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Reusable Hot/Cold Pack - Pack of 10

Variant code: 21-90188

Provides the benefits of both Hot & Cold treatments.

Can be frozen to be used as an ice pack for treatment of muscle injuries or microwaved to be used as a heat pack for relief from muscle aches, back pain, sinusitis and menstrual cramps.

Suitable for multiple uses.

26 x 13.5cm