in freezer and place in sheets to cool them down