A "HUG" From Home

Soak in water about 30 minutes; only soak 10 minutes for a headband.
Pat so the polymer spreads out evenly along the tube. When tie starts to dry out or warms to body temp, soak in water again. Can also be refrigerated.

For use as a hand warmer - - -
heat hydrated hug in hot water or microwave at 10 second intervals until warm. Caution: do not overheat!!
Put in baggie and into your pocket.
Re-hydrate and reheat as necessary.

Hand wash in mild soap then rinse clean.
To purge impurities, soak overnight in water (add 1 tablespoon of rubbing alcohol, if possible).

REU$ABLE.
Dehydrate to store. (Do not store in plastic until completely dry. It'll mildew.)

Please tell your friends and family about The Hugs Project.
Web: www.thehugsproject.com

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