

basic care and use

Body Cooling Vest

- Vest comes in crystal form. Initially soak in water for 15 minutes so crystal in pockets swells into gel form (pockets should be firm but not bursting). When removing from water, grab top and bottom of vest and gently twist in opposite directions to remove excess water and hang to dry. Vest is now activated.
- Vest must always be in activated (gel) state before being used. Once activated the vest can be placed in the refrigerator or freezer. The vest can also be placed inside the resealable bag/satchel it was purchased in and placed on ice or in an ice water/slurry. The length of cooling time is subject to outside temperature and body heat considerations. As a guide if soaked in ice water/slurry for 5-10 minutes, the vest will stay cold for 30-60 minutes. If frozen for 2 hours or longer it will stay cold for up to 2 hours. The longer period the vest is left in freezer, the longer it will stay cold. If the vest is stiff (frozen) when taken out of freezer, apply a light mist of water from water spray.
- If the crystal/gel pockets start to dehydrate and become flat soak for 5-10 minutes so that the gel pockets properly swell again. If pockets return to crystal state simply repeat initial soak.
- Whilst in activated (gel) state, the vest must be stored by hanging in a ventilated area. If wishing to store the vest for long periods, allow the vest to completely dehydrate (returning it to crystal), then fold and store. To re-activate, simply repeat initial soak.
- Place in re-usable plastic zip top bag vest is purchased in if needing to leave in ice or ice water for long periods.
- Back of vest has only top 3 panels filled with gel to keep cold away from Kidney area.
- To clean product please refer to the [washing instructions \(pdf\)](#).
- Vest weighs between 800 gms to 1 kg when correctly activated.
- The vest can also be used warm/hot. Vest must be in activated state and placed in the Microwave Oven at 30 second intervals until the desired temperature is achieved. Heating times may vary according to wattage of microwave. It is **IMPORTANT** to check that vest is not too hot before wearing to avoid burns.

Please Note: Gel crystals are non-sensitive to skin and mucous membranes, are not absorbed by skin and are non toxic.

*For more information, refer to www.arcticheat.com.au
or call*

Arctic Heat on 1800 8800 067

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