Heat Sock Instructions

*You will need:*

* Empty glass
* Elastic band
* 4-6 cups of uncooked rice
* Long sock – make sure it is 100% thick pure cotton as it needs to be safe for use in microwave.
* Mug of water
* Fragrance oil i.e. lavender

*Method:*

* Place the sock over a glass ready for filling, using an elastic band to keep the sock in place at the rim if needed.
* Pour rice into the sock, drizzle some lavender oil onto the rice and tie at the open end.
* Place the sock into the microwave with a cup of water and heat for one minute.
* Be careful when taking the sock out of the microwave as it could be very hot.
* Use when at an appropriate warm temperature for skin.
* Over time the rice sock will need to be replaced to prevent overuse and any fire hazards in the microwave so please keep checking your heat sock!



