



Gel'O Cool Mat

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How it Works

The Gel'O Cool Mat is designed to disperse heat away from your body and help keep the body at a comfortable temperature. It works to absorb and transfer heat away from the body by redistributing and dissipating heat from parts of the mat that is not in contact with the body. Hence, if the entire mat is covered by the body, then heat will not dissipate.

The Gel'O Cool Mat provides an environmentally-friendly alternative to help you stay cool without using electricity. Its durable design also means the mat can endure over 220 pounds (100 kg) of pressure without breaking or leaking.

Use for Cold Therapy

Place the mat in the refrigerator or freezer (for no more than a couple of hours). The Gel'O Cool Mat will remain soft down to 14°F (-10°C). When necessary, cover the mat with a towel to avoid frostbite.

Use for Heat Therapy

Heat in the microwave using the defrost setting (approx. 150~170W) for an initial 60 seconds. If it is not warm enough, then continue heating 30 seconds at a time until the mat is warm enough.

DO NOT heat over 150 seconds in total. Over-heating can cause the mat to burst. Designed essentially for cooling, the amount of time the Gel'O Cool Mat can keep warm is around 10-30 minutes, depending on ambient temperature and the cool mat size.

Usage Tips

To prevent the Gel'O Cool Mat from being too cool at first and then taking on heat too quickly, make sure the Gel'O Cool Mat is slipped under the pillow case. This will help prevent direct contact so the Gel'O Cool Mat won't feel as cold initially, and this will also prolong the time in which the Gel'O Cool Mat takes up the heat from the head or body.

If the pillow case is too thin and the Gel'O Cool Mat is still too cold to lie on initially, then try something a little thicker (e.g. a towel).

Another way to prolong the cooling effect of the Gel'O Cool Mat is to place it in the fridge or freezer for a couple of hours prior to use. This may cause the Gel'O Cool Mat to stiffen and be too cold for lying on directly. In this case, instead of placing the cool mat on top of the pillow, insert it underneath the pillow. This allows the coolness to slowly seep through the pillow and up to towards the head.

Warning: *It is possible to get ice burns from prolonged contact with a chilled Gel'O. To prevent ice burns, place a barrier such as a towel between the skin and the Gel'O.*

Small children and elderly people can suffer skin burns and damage quicker than adults because of their fragile skin. If you notice any itchiness, numbness or inflammation to your skin, seek medical aid immediately.

General Care

- Keep away from fire and sharp items.
- If any of the inner substance comes in contact with the skin, rinse it away with water and see a doctor if irritation occurs. Should it get into the eyes, flush with water and see a doctor immediately.
- This mat is designed for use on soft surfaces such as beds and cushions. Inappropriate use such as sitting on it and applying uneven pressure to it on hard surfaces, will cause the gel to shift. Once shifted, the gel cannot easily be evened out again.
- Store horizontally to avoid uneven wear on the fabric.
- Store at room temperature when not in use. Do not place in the freezer for long periods.
- Keep in a dark place away from direct sunlight when not in use.
- Care should be taken by pregnant women, infants, and the elderly to avoid over cooling. Cover the mat with a blanket or limit use as necessary.

Cleaning

1. Wipe away dirt and stains with a towel and a little detergent.
(Use neutral detergent if possible; some fading may occur initially if alkaline based soaps are used.)
2. Place the mat in a cool place to dry without exposure to direct sunlight.
3. Do not place the mat in the washing machine, scrub with a hard brush, or clean with alcohol or organic solvents.
4. Do not dry clean, iron, or bleach.