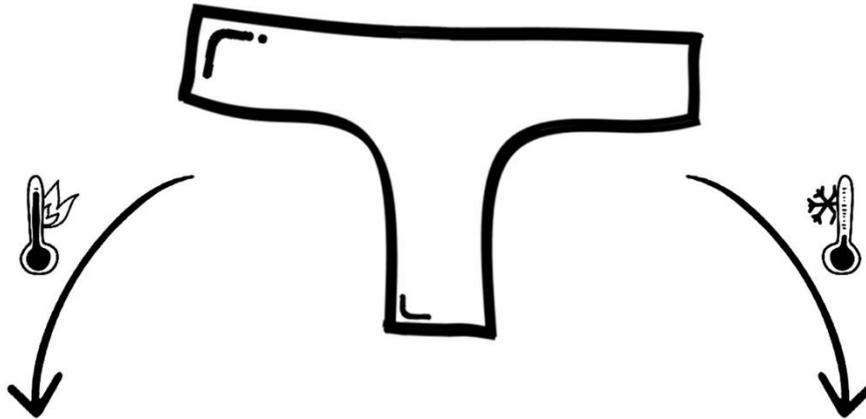


# ( y ) OKOMPRESY



## instruction



### How to warm up Yokompres?

#### Oven

100° / ⌚ 20-30 min.

#### Microwave

600W / ⌚ 1-2 min.

#### Radiator

Option for the patient:)

### How to cool down Yokompres?

#### Freezer

⌚ min. 30 min.

#### Refrigerator

⌚ min. 60 min.

#### Balcony in winter

Eco version:)

How much you will heat or cool down the Yokompres depends on you and your preferences! **But remember about safety!** Too high / low temperature can irritate or damage your skin.



If you are not sure **what temperature the Yokompres should be**, my advice is: when you feel comfortable and / or relieved after applying it to your body, it is perfect! If you don't feel a difference, give him some more time to warm up. If the sensations are too intense, wrap the Yokompres in a handkerchief or a blanket. Next time you will know that you need to warm it up or cool it down a little shorter.

Yokompres is reusable. If it stains slightly, you can wipe it with a damp cloth or hand wash it. Remember, however, that it contains seeds, which is why **moisture affects it badly**. When it gets wet, let it dry quickly!

## how to use



# ( y ) OKOMPRESY

### WARM:

#### ON BELLY



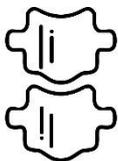
It is no accident that Yokompres is shaped like a uterus. It brings relief during painful menstruation, diseases of the urinary and reproductive systems, as well as gastric problems.

#### ON THE NECK



A warm compress reduces muscle tension. Warming up the sore spot soothes the pain and makes the muscle fibers more flexible, thus increasing their mobility.

#### ON LOINS



Warming the back and the loins reduces pain in this section. A warm compress applied to the lower spine has a positive effect on kidney function. It can also relax you in stressful moments.

#### IN CASE OF NEURALGIA



Compress with cherrystones will be useful in relieving the symptoms of, for example, sciatica. Heat reduces nervous excitability and receptor sensitivity, which has a calming and analgesic effect.

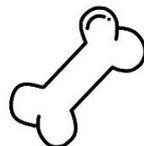
### COLD:

#### ON FOREHEAD



Yokompres removed from the freezer can be placed on the forehead and temples to reduce headache and relieve migraine symptoms. A cold compress applied to the neck will cool down during the summer heat.

#### FOR INJURY



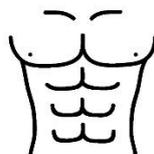
Chilled Yokompres prevents inflammation. It will bring relief after bruises and sprains, as well as in the treatment of fatigue injuries.

#### ON SWELLING



A cold compress on the swelling is anti-inflammatory and helps to reduce the swelling. It works well with swollen legs, hands, face or after insect bites.

#### AFTER EFFORT



A natural compress can also be useful for athletes - both professional and those who train as a hobby. Cold compresses reduce ailments related to e.g. with leaven.