



Exercise/  
Therapy



### Natural Wheat Wrap

A versatile, pliable bag to soothe sore bones, muscles or any other aches and pains. For use anywhere on the body, hot or cold, simply microwave for warmth, or put in the freezer or fridge to chill. For relaxation add a few drops of lavender to the outer sleeve. Finished in a variety of attractive tartans and sewn into four pockets to ensure even distribution of the wheat grains.

PR15120

£14.70



### Versa-Pac Reusable Hot & Cold Packs

Reusable gel packs offer new and improved construction with fewer seams. Store in freezer for cold therapy. Heat in hot water or microwave for hot therapy. The packs remain flexible and conformable at all temperatures. The Versa-Pac Reusable Hot & Cold Pack is formulated with non-caustic ingredients and maintains a therapeutic temperature for up to 30 minutes.

PR15062 110 x 165mm (4x 6.5") £1.76

PR15063 130 x 270mm (5x 10.5") £2.71  
Individually Retailled Boxed



### Pedal Exerciser

Economical and compact home exerciser. This exerciser helps restore muscle strength, circulation and co-ordination to the lower extremities. Can be stored easily under a chair or bed. Durable steel frame, Chrome finish, non-slip tips. Measures 510 x 400 x 230mm (20 x 15.75 x 9").

PR15341

£23.49



### Hotty Botty Bear

These cute little fellows are filled with wheat grains and soothing lavender. Simply heat in the microwave for just 2 minutes. Ideal for the whole family, providing comfort and warmth for up to a hours. Much safer and easier to heat than old-fashioned hot water bottles. Hotty Botty Bear is filled with treated wheat grains fragrancd with lavender - ideal for soothing aches and pains.

PR15067

£15.22