



## Deep Heat Muscle Rescue Heat Spray

### Uses

For targeted, warming relief to ease and soothe tight, tense muscles. Can be used before and after exercise.

### Dosage

Adults and children 12 years and over: shake well, hold the can 15cm from the skin and spray onto the desired area in 2-3 short bursts. Use as required. People experience warmth differently: apply sparingly on first application, reapplying after 15 minutes if a stronger effect is desired. Under 12 years: not recommended.

### Format and Ingredients

Warming spray

**Category:**  
Analgesics

**Manufacturer:**  
THE MENTHOLATUM COMPANY  
LTD

**Pack size:** 72.5ml

**RRP:** £5.99

**Legal Status:**