

Frío® Migra

Headache & Migraine Cool Soother

For pain relief of Migraine, sinuses, headaches or simple hangovers!

Frío® Migras are extremely versatile and can be used at a variety of temperatures as required by the user

1. When being used in the home where a refrigerator is available, your Migra should be first activated in water (as per our instruction leaflet.) If a very cold temperature is required, place the Migra in the fridge for 15 minutes or so or until the required coldness is achieved before using. Repeat cooling in the fridge as necessary.
2. When using your Migra away from a fridge whilst travelling etc. it is only necessary to immerse the unit in cold water for 20 minutes (as per our instruction leaflet) to achieve a very effective, soothing low temperature.

If after 30 minutes or so, the Migra appears to be losing some of its coolness, remove from your head for several seconds and give it a vigorous shake before continuing use. This action has the effect of moving the interior cooling gel around so that they can further dissipate any heat absorbed from your body. The cooling process of your Migra will continue for several days after activation.

The Frío® cooling system has been tested and approved by the British Medical Devices Evaluation Unit and the FDA in the USA. It is nevertheless strongly recommended that anyone suffering from severe headaches or having any form of medical history that may be affected by cooling, should consult their doctor for advice before using a Migra for prolonged periods.

Priced at £14.50 you can order one by calling Frío® UK Ltd on: 01437 741 700 or visiting our website www.frio.uk.com

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Instruction Leaflet

Welcome

Thank you for purchasing a **Frio® Migra**. Please take a few minutes to read this leaflet carefully, so that you understand how to use your **Frio®** product, and keep it working effectively over and over again.

Contents

1 Frio® Migra Headache & Migraine Cool Soother.

Instructions for use.

1. Immerse the Frio® Migra in cold water.
2. Soak for the 20 minutes or until the crystals have formed a gel-like substance.
3. Gently spread crystals evenly through the panels of the Migra. The gel formed should fill the panels but should not expand to the point where the panels become rigid. The activated Frio® Migra should remain pliable.
4. Gently towel dry. Leave for 10 minutes to allow gel formed to absorb moisture from the fabric. (The panels will continue to expand slightly after removing from water.)

Your Frio® Migra Headache & Cool Soother is now ready for use.

** NB For extra coldness, place in a fridge for at least 20 minutes or until needed once activated.**

Always ensure that the product is placed with the label on the outside at the back of the head.

The elastic will stop the Frio® Migra Headache & Migraine Cool Soother from slipping and provides a nice, comfortable fit.

Do not carry or store in an airtight or waterproof container when activated.

Frio® Migra Headache & Migraine Cool Soothers need to breathe. They work by evaporation and need to be in contact with the air. The **Cambrele®** (outer) cover allows this to happen, enhancing the stability of the temperature.

DO NOT place the Frio® Migra Headache & Migraine Cool Soother in a freezer as the fabric may become damaged.

Storage

When not in use allow to completely dry out naturally in a warm DRY place (a sunny window-sill or airing cupboard) until the gel returns to crystal form. To keep the crystals separate give the Frio® Migra Headache & Migraine Cool Soother an occasional shake whilst drying out. When completely dry, your Frio® Migra Headache & Migraine Cool Soother **should** be stored in dry conditions until next required.

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