

Rice Heating Packs

Please read **ALL** directions before you start, and ask questions if you have them!



Start with the sleeve of your heating pack, and lay it out flat.



Choose one end to tie off with yarn, about three inches from the end. Tie a *tight* knot!



Fill your heating pack sleeve with 5.5 to 6 cups of rice (you can add essential oils to the rice beforehand if you'd like. *ONE* drop!)



Once your sleeve is full, tie off the other end with yarn, so the two ends are about equal lengths, and the rice has a bit of room to move.



You can tie the yarn ends into bows if you'd like, and tie on an instruction card. You're done!