

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'll ever use. It provides soothing heat therapy that alleviates all types of ailments. To use, fill your bottle with hot water from the sink. The water bottle will stay warm for up to two hours.



USE IT TO:

- Relax tight muscles
- Nurture and comfort the body to reduce stress

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 mind-body relaxation

ADDITIONAL USES:

- Use as a warm, soothing companion to help you through flus, chills, and aches.
- 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, a hot water bottle is especially great for hands.

- A hot water bottle can be a warm, cuddly companion and provide a calm, secure feeling when children are ill or upset.
- Take it with you on trips to comfort you – no electricity needed.
- Placed under a blanket, a warm hot water bottle soothes puppies in new surroundings by providing warmth and security.
- 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!