



Natural Peat Pad

Neck Pad/Back Pad

PATENTED ORIGINAL MEDICINAL PRODUCT

Thermal pad for local heat therapy in case of tension, and cold therapy in case of inflammation.

Operating instructions

Thank you for choosing a Moorland® Natural Peat Pad by bb med! This product is a medicinal product, class 1. It offers you gentle healing and relaxation using natural substances. The Moorland® Natural Peat Pad releases therapeutic heat over several hours.



The Moorland® Natural Peat Pad is produced in Germany, on the Lower Rhine. The peat filling is made of modified peat which is obtained from regenerative peat-cutting areas in Germany. The foil used contains no critical plasticisers. Colour fluctuations and discolourations represent natural variations.

Please observe the following guidelines. This will ensure that the high-quality Moorland® Natural Peat Pad will continue to be a pleasant aid for you for a long time to come. Please contact your doctor or pharmacist if you have any questions.

Application in heat therapy - ideal in case of tension

At a temperature of 40 – 43 °C, the muscles relax and the regenerative capacities of the body are increased. The increased blood circulation encourages the metabolic processes, promotes the natural healing process and increases your feeling of well-being. Prolonged heat soothes pain!

Application in heat therapy: Lumbago, aching muscles, back pain, abdomen / stomach pain, menstruation complaints, neck complaints, tension, rheumatic complaints (please request this application from your doctor or therapist; do not use in case of rheumatic inflammation)! joint and neck stiffness.

Article	Moorland® Moor-Nackenkissen 	Moorland® Moor-Rückenkissen 
Microwave (at max. 600 Watts) Stop every two minutes and knead the pad well	Heat approx. every 2-3 minutes, if required, extend in 10 second steps	heat for approx. 3-4 minutes, if required, extend in 10 second steps
Oven Place on a plate (at max. 120° C) Do not preheat	Heat for approx. 10 minutes, if required, extend in 2 minute steps	Heat for approx. 15-20 minutes, if required, extend in 2 minute steps



Safety information Caution: Do not leave the peat pad unobserved during heating! If the product inflates, switch off the microwave or oven and check the pad for damage after cooling. Overheating the pad can lead to cracks and leakages. In such cases, it is rendered unusable. Do not bring the pad in contact with hot metal.

Application in cold therapy - ideal in case of inflammation

Cold suppresses inflammation, as the lower body temperature inhibits the activity of inflammation mediators. Initially, vessel reactions are triggered during cold therapy, and the muscles are tensioned.

The perception of pain is reduced. During longer periods of application, the muscular activity reduces, the muscle tension is lowered and cramping is loosened.

Application in cold therapy: Bruises, sprains, pulled muscles, headaches, migraines, fever, toothache, insect bites, nosebleeds, contusions, calf cramping in the night, oedemas, tennis arm, inflammation in muscles and joints, refreshment of tired and heavy legs, rheumatic complaints (please ask your doctor or therapist regarding the application).

Article	Moorland® Moor-Nackenkissen 	Moorland® Moor-Rückenkissen 
Refrigerator	Long-term storage possible	Long-term storage possible

Important information

Prior to application, please test the temperature for compatibility by touching the pad with the back of your hand. In order to avoid any heat or cold reactions on the skin, place the pad in a towel or protective sleeve after activation. Please bear in mind that burns may occur at temperatures from 48 °C upwards.

Keep children away from packaging! Amongst other things, there is a risk of suffocation.

The peat pad may not be used if a person is unable to perceive heat or cold. Therefore, do not use this article on children younger than 3 years of age, or helpless people or those who cannot perceive heat.

Do not use together with painkillers. Do not use cold therapy in case of arterial circulation disorders and Raynaud syndrome.

The pad may no longer be used in case of visible damage, which amongst other things can be caused by pointed and sharp objects, overheating or impacts (e.g. dropping it on the floor)!

Please check the pad prior to every application after heating for damage. If the pad is leaking, it is thus rendered unusable as other objects may be soiled. No guarantee can be borne for any consequential damages.

Storage and care: We recommend that you keep the article in the refrigerator. Please read the instructions for use carefully. Please clean the peat pad after use with a damp cloth and leave it to dry.

Do not use aggressive cleaning agents and solvents.

During a prolonged break in which the product is not used, please heat the peat pad regularly in order to stop it drying out.

We wish you much enjoyment with this product.

Status of information leaflet: February 2019

Art.-No.: 896 Neck pad

Art.-No.: 897 Back pad

02/2019