



Instructions for using and caring for your Cherry Stone Therapeutic Pillow

Made in the USA | Follow instructions carefully to avoid risk of fire!

PLEASE NOTE: Not all microwaves are large enough to hold the largest double and triple Hot Cherry® pillows! Check before attempting. Only 2 lb. pillows or smaller, will fit on small 10.5" turntables. Very important! Turntables must rotate completely

Before Use: Check the wattage of your microwave. If you are not sure of the oven's wattage, begin with lowest setting and increase in small increments. Hot Cherry® pillows should be piping hot to be most effective, but be careful, not to overheat!

Very Important: Be sure that your pillow does not touch the microwave oven walls, and that it is centered to allow for complete rotations of the turntable (with small ovens or larger pillows— wrap or fold over). Some large pillows may be too big for small microwaves. All microwaves have hot spots, so if the microwave is also used for food, be sure that all food particles are removed. Place a large paper towel on the turntable, or around the pillow, to keep your Hot Cherry® therapeutic pillows clean.

Approximate Times: Microwaves and pillows are different in wattage and size. Always test Hot Cherry® pillows first on lowest setting and increase in 30 second to 1-minute increments. Very important: microwave turntable must rotate completely, otherwise the pillow may get scorched. Reheating, when not fully cooled, may cause high temperature color bleeding.

Cleaning and Washing: Each time you heat the Hot Cherry® in the microwave it sanitizes the fabric, so there is no need to frequently wash the pillow. However, Hot Cherry® pillows can be washed in the washing machine, gentle cycle, with like colors. Color bleeding may occur. You may dry them flat or line dry or dry pillows in dryer on medium heat with dark colored towels, to soften the tumbling blows. Be sure to dry completely before storing your Hot Cherry®.

Alternative means of heating: Hot Cherry® pillows may be warmed in hot towel-warmers found in salons and spas. warming drawers. To warm Hot Cherry® Pillows in a Conventional Oven, preheat your conventional oven to 400-500 degrees.

Place Hot Cherry pillow in an ovenproof GLASS BAKING DISH, quickly open the oven, position dish on rack, and turn oven OFF! and immediately close oven door. Ovens differ in insulation so you may have to test the timing to achieve your desired warmth of pillow. Try leaving the smaller pillows in the oven for 15 minutes, the larger pillows for 20 minutes. ***Do not put Hot Cherry pillows in an oven with an open gas flame, because of the risk of fire.*** Hot Cherry® is not responsible for burned or scorched pillows.

Chilling Pillows: Hot Cherry® pillows can be used hot or cold. Place in a freezer for two hours to fully chill, to use as a cold pack.



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WARNING! Never allow a child to warm or use a Hot Cherry® pillow without adult supervision. Pillows can be very hot when removed from the oven. If Hot Cherry® pillow sack is opened or broken; keep away from children and pets. It is advisable to place a layer of sheeting or a blanket between the skin and a heated Hot Cherry® pillow. Pillow contents are not edible. Do not place a heated Hot Cherry® on wood furniture.

Please follow heating instructions. Caution! With microwave ovens that have a turntable, the turntable must rotate completely to avoid scorching or fire. Do not allow the pillow to touch the sides or top, which may hinder rotations of turntable.

Warning: Remove all wrapping, plastic bag, paper tags and stickers.

Guide for Maximum Heating Times of Cherry Stone Therapeutic Pillow

Begin low and increase by 30 second increments until desired temperature is reached. When Reheating, if still warm, reduce heating time by at least 1 minute from original heating time (All times are estimates. Do not overheat!)

Microwave Wattage	#1 Square	#2 Double	#3 triple	#4 Eye	#5 Neck
700-900 w (small)	2:30 – 3:30 minutes	4:30 – 5:30 minutes	4:30 – 5:30 minutes	1:00 – 1:30 minutes	2:30 – 3:30 minutes.
1000-1100 w (average)	1.30 – 2.00 minutes	3:00 – 4:00 minutes	3:00 – 4:00 minutes	00:30 seconds – 1:00 minute	1:30 – 2:00 minutes
1200-1300 w (medium - large)	1:00 – 1:30 minutes	2:30 – 3:00 minutes	2:30 – 3:00 minutes	00:30 seconds	1:00 – 1:30 minutes
1400-1800 w (large)	00:30 seconds – 1:00 minute	1:30 – 2:00 minutes	1:30 – 2:00 minutes	00:20 seconds	00:30 seconds – 1:00 minute
1900-2700 (professional) not recommended for pillow use in these microwave machines.					

DISCLAIMER: Moist heat is not for every condition; consult your doctor or health care practitioner before using Hot Cherry® therapeutic pillows, especially if you are pregnant, suffer from diabetes, or have a heart-related disorder. Do not use heat therapy on open wounds, bruising, or other skin conditions. Do not put a heated Hot Cherry® pillow on people who cannot move them off if the pillow is too hot, such as infants, the elderly or disabled.