

CHILLOW® INSTRUCTIONS

*Due to minor marketing changes design or otherwise, the product contained may differ slightly from the one shown here

Congratulations on your Chillow® purchase. We have ensured your Chillow® has no leaks by compressing it with a vacuum seal. Please read all precautions & instructions on the front and back of this sheet so that your Chillow® experience is the most comfortable it can be. **If using in direct skin contact, clean every 3-4 weeks (details below)**

Add water

Step 1. Unroll your Chillow® valve side up on a clean, waterproof surface. Remove the valve cap. Using a calibrated measuring container, slowly pour in 8-9 cups of warm tap water. A little spill is o.k. An exact amount of water is not needed.



Tip: 8-9 cups = 64oz-72oz
You may find a small funnel useful.



Let Chillow REST / Roll air bubble

Step 2. Replace cap on valve snapping down tightly. **Let Chillow® set flat for FOUR hours to activate.** Next start at the "valveless" end, slowly rolling the Chillow® like a sleeping bag. This will force air in the unit into an airpocket bubble at the valve end. (Fig. a.)

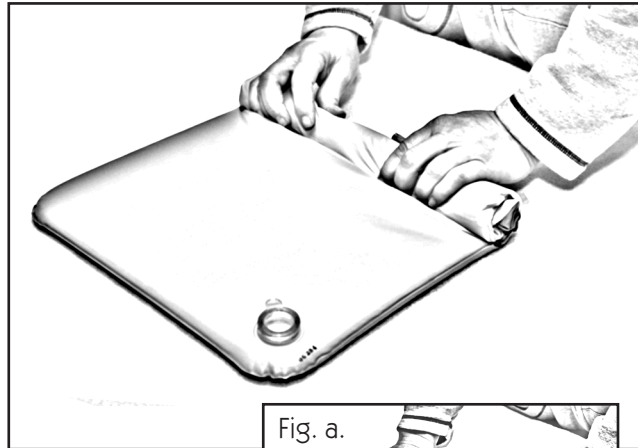
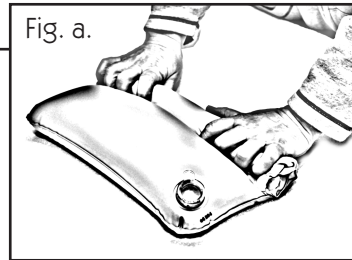


Fig. a.



Release air bubble

Step 3. Holding your roll and air bubble in place, lift corner, slowly uncapping the valve to release air. Slowly sweep your arm across the deflating air pocket, forcing out all remaining air. (Fig. b.) Once you have removed all air, recap the valve to create a vacuum seal.

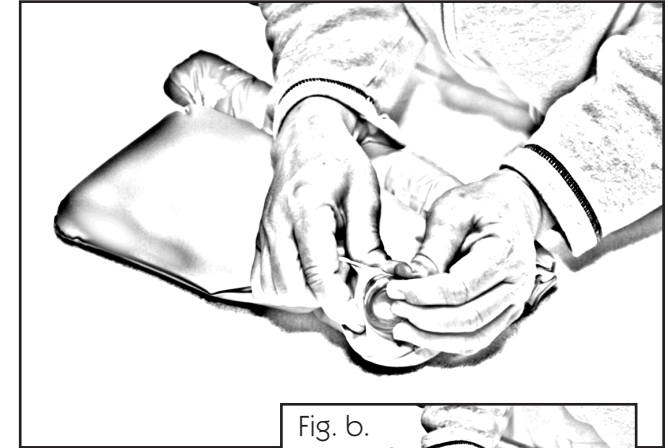
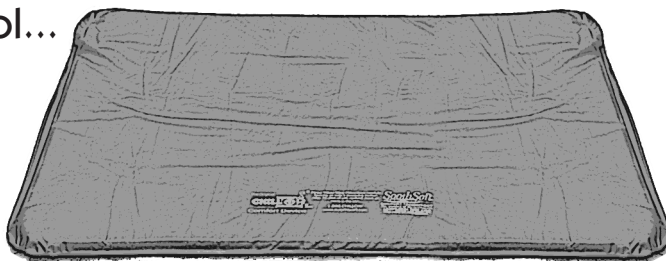


Fig. b.

Tip: Slightly elevate valve corner, then release the air bubble.



Let cool...



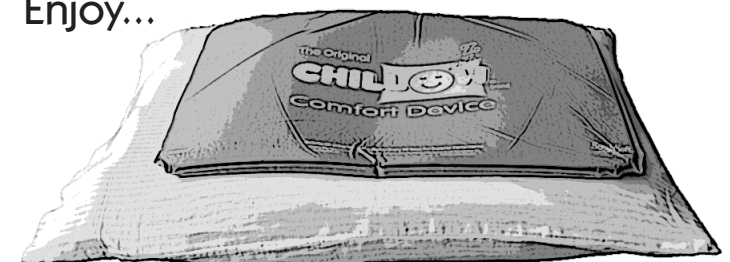
Step 4. Let capped Chillow® set (avoid direct sunlight) to fully cool down. It should appear wrinkly and vacuum packed as shown above. If not, repeat steps 2 and 3 until all air is removed. **ALL WATER, NO AIR**

To Clean: Wipe gently with a damp cloth & mild dish soap. Build up of skin oils can harden the surface of the Chillow.®

To Store: Leave water sealed in. **DO NOT EMPTY WATER**
Store flat at room temperature on top of a towel or other soft absorbent surface. Leave uncovered to breathe.

NEVER PUT IN FREEZER

Enjoy...*



Remember the Chillow® is a **personal** comfort device it may feel cold to some, mildly cool to others & not cool enough to extremely hot individuals (put Chillow® in frig for 5-10 min)