



Hot Water Bottle

Once you use a hot water bottle, you won't believe how you ever got along without it! The hot water bottle is one of the most useful all-purpose health care products you will ever use. It is designed to apply comfortable, soothing heat therapy easily and conveniently to any part of the body for a variety of ailments.

Fill it with hot water from the sink. The water bottle will stay warm for up to 2 hours.

Use it to:

- Relax particular muscles or use for the entire body
- Deliver nurturing comfort to enable a deep state of relaxation

Try using the hot water bottle on:

- The feet for warmth
- The back for strain
- The lower abdomen for cramps
- The abdomen for digestion and relaxation of body and mind

Additional Uses:

- To combat illness: use as a warm, soothing companion to help you through flu, chills, and aches.
- To ease menstrual cramps: a hot water bottle on the abdomen brings pain relief and soothing comfort.
- As a bed warmer: a warm hot water bottle placed in your bed makes for a cozy sleep, especially on cold winter nights.
- To ease arthritic pain: a natural, moist heat therapy for arthritic pain relief, especially great for hands.
- To calm children: a warm cuddly companion to provide a calm secure feeling when children are ill or upset.
- As a traveling companion: take it with you on trips to comfort you - no electricity needed.
- To calm your pet: placed under a blanket, a warm hot water bottle soothes puppies in new surroundings -- it provides warmth and security and calms them down.
- To encourage restful sleep: to help you sleep after a high-stress day, lie down with a hot water bottle on your stomach, close your eyes and breathe deeply, so the bottle rises and falls. Many people carry a lot of tension there and the weighted heat releases it. Try it!