

Instruction

For pillow pad, just put it on your pillow. For bed mat, you can lie on it directly or put the bed sheet on the gel mat, then lie on it.

- Helps relieve night sweats and hot flashes
- Non-toxic and environmentally friendly
- Adopts special techniques, non-leaking and safe
- Enjoy coolness and softness at the same time
- Keep cool automatically, no electricity required, economical









