

MIGRAINE CAP – FULL HEAD INSTRUCTION MANUAL



When a migraine takes over, it can be debilitating and finding the right cap that covers all the specific areas you need isn't always easy.

This migraine cap wraps around your head and covers the crown with gel throughout, so you get cooling relief or warmth wherever the pain is sitting. Thread your ponytail through the opening at the back and the gel sits right against your scalp. Pull it down over your eyes and the light is gone. Cold from the fridge or freezer for migraines, headaches, allergies, sensory overload, or an overheated itchy scalp. Warm it up gently for sinus pressure, jaw tension, tight muscles, or when you're cold and just need warming through. It even works beautifully for deep conditioning treatments.

Great for:

- Migraines and tension headaches
- Sensory overload and light sensitivity
- Nervous system regulation and calming
- Stress relief and emotional overwhelm
- Sinus pressure and facial tension
- Supporting rest, sleep, and downtime
- Jaw tension and TMJ
- Comfort during hospital stays or recovery periods
- Overheating, hot flushes, or an itchy irritated scalp
- Warming up when your body just can't seem to get there
- Anyone needing fuller head coverage, not just eye or forehead relief
- Deep conditioning treatments, the warmth helps your product better absorb

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Features:

- 360 gel coverage including the crown of the head
- Ponytail opening at the back for longer or thicker hair
- Cold or warm use
- Full blackout when pulled down over the eyes
- Soft stretchy fabric that moves with your head
- Reusable and flexible, stays soft after freezing

Image description: A black, full-head migraine cap made from a smooth, stretchy fabric. The cap has a rounded, snug-fitting shape that covers the head completely, with stitched panel lines for contouring and a small opening at the top. The design is seamless over the face area, providing blackout coverage for the eyes and forehead. It is photographed against a plain white background.

Details:

Material: Spandex, Gel

Size: 23cm (diameter) x 17cm (H)

Weight: 60 grams

Package Contains: 1x Full Head Migraine Cap

Age Guidance: Suitable for ages 3+ with adult supervision

Warming and Cooling Instructions:

For cooling relief –

1. Place the cap flat in the fridge or freezer before use
2. Chill for 1-2 hours for best results
3. Remove and gently roll the cap on using both hands
4. If very cold, allow it to sit at room temperature briefly before wearing
5. Chill in the fridge or freezer before use for cooling relief, at least 30 minutes before use

For gentle warmth –

1. Warm the cap gradually using gentle heat only
2. Use short warming intervals and check the temperature before wearing
3. Roll the cap on gently once comfortably warm
4. Warming can help ease muscle tension, sinus pressure, and head or neck tightness.

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How to use:

1. Use both hands to roll the cap on over your head
2. Adjust so it sits evenly over the eyes, temples, and base of the skull
3. Allow hair to pass through the top opening if wearing a ponytail or bun
4. When removing, slide and roll the cap off gently using both hands

Important Note:

- Do not overheat
- Do not boil or microwave
- Always test the temperature with your hands before use
- Discontinue use if discomfort occurs

Cleaning Instructions:

1. Gently hand wash or wipe clean with a damp cloth
2. Use mild soap only and rinse well
3. Air dry fully before reuse

Longevity Care Instructions:

- Avoid prolonged exposure to direct heat or sunlight
- Store flat in the fridge or freezer if regularly used cold
- Avoid pulling sharply or stretching from one point to help protect the gel and inner lining
- Do not fold tightly or place heavy items on top
- With gentle handling, this cap is designed to stay supportive, comfortable, and effective over time, remaining a reliable comfort tool for the long haul.