

ALTERNATIVE HEAT **ACTIVATE**

- Locate the metal disc and bend it with your fingers until it clicks.
- The clear coloured gel will start to become solid and warm.
- Once all of the gel has become solid, knead the handwarmer in your hands to obtain the optimum performance.
- To maximise the heat duration keep the handwarmer in your pocket.
- Alternative HEAT will last between 40 minutes and 2 hours.



ALTERNATIVE HEAT **RECHARGE**

- Place a cloth in the base of a saucepan, add water and boil.
- Place the cooled Alternative HEAT into the boiling water and leave for 5 minutes or until all crystals are liquefied and clear, keeping it away from the heated surface of the saucepan.
- Remove the handwarmer from the boiling water using a pair of tongs.
- Allow to cool before re-activating.
- DO NOT MICROWAVE



INSTANT HEAT... ANYTIME... ANYWHERE!