



A Revolutionary Approach to Pain Relief

THERA°PEARL® is the doctor-designed, drug-free way to relieve pain and inflammation associated with muscle strains and sprains, swelling from surgery, spa treatments and allergies, and a host of other pain-producing conditions. Hypoallergenic and non-toxic, THERA°PEARL packs use an innovative Pearl Technology® that absorbs and delivers heat and cold for the doctor recommended 20 minutes of highly effective therapy. Their dual action provides twice the therapeutic benefit in a single pack: users can start with ice to reduce swelling and bruising, then switch to heat for penetrating pain relief.

Key benefits to THERA°PEARL technology

- Conforms to your body
- Mess free
- Soft on skin
- Extremely comfortable
- Reusable
- Non-toxic
- Free of BPA, lead, latex and phthalates
- Freeze or microwave
- ✓ Anatomically designed.
- ✓ Conforms to the affected area.
- ✓ Use hot or cold for 20 minutes.

No Mess, No Drips, No Odor

Unlike other remedies – frozen peas, ice packs or hot towels – THERA°PEARL won't leak or drip. THERA°PEARL isn't rough or jagged and remains soft against the skin. Constructed of durable, yet pliable, plastic, THERA°PEARL conforms comfortably to the body or face even when frozen. The packs are odorless and can be cleaned with mild soap and water for repeated uses.



PER-TP-RFM1
Face Mask

PER-TP-RNW1
Neck Wrap

PER-TP-RCS1
Sports Pack w/ Strap

PER-TP-RBW1
Back Wrap w/ Strap

PER-TP-RKW1
Knee Wrap w/ Strap

Easy to Use

For icy relief, chill THERA°PEARL in the freezer or refrigerator for up to two hours. For penetrating heat, place it in the microwave (timing will depend on the size of the pack). Our Pearl Technology remains within a comfortable temperature range and packs hold their temperature for 20 minutes, the doctor-recommended application time.



THERA°PEARL Technology



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Ingredients

Water, Glycerol, Sodium Polyacrylate

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ICE Therapy

What are the benefits of ICE therapy?

Ice therapy (a.k.a. cryotherapy) is one of the most common recommendations by doctors for injury prevention & recovery. Applying ice immediately after an injury or physical trauma (the sooner the better) constricts blood flow & slows bleeding/swelling. Ice therapy reduces pain & muscle spasm. Also, applying ice to the injured area decreases the metabolic rate of cells, which limits the risk of cell death after an injury and helps prevent long-term damage.

When do I use it?

- Post Workout / Activity
- Sprains / Bruising / Swelling
- Shin Splints
- Tennis Elbow
- Migraine Headaches / Toothaches
- Minor Burns / Sunburns

Recommended Ice Tips

You want to ice during the first 24 hours following an injury, when there is evidence of swelling and/or bleeding. Even if you don't have an "injury", it's recommended to apply ice after any physical activity to lessen the effects of wear and tear on the body.

Directions for Use

Freeze for at least 2 hours. Apply to skin for doctor recommended time of 20 minutes. Remove and wait at least 20 minutes. Reapply pack for 20 minutes, if needed.

HEAT Therapy

What are the benefits of HEAT therapy?

Heat therapy increases circulation (blood flow), effectively relaxing muscles & easing movement. Stimulating blood flow to injured areas once swelling has gone down promotes healing & speeds recovery of damaged tissue.

When do I use it?

- Pre Workout / Activity
- Joint Stiffness / Soreness
- Continuous Aches
- Dry Eyes
- Muscle Pain / Spasms
- Menstrual Cramps

Recommended Heat Tips

Heat should be introduced at least 24 hours after an injury, once swelling/bleeding has subsided. Since heat stimulates blood flow, it will actually worsen any swelling or bleeding if applied too soon. It's recommended to apply heat prior to physical activity, to stimulate blood flow & warm-up muscles. Doing this will help prevent injuries during exercise.

Directions for Use

Microwave for time indicated below and test pack temperature. Heat for additional 5 seconds as needed until desired temperature is reached.

Watt	Face	Neck	Sportsw/Strap	Back	Knee
700	45 sec	60 sec	35 sec	65 sec	80 sec
1000	35 sec	50 sec	30 sec	55 sec	65 sec
1250	30 sec	40 sec	25 sec	45 sec	50 sec