

Heat and Kryo therapy ball.

Stainless Steel Massage Hot Cold Roller. Perfect Christmas gift...

About the size of a baseball, this stainless steel hot / cold therapy roller can be used for pain relief, tight or sore muscles.

For cold therapy, remove the ball and place it in the freezer for about 2 hours. Then remove the ball, put it back in the base, twist on the colored cap, and you're ready to go for up to 6 hours. Much nicer than ice packs or cups, with little or no water dripping.

For heat therapy, remove the ball and place it in warm water for 5 to 10 minutes. Put the ball back in the base, twist on the colored cap, and you're ready to go for hours. Even use as a long lasting heating ball for those cold nights.

Also add your favorite essential oil to the ball for added relief.

Can help with:

Tight / Sore Muscles

Plantar Fasciitis

Inflammation

Arthritis

Tendinitis

Puffy Eyes

and much more.