

## Hot/Cold Comfort Buddy

These easy-to-make compresses can be made for a variety of purposes such as pain relief for stiff or sore muscles, or as a comfort or relaxation tool. They can be heated to provide warmth or taken out of the freezer to use as a cold compress.



### Delivery

Donate Hot/Cold Comfort Buddies to any nonprofit facility where the clients can use some pain relief or relaxation.

### Share your Experience!

Post photos of your completed projects on our social media pages!



More fun projects and ideas can be found on our main DIY page:

[www.helplinecenter.org/DIY](http://www.helplinecenter.org/DIY)



## Do It Yourself Projects

### Instructions:

- \* Select a tube sock in the appropriate size. Select a 100% cotton sock and not a synthetic one, which may burn or melt in the microwave. Choose a thick sock with a tight weave to protect the skin from the warm rice and also to prevent the rice from seeping out.
- \* Fill the sock three-quarters full with uncooked rice. Don't use instant rice or minute rice, as these are pre-cooked and will be more prone to mold. The amount of rice depends on the size of the sock. Don't pack the rice in too tightly — allow enough room for the rice to move around so that it is pliable and can mold easily to the area to be treated. Leave a quarter of the sock empty so you can tie a knot in the top.
- \* You can add 5-10 drops of essential oils, like lavender, if you would like. Aromatics will help the rice smell nice when you heat it and also help with relaxation. Simply sprinkle the drops of oil in with the rice.
- \* Twist the cuff of the sock closed to prevent the rice from falling out. Shake the rice around inside to spread it out evenly throughout the sock and mix the oils, if you used any. Tie the top of the sock into a very tight knot to keep the rice inside. Decorations not necessary, but may be used if they are microwave safe.
- \* Include instructions for use:, such as "To use as a warm compress, put the sock in the microwave on high for 45-60 seconds. Since microwave wattage and personal preference both vary, do this carefully until you become accustomed to how much time results in the desired warmth. To use as a cold compress, put the sock in the freezer for 30-45 minutes."