



La Nature Rêvée

Complete instructions for use



Using our products
hot or cold

INTRODUCTION

Mille Oreillers® manufactures a wide range of natural products using plant-based fillings, designed for use hot or cold, based on the principles of thermotherapy and mostly inspired by traditional remedies.

Many kernels, pits and seeds possess excellent qualities for storing heat or cold and releasing it effectively and lastingly, repeatedly, without loss of efficacy over time.

Beyond the thermal properties of all these materials, it is important to mention that certain seeds, particularly flax seeds, provide especially beneficial warmth when a soothing, softening, and pain-relieving effect is desired.

This property is directly linked to the high oil content of the flax seeds selected by Mille Oreillers®.

This is why our flaxseed products are so numerous, as they have a wide variety of uses on all parts of the body seeking almost instant relief. In medicine, this is referred to as an «analgesic» effect (from the Greek «anti» = against, and «algos» = pain).

Other products, such as the Masque d'amarante® or the Compresse Eclair®, can generally be used directly by simply using the ambient coolness of an unheated room, which is enough to generate a soothing contact coolness.

GENERAL PRINCIPLE OF USING HEAT AND COLD

The use of hot applications on the body, called *thermotherapy*, consists of using heat by raising the temperature of the tissues for therapeutic purposes, to relieve pain, relax muscles, and improve blood circulation. It's worth noting that humans aren't the only ones who benefit from these properties, as you can also effectively soothe a pet with heat.

Heat is known to reduce muscle tension, alleviate chronic pain, and improve joint mobility.

In another area, our *Masque d'amarante*[®], initially designed for its cooling, numbing, and decongesting effect, is also highly beneficial when applied warm to the eyelids to help stimulate the Meibomian glands in cases of dry eye.

Conversely, a cold compress (*cryotherapy*) is used for very recent injuries (sprains, bruises), edema, acute pain, inflammation, and as part of sports recovery. Cold application can also lessen the sensation of sharp pain (such as a headache) due to its anesthetic effect.

The goal here is to numb the individual to both present and underlying pain through the application of cold.

PREAMBLE

Please pay close attention to these instructions before using any of our products, as they contain important information.

The product you are about to use is a textile item designed to be heated or cooled, depending on the desired thermal properties.

Many hot pads, compresses, and masks manufactured by Mille Oreillers® are reversible, regardless of the type of seeds, kernels, or pits used.

They have the capacity to store both heat and cold, release it sustainably, and without deterioration or loss of effectiveness.

Under normal conditions of use, you will be able to use these products repeatedly without any changes to their characteristics.

Washable covers are available as an option for most of these products, although for maximum heat or cold intensity, direct application to the affected area of the body may be recommended.

WARNING

We strongly advise you to exercise extreme caution, especially when using an oven, as it is obvious that a fabric item, if overheated, will not have the same resilience as, for example, food that you are reheating.

Regardless of the quality of our fabrics, stitching threads, and natural fillings, excessive heating, whether in duration or power, can potentially cause

total or partial browning of the fabric surface, burn marks, or even holes or seams coming undone due to the intensity of the heat.

A burning smell or even ignition of the item can, in turn, cause damage inside your oven and release fumes into the surrounding area.

Therefore, we ask you to pay close attention to the instructions contained in this manual. We cannot be held liable in any way in the event of an incident, as only the user's proper execution and vigilance are responsible for the operation.

No one would think of blaming a supplier in the case of overcooked or even burnt food, a textile item does not exempt the operator from their responsibility, which is of the same order.

MICROWAVE HEATING INSTRUCTIONS

The microwave oven is one of the most efficient and fastest ways to heat our products. This is because it works by emitting an electromagnetic field that agitates the water molecules within the fillings of our products, rather than by providing ambient heat.

In fact, plant-based fillings always contain a natural level of moisture, which they retain over time.

Therefore, under normal conditions, the process is safe; the heat does not damage the fabric surface, and even heat is quickly achieved and then applied to the skin.

However, the diversity and increasing sophistication of microwave oven models necessitate certain precautions to prevent any damage to our products.

We ask that you pay close attention to these, especially if you are not yet familiar with this type of heating.

Never use only the microwave function on your oven. Never use a convection oven, grill, or defrost function, nor a function combining several heating modes at once, such as microwave + grill, as this will inevitably damage your food by burning it.

These combination functions, often indicated by buttons with pictograms for heating specific foods, should be avoided entirely because they do not allow you to control the heating method.

