

point relief® Cool-It Roller®

Your Point Relief Cool-It Roller reduces swelling, inflammation, and pain with a combination of cold compression and gentle massage. Cold compression therapy constricts the blood vessels in irritated skin which helps decrease swelling and eases pain. The drop in temperature of the skin slows cell metabolism, limiting cell damage to affected tissue. The easy to maneuver Cool-It® Roller stimulates micro circulation in the tiny capillaries of the skin to improve delivery of oxygen and nutrients and promote skin detoxification.

How to Use

1. Prior to first use, discard the plastic wrap protector from the wheel of the Point Relief Cool-It Roller.
2. Place the Point Relief Cool-It Roller in a clean, dry, plastic bag in the freezer for at least two hours. If you don't have access to a freezer, you can place it in a cooler filled with ice. Your Point Relief Cool-It Roller is then ready to use for maximum effect.
3. Gently roll over the target area. Apply as much pressure with the Point Relief Cool-It Roller as is comfortable.

Caution:

- Safe for direct use on intact skin for a maximum of 30 minutes.
- Do not place your Point Relief Cool-It Roller in a microwave or a dishwasher.

Care Instructions

Cleaning:

- Your Point Relief Cool-It Roller is made of durable stainless steel, designed to resist corrosion. After each use, wash and clean the Point Relief Cool-It Roller with a natural cleansing soap, rinse with water, and allow to completely dry. For disinfection, you may wipe down the Point Relief Cool-It Roller with either ethyl or isopropyl alcohol and allow to dry.
- Do not use abrasive sponges and brushes, as this will damage the smooth surfaces of the wheel and the handle.
- Do not use cleaning products that contain harsh chemicals (i.e. chlorides) as they are skin irritants and can also damage the roller.

Storage:

- Between uses, store your Point Relief Cool-It Roller in the freezer in a plastic bag to keep it clean, dry and ready for use.
- Always wait until the roller is completely dry before placing it in the freezer.

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