



CoolHerbals

Coolherbals Pain Relief Wrap

How to use:

- Make sure the area is clean and free from oils and creams, to allow maximum absorption of the Coolherbals Pain Relief Paste.
- Apply a thin layer of the Coolherbals Pain Relief directly to the areas of water retention. Ensure all skin is covered evenly with the paste.
- Wrap each area to be treated with the professional grade Film. Relax for 30 minutes. You may sweat during this period but this is perfectly normal.
- Remove Film.
- Wipe off the excess Coolherbals Pain Relief with water or a moist pad.
- Massage with the Coolherbals Soothing Joint and Muscle Oil all over the affected area.