



Eye Mask Instructions

1. Wrap mask completely in paper towel and place in the microwave for 15-30 seconds depending on the power of your microwave. Note: It is better to start at 15 seconds and test the temperature of the mask. If it is not warm at 15 seconds proceed to heat it for 10-15 more seconds.
2. Once heated place mask on face, cloth side on eyes for 10 minutes at bedtime.
3. It is important you properly clean your mask. Lightly wash your mask with a gentle soap and water and allow to completely dry. Do not submerge your mask in water.