

Bruder Mask (Heat Mask) Instruction



1. Never hydrate it (add water).
2. Put in the microwave for 20 to 25 seconds, depending on the microwave.
3. The MediBeads inside the mask will release moisture giving the user 10 minutes of moist heat.
4. Take the eye compress out of the microwave and place it on your wrist. If it feels too hot wait one minute and then use.
5. Place over your closed eyes for 10 minutes.
6. For better results, add a **Bruder Hygienic Eyelid Sheet** under mask, over eyes.
7. As the MediBeads cool down they will rejuvenate themselves by drawing moisture from the air.
8. The eye compress is totally washable. Can be submerged in water, washed with a mild soap, rinsed well, air dried and keep using.



For any questions call: (910) 323-3698 (Owen Drive)
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