

SELF-COOLING CUSHION

Instructions for Care and Use

ABOUT YOUR SELF-COOLING CUSHION

The **Self Cooling Cushion** is made from natural minerals chosen for their unique cooling properties. The natural minerals absorb your body heat. When this occurs, the minerals melt into a liquid state, producing a cooling effect. This chemical / physical reaction between your body heat at 98.6°F, and the natural minerals' melting point of 77.6°F produces the slow, soothing cooling effect that you feel when your body is against the **Self Cooling Cushion**.

The minerals are encased in a closed loop environment to keep them from contaminates and to protect the environmental conditions necessary for the minerals to regenerate over and over. The **Self Cooling Cushion** will provide the same cooling effect for years to come with little maintenance.

GENERAL CARE

To minimize the regeneration time, **stop using the Self Cooling Cushion before all minerals are in the melted state (before you can no longer feel crystals inside the cushion)**. Some solid crystals are necessary to start the regeneration process. If excessive heat melts all of the crystals, store the **Self Cooling Cushion** at room temperature (72°F) and the crystals will regenerate in about 2 weeks.

Store the **Self Cooling Cushion** in a cool place away from sunlight when not in use. When using the **Self Cooling Cushion** in a car, store the cushion under the dash, under a seat, or in another cool location away from sunlight.



The cotton cover can be removed and machine washed in warm water. **Hand wash the cooling pouch** with semi warm water and soap. **Do not machine wash or dry the cooling pouch or wash it in hot water** since excessive heat may damage the Self Cooling Cushion.

The **Self Cooling Cushion** does not require refrigeration. **Never place the Self Cooling Cushion** in the freezer since extreme cold may reduce the efficiency of the **Self Cooling Cushion**.



USING YOUR SELF-COOLING CUSHION

The **Self Cooling Cushion** can be used in Office Chairs, Couches or other seats, anywhere you need a cool seating surfaces. perfect for sporting events.

1. Before first use, place the **Self Cooling Cushion** on a flat surface and press on the sections to even out the distribution of minerals within the cushion.
2. Place the **Self Cooling Cushion** on a clean seating surface with the thinner fabric side against your body.



3. Place, rest or sit on the **Self Cooling Cushion**.
4. You may also use the **Self Cooling Cushion** as a back cushion by placing it against a seat back. The cushion has built-in ties for attachment to a chair or wheelchair.



Note: When not using the built-in ties, make sure the sections of the cushion remain horizontal (parallel to the ground). Placing the sections vertical to the ground will cause the crystals to gravitate to one side of the cushion and harden, creating an uncomfortable seating surface.

WARNINGS

DO NOT over-expose the **Self Cooling Cushion** to direct sunlight since this may damage the cooling minerals inside. When not in use, store the **Self Cooling Cushion** in a cool, shaded location away from sunlight.

DO NOT cut, puncture or tear the fabric of the **Self Cooling Cushion**. If a leak occurs, simply wash clean and throw away. The **Self Cooling Cushion** is environmentally safe and does not require special disposal.

The **Self Cooling Cushion** is not for medical use and is not meant to treat, diagnose, or cure any disease or ailments.