

Why Use Cold or Moist Heat Therapy?

According to numerous studies, it can be helpful to apply both cold and moist heat therapy to manage migraines and headaches.

Cold Therapy

constricts blood vessels and calms inflammation. This can reduce the pressure in your head, which may ease the pain. Cold compresses also have a natural numbing effect.



Moist Heat Therapy

will relax muscles. If there is tension in the jaw, neck or shoulders, applying heat relaxes tight muscles and may ease the pain. Heat can relax the entire body to help you manage stress.



Please note: Before starting any type of therapy, consult your doctor. **Always follow your healthcare professional's recommendations.**



ROLLER ICE® Trigger Point Massage

Roller Ice® combines the therapeutic benefits of massage and cold or hot therapy in an effective tool with a stainless steel massage ball or bullet.



Roller Ice®



Roller Ice® Bullet

Soft Ice® Pillowcase



Soft Ice® Pillowcase

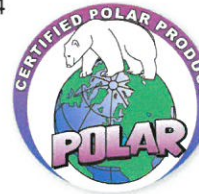
The Soft Ice® Pack naturally dissipates heat, producing comfortable cooling relief all night. Freeze the flexible pack for additional cold therapy for the head.

POLAR Products Inc.

A leading US manufacturer of high-quality hot and cold therapy products **since 1984.**

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Cold and Heat Therapy for Migraines and Headaches



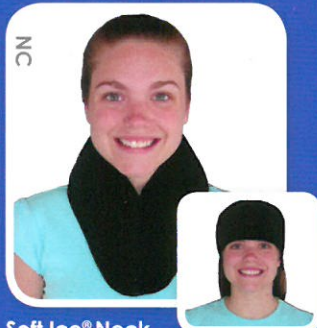
Cold and heat therapy can safely and effectively complement the pain relief methods prescribed by your healthcare professional.



SOFT ICE®

Cold/Hot Therapy Wraps

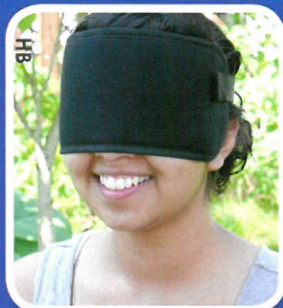
- **Convenient Cold or Heat Therapy**
The wraps hold our reusable cold or hot Soft Ice® Packs securely in place around the head or neck. Packs are made with a patented, non-toxic, all-natural formula and stay soft and flexible when frozen!
- **Comfortable Compression Therapy**
Hook and loop closures allow a gentle, adjustable compression of blood vessels to help relieve migraines.
- **Wraps Offer Effective, Low-Cost Relief!**



Soft Ice® Neck and Head Wrap



Soft Ice® Neck and Upper Spine Wrap



Soft Ice® Head Band



Soft Ice® Deluxe Full Coverage Head Wrap

ACTIVE ICE®

Circulating Water Head Cap



Active Ice® Head Cap



Active Ice® System

The Active Ice® Head Cap System provides the highest level of cold or heat therapy!



Active Ice® Extended Coverage Head Cap

- Continuous Cooling Comfort
- Comfortable and Soothing Design
- Full Coverage Cap
Over 10 feet of high flow cooling water lines are distributed throughout the cap for maximum effectiveness.
- Convenient and Easy to Use
- Active Ice® Neck Wrap Also Available

THERA-TEMP®

Moist Heat Therapy Wraps

- Professional Quality, Reusable and Microwaveable Moist Heat Wraps
- Therapeutic Mineral Beads
Therapeutic, non-organic beads collect and hold moisture from humidity in the air. They will never decay or develop an odor!
- Comfortable and Effective Design
Luxuriant fleece on the inside and insulated vapor barrier on the outside directs the moist heat toward the body.



Thera-Temp® Eye and Sinus Wrap



Thera-Temp® Cervical Wrap

MIGRAINE RELIEF KIT

Combination therapy provides the therapeutic benefits of both cold compression and moist heat therapy.

Save 15% when you purchase a combination therapy kit!



VISIT WWW.POLARPRODUCTS.COM OR CALL 1.800.763.8423 TO ORDER.