



Using the JOYA[®] Warming Pillow

The effect of the gemstones in the JOYA massage systems can be increased by applying the stones while they are warm and/or by warming the muscles. The warming pillows have a small pocket to place the JOYA Massage Roller or only the gemstone in to warm them.

Do NOT overheat this product!

+ Warm the pillow by placing it in a domestic microwave (750 -1000 Watt) for 20-30 seconds. If your microwave is of higher wattage, reduce the time and test the product.

+ As heating can continue after the product is taken out of the microwave, test heat on the back of your hand before you place it on a person.

+ If you warm the JOYA or gemstones in the warming pillow carefully check the temperature on the back of your hand to ensure it has not become too warm for the treatment.

+ If re-heating a warm warming pillow do not re-heat for the maximum time! Reduce heating time according to the heat still in the product. It is better to allow the product to cool completely before re-heating as re-heating shortens the overall life of the product.

+ If you wish to wash the pillow case, empty it fully at the Velcro-opening. Keep the wheat at a dry place. Wash the pillow case at max 40° - Use gentle cycle for tumble drying, iron on medium heat. NO Dry Cleaning, Do NOT bleach. Re-fill the dry case with the wheat.

+ If the product has a dry, roasted smell it has been overheated which will shorten its life. If the smell increases and the pillow has a dry, crunchy feeling, discard the wheat.

+ The warming pillow should last for many years if you keep it in a cool and dry place and use it according the instructions.