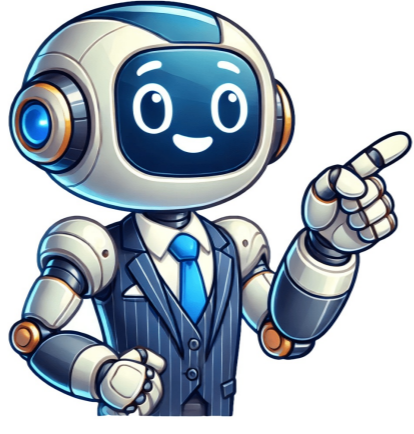


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To safely heat your wheat bag, follow these guidelines: avoid leaving it unattended while heating and make sure your microwave is clean with no food residue or blockages. Ensure the wheat bag is completely dry before heating and never use it as a bed warmer or under blankets. For cleaning, only spot clean the wheat bag with a damp cloth; do not wash it in a machine. When reheating, let the wheat bag cool down completely before heating again, which can take up to two hours. We recommend heating for 2.5 minutes at most and adjusting the time based on your microwave's wattage. Before heating, ensure the wheat grains are evenly distributed and place the wheat bag on a microwave-safe plate or dish. For larger bags, heat in intervals and check the warmth after each minute. If you notice any signs of overheating like a burning smell or smoke, remove the wheat bag from the microwave immediately and let it cool completely before disposing. Remember to replace your wheat bag annually for optimal performance. 1. Do not use the wheat bag straight from the microwave if it is too hot - allow it to cool first. 2. Do not use the wheat bag on one body part for more than 5 minutes as continuous heat can burn. 3. Use the wheat bag with caution as it can burn skin, especially in children and older adults. Supervise children at all times. 4. Do not use the wheat bag under bedding. 5. Microwave only - do not heat in a gas or electric oven. 6. Do not add oils or fragrances to the wheat bag as they may increase the risk of fire. 7. Replace your wheat bags annually and follow these safety guidelines. **Do's:** - Ensure your microwave is clean from food residue and turntable isn't obstructed before heating. - Make sure your wheat bag is fully dry before heating. - Do not leave the wheat bag unattended while heating at any time. **Don'ts:** - Do not put your wheat bag in a washing machine - spot clean only. - Do not use it as bed warmers or under blankets. - Reheat the wheat bag after it has cooled completely, ideally within 2 hours. - Follow the recommended maximum reheating times based on microwave wattage: - For 700 watts: 2.5 minutes - For 800 watts: 2 minutes - For 1000 watts: 1.5 minutes Always check for even distribution of wheat grains and place it on a microwave-safe plate or dish to ensure safe use. Recommended heating times vary depending on power level: 650W - 3 minutes, 700W - 2.5 minutes, and 800W - 2 minutes for standard-sized bags (45cm x 12cm). Temperatures should be comfortable and warm without burning; test before application to accommodate individual skin sensitivity. For optimal results, follow manufacturer guidelines, keep the wheat bag moist, and never exceed recommended heating times or leave it unattended. For those without microwaves, a conventional oven can heat wrapped bags at 175c/325f for 15 minutes, turning every 5 minutes. Fan ovens should have reduced temperatures. Avoid washing in machines; instead, sponge clean with mild detergent and warm water. After use, store on a non-combustible surface, allowing it to dry completely before heating again. A well-maintained wheat bag can last several years if used and stored correctly. Fading scents can be revitalized by adding essential oils after heating. Always follow manufacturer instructions, ensure proper microwave function, and keep the turntable clean for even temperature distribution and moisture retention. to heat up a wheat bag is recommended but do not use it if it appears damaged or burnt. never use it to warm yourself up in bed. after heating the bag again you have to let it cool down first, this can take 2 hours or more. even though using a whole hot bag might be tempting some people prefer them as an alternative to hot water bottles because of their benefits such as relieving muscle pain and anxiety

How long do you heat a wheat bag in microwave. How do i heat a wheat bag. How long do you heat a wheat bag up for. How long do you heat a wheat bag for. Can you heat a wheat bag in the oven. How long to heat a wheat bag. How long do you heat a wheat pack.