



**3onic® organic pillow
heat and cold therapy
in combination with 3onic® Schnurrer®**

Heat therapy for e.g.:

- muscle pain
- abdominal discomfort
- bronchial disease
- indigestion

put 3onic® organic pillows in the microwave for 2-4 minutes at 600 watts

Warning: risk of fire if overheated!!!

Cold therapy for e.g.:

- migraines
- toothache
- sprain
- bruises
- inflammation

place 3onic® Bio-Pillows in a plastic bag, for example, in a freezer

Filling: canola-seed (washable at 40°, hand wash, dry well, do not tumble dry!)