

# HOT / COLD COMFORT BUDDY



## What is your Why?

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.

## Supplies & Ideas

- Thick, 100% cotton sock
- uncooked rice (not instant rice)
- Calming essential oil (lavender, bergamot, orange, chamomile)
- Notecard with instructions

## Step-by-Step

- Fill the sock 3/4 full with rice
- Add 5-10 drops of essential oils
- Tie the sock with a tight knot
- Pack with instruction card
- Donate to an area non-profit!

## Time to Share!

To inquire what agencies will accept the projects, dial 211 or email [vol@helplinecenter.org](mailto:vol@helplinecenter.org)  
For more information visit [www.helplinecenter.org/diy](http://www.helplinecenter.org/diy)