Never use an express cooking function, which uses the appliance's maximum power.

All our heating times indicated below are given for an effective power of 700 watts.

It is precisely this power level that you must be able to identify on your microwave oven before selecting a heating time.

It is essential to remember that this type of operation involves precisely heating a fabric item at a specific power level for a specific duration.

If you are unable to display the wattage on your appliance's screen, locate the «maximum output power» for microwave cooking in the technical specifications section of the appliance's instruction manual.

Then, if there is no wattage selector, look for the power percentage setting, often found on modern appliances, such as P100, P80, or 100%, 80%, etc.

This allows you to select a power level relative to and proportional to the appliance's maximum output.

For example, for a microwave oven with a maximum output power of 950 watts, a manual setting of 74 % will give you a power output of:

$$(950/100) \times 74 = 700 \text{ watts,}$$

which is precisely the power we recommend for all our products.

Then select a heating time according to our instructions.

On many microwaves, you'll often find a quick «Start/ + 30s» function that allows you to add several 30-second heating cycles by pressing the button repeatedly.

Before using this function, first check the power setting in the «Microwave» menu. This setting is adjustable and should not exceed 700 watts.

Make sure the turntable and the item placed on it are centered inside the oven to ensure smooth and uninterrupted rotation during heating.

Place the item, folded neatly, in the center of the turntable, ensuring it doesn't overhang or spill onto the oven walls, as this could obstruct the turntable's rotation and cause damage.

You can place the item directly on a clean tray or use a microwave-safe glass or ceramic dish. Never use an aluminum or metal container.

If the item has hook and loop fasteners sewn onto it, particularly the Ceinture au lin® and the Linen

Heated Neck Support, when folding, tuck them inside so they are not visible, to protect them as much as possible.

Do not wet the item to heat it; adding a glass of water during heating is also completely unnecessary.

The moisture level of our items is naturally replenished.

There is no loss of moisture or efficiency from repeated heating, even at high frequencies.

MICROWAVE HEATING TIME AT 700 WATTS

- All our hot pads named « Bouillottes » in french, regardless of their contents, including the Compress Number 1, the Tour de cou au lin[®], the Heated Neck Support, the Coussin des kinés[®], the Ceinture au lin[®], the Universal Compress, the Maki au lin[®], and more generally all our heating pads of this size: 2 to 2.5 minutes depending on the desired heat intensity.
 - Doudou Cerise[®]: warm for 30 to 45 seconds.
 - Linen Heated Slippers: warm for up to 2 minutes.
 - Aromatic compresses such as the Comresse Zen[®] and the Comresse Solaire[®]: warm for approximately 40 seconds.
 - Heated Linette[®]: warm for 50 to 60 seconds.
 - Masque d'amarante[®]: warm for approximately 30 seconds.
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During your first attempts, always proceed in several short, successive time increments to accurately calculate the desired heat effect and be able to reproduce it precisely in one continuous operation.

Over time, always ensure that the device is programmed with the same settings. Never turn on the device without checking its settings, especially if food has been heated in the meantime by you or someone else.

The item should be comfortable to hold without burning yourself. Consider more sensitive areas of the body. When heating a heating pad for someone else, particularly a child or elderly person, take into account their receptiveness and sensitivity to heat. Also, ensure that there are no injuries on the body area to be heated.

A presence of moisture on the surface of the item's cover is possible during the first heating cycles and is a perfectly normal reaction for a heating item with natural filling; this trace of moisture fades very quickly without causing any damage and will disappear with use.

HEAT IN A CONVECTION OVEN

Oven heating should only be done using the convection setting. No other oven function should be used. Do not use the grill under any circumstances.

Preheat the oven to 120°C (250°F) for a few minutes; maintain this temperature throughout the process.

If you are using a baking tray or dish as a support, leave it in the oven during preheating to bring it up to temperature.

Place the item to be heated in the middle of the oven on the chosen support: rack, baking tray, in a dish, or on a sheet of parchment paper.

If the support is cold and has not been preheated, turn the item over during heating to ensure even heat distribution on both sides.

Heating our items in a convection oven is a very different process from using a microwave.

While a microwave heats the item directly through radiation, a conventional oven provides peripheral, enveloping heat via a fan.

Therefore, it's normal for the fabric cover of our items to heat up faster than the contents.

This should be taken into account when determining the heat required for your needs, and the heating time should be extended accordingly if necessary.

