

Headache Hat®



Wearable Ice Pack

Cooling Therapy for Migraine Headaches



Storing your Headache Hat:

Fold Headache Hat in half and then fold the ends over so that all the ice cubes are flat not bent, then place it inside the storage bag provided. Lay it flat on a shelf. Store in the freezer so it is ready to use when needed. Freeze for 5 hours for a full freeze. Please note that one end of the Headache Hat has openings to remove/add ice cubes if desired. See a video on how to use your Headache Hat.

Wearing your Headache Hat:

Wear it while lying down or while doing chores around the house:

1. Around the head from front to back or back to front
2. Pulled down over eyes
3. Around neck or over shoulder
4. Lay down on it without wrapping it
5. Wear on aching body parts for temporary relief of minor muscle aches and pains.



Warning: Very cold out of the freezer :

Use the Fleece cover included in the package between forehead and Headache Hat for temperature comfort. Use for 20 minutes or consult with physician about longer use. Fasten Velcro to the desired tightness. Hand wash the Headache Hat in warm water, mild soap with the cubes left inside, or remove the cubes from the end with the Velcro opening, then wash in the washing machine. Fleece cover is machine washable. This product is not intended for diagnosing or curing any diseases, and is not a replacement for consulting your physician. Do not puncture ice pack, Do not use on open wounds or sensitive skin. DO NOT HEAT!



Made In the USA