EN

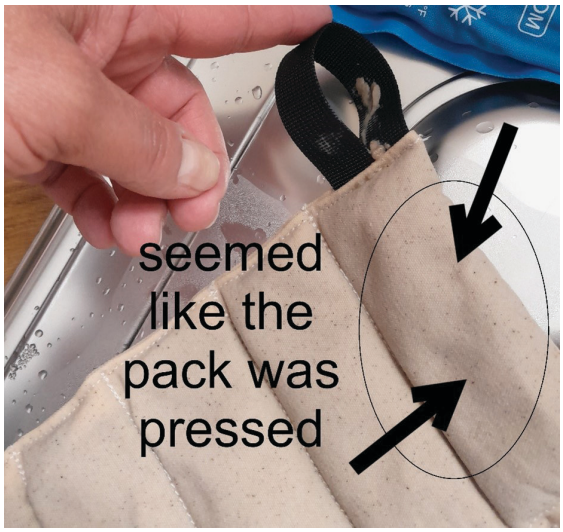
MOVES MOIST HEAT PACKS: MANUAL FOR FIRST USE

1. First soaking process: really respect the time from 16-20h.
   Soak in WARM water (75°C) at a constant temperature. This is very important to let all compartments swell. A microwave is not ideal for this as you cannot guarantee the constant temperature. The use of a Moist Heat Unit is therefore really recommended.
   Why not in cold water: the compartments will not swell properly and are more likely to cause uneven swelling.

   How to see if the pack is ready for use:
- All compartments are completely swollen, they are nicely convex.



- DO NOT press/push on these compartments, this way you can push the clay out. The fabric acts like skin pores: you can push the matter out through the fabric.



+32 51 50 55 01 · info@mvs-in-motion.com
Krommebeekpark 11, 8800 Roeselare (Belgium)
VAT BE 0458.496.729 · www.mvs-in-motion.com

2. A small leak can occur, but do remove all residue from the unit as well as from the Moist Heat Pack. This is to avoid damaging the temperature sensor.



In case of a leak WITHOUT a tear or loose seam, you can certainly reuse the Humid Moist Pack.
It is then recommended to repeat the soaking process 2 to 3 times so that all compartments are bulging again.

In the event of a TEAR, the Moist Heat Pack needs to be replaced. A tear at first use occurs due to incorrect use. All conditions in point 1 must be respected.

3. Storage if you do not use the Moist Heat Pack for a long time: In a zip-bag and in the freezer.
   This is to prevent drying out and mold formation.
   If the Moist Heat Pack dries out completely after use, it is more susceptible to tearing as the clay hardens and the fabric becomes brittle.
   Between treatments, Moist Heat Pack should be stored in the Moist Heat Unit. It is then ready for use again after 15 to 20 minutes.