



Mama's Love

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"Oh, My Aching Back"

\$42.00

Oh, My Aching Back This extra large warm bag was designed for a friend of mine to stretch across one's entire back – rather you drape it over the back of a chair you will sit in, or use it in bed. Sore Muscles, Chills: Heat in the microwave for 3-5 minutes. Depending on the strength of your microwave and how hot you want it, you can always put it in for more time. Then apply it to the area that needs relief.

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For elderly patients or small children: Please check it carefully against your own skin to make sure it isn't too hot before use. Never use on an infant.

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Care and Washing: Thanks to the velcro opening on each bag, you can open, empty, wash, and refill this bag whenever needed. The rice doesn't need to be changed until it smells old (or like your feet). If the warm bag has been used extensively and just doesn't seem to be getting as warm as it used to, then it's time for new rice. This size bag takes about 4 ½ pounds of rice to fill. The price includes shipping for empty bags - so if you want it mailed full, contact me to arrange for the extra \$13 in rice and postage needed. Caution: Use common sense. Never over-heat the bag or your little one!

[Vendor Information](#)