Indeed, the fabric will always cool down faster than the item's filling.

Therefore, the heat absorption of the item's contents should guide your assessment of the heating time.

You will quickly develop a good understanding of this after just a few uses.

INDICATIVE HEATING TIMES IN A CONVECTION OVEN AT 120°C (250°F)

- **All our hot pads sizes named « Bouillottes » in french**, regardless of their contents: heat for 2 to 3 minutes depending on the desired heat level.
 - **Compress Number 1, Tour de cou au lin[®], Heated Neck Support, Coussin des kinés[®]**: heat for 3 to 4 minutes.
 - **Ceinture au lin[®], Universal Compress, Maki au lin[®]**, and generally all our larger heating cushions: heat for 4 to 6 minutes.
 - **Doudou Cerise[®]**: warm for approximately 1 minute.
 - **Linen Heating Slippers**: heat for 2.5 to 3 minutes.
 - **Heated Linette[®] and aromatic compresses such as the Comresse Zen[®] and the Comresse Solaire[®]**: heat for approximately 1.5 minutes.
 - **Masque d'amarante[®]**: warm for about 30 seconds.
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Stay near the oven and regularly check the temperature by removing the tray with an oven mitt to determine what you consider the ideal temperature. Turn the item over if the heat is not completely even.

You should always be able to handle the item without burning yourself.

If it is too hot, wait a moment, or start by using it wrapped in a cover or scarf before considering using it directly on your skin.

WARMING IN A TOWEL WARMER

You can use an electric towel warmer to warm or heat any of our products.

A small model with a capacity of approximately 15 liters is sufficient to heat a few heating pads.

These appliances are very commonly used in spas and wellness centers.

They heat continuously with very low energy consumption, ensuring that you always have warm items available, safely and without any risk of burns, at a controlled temperature of around 70°C.

Preheat the oven for at least half an hour before placing our products inside to be heated, and then allow approximately the same amount of time to achieve a comfortable temperature for use.

This way, you'll always have heating pads ready if you wish to use them throughout the day.

If using a washable protective cover, it is advisable to leave it on the item during heating so that it too reaches the ideal temperature.

OTHER POSSIBLE HEATING METHODS

You can place our items and allow them to retain heat on the surface of a non-hot radiator, or even across the bars of a wall-mounted electric towel warmer in the bathroom.

Depending on your settings on the timer of these appliances, you can have warm items available whenever you need them, from waking up in the morning to going to bed.

Never place our heated items on the hot surface of a stove or cooktop.

COOLING IN THE REFRIGERATOR OR FREEZER

All our items can also be used as a cold compress.

This is an excellent solution for a soothing and anti-inflammatory compress without moisture or dripping (headaches, tendonitis, swelling, bruising, post-operative care, according to your medical instructions).

In this case, place them in the refrigerator or freezer for the required time, protecting them with a plastic bag.

The soothing effect is felt immediately.

If you are unsure whether to use hot or cold therapy, consult a healthcare professional.

CARE INSTRUCTIONS

Our products can be used hot or cold many times without any loss of effectiveness.

Only their general appearance and natural wear will usually determine when they need replacing.

Products containing cherry pits (hot pads named «Bouillottes» in french and neck warmers) mostly have zippers.

The cover can then be washed separately at 40°C once emptied into a container.

The Doudou Cerise® and the Bouillottes de mes envies (blackcurrant, rapeseed, grape, and spelt fillings) are sewn closed and can be hand-washed or machine-washed at 40°C and dried flat.

When machine washing, place the item securely in place with other laundry to prevent damage from the drum's rotation during the spin cycle. Dry flat on a drying rack.

Products filled with flax seeds, regardless of the type, are not washable, but they can all be dry-cleaned if necessary.

Never immerse an item filled with flax seeds in water, as this will cause irreversible damage.

The mucilage in flax seeds, which gives them their viscous and gelatinous consistency, will immediately react with water, causing them to permanently stick together.

The Masque d'amarante® can be hand-washed at 40°C and dried flat on a drying rack.

Our aromatic compresses, such as the Comresse Eclair®, the Zen Compress®, and the Comresse Solaire®, are not washable due to their plant content, which must be preserved.

Storage conditions: Keep all our items dry and away from moisture.

CONTACT

If you have any questions about using one of our products, or to help you determine the most suitable models for your home or professional needs, please contact us at the following address:

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