

To: AUDRA KEMP(pto@nealmcdevitt.com)
Subject: U.S. Trademark Application Serial No. 97406016 - MENSTRUATION CRUSTACEAN - 63945.00243
Sent: May 16, 2023 10:14:52 AM EDT
Sent As: tmng.notices@uspto.gov

Attachments

[screenshot-warmies-com-blogs-blog-menstruation-crustacean-heating-pad-lobster-16841786528961](#)
[screenshot-www-sheknows-com-health-and-wellness-articles-2625465-menstruation-crustacean-16841792484771](#)
[screenshot-www-ebay-com-itm-266236079220-16841796253251](#)
[screenshot-totallythebomb-com-menstruation-crustacean-heating-pad-16841800721751](#)
[screenshot-craftsnthings-net-products-menstruation-crustacean-16841801621131](#)
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United States Patent and Trademark Office (USPTO)
Office Action (Official Letter) About Applicant's Trademark Application

U.S. Application Serial No. 97406016

Mark: MENSTRUATION CRUSTACEAN

Correspondence Address:

Audra Kemp
Neal & McDevitt, LLC
1776 Ash Street
Northfield IL 60093 UNITED STATES

Applicant: What Do You Meme, LLC

Reference/Docket No. 63945.00243

Correspondence Email Address: pto@nealmcdevitt.com

REQUEST FOR RECONSIDERATION AFTER FINAL ACTION DENIED

Issue date: May 16, 2023

Applicant's request for reconsideration is denied. *See* 37 C.F.R. §2.63(b)(3). The trademark examining attorney has carefully reviewed applicant's request and determined the request did not: (1) raise a new issue, (2) resolve all the outstanding issue(s), (3) provide any new or compelling evidence with regard to the outstanding issue(s), or (4) present analysis and arguments that were persuasive or shed new light on the outstanding issue(s). TMEP §§715.03(a)(ii)(B), 715.04(a).

Accordingly, the following requirement(s) and/or refusal(s) made final in the Office action dated February 7, 2023 are **maintained and continued**:

- Mark is merely descriptive refusal.

Please see the attached definitions and previously and presently attached representative articles showing that heating pads used for menstruation are in various shapes including crustaceans. The mark is merely descriptive of the goods.

The applicant may overcome the refusal by amending to the Supplemental Register.

See TMEP §§715.03(a)(ii)(B), 715.04(a).

If applicant has already filed an appeal with the Trademark Trial and Appeal Board, the Board will be notified to resume the appeal. *See* TMEP §715.04(a).

If applicant has not filed an appeal and time remains in the response period for the final Office action, applicant has the remainder of that time to (1) [file another request for reconsideration](#) that complies with and/or overcomes any outstanding final requirement(s) and/or refusal(s), and/or (2) [file a notice of appeal](#) to the Board. TMEP §715.03(a)(ii)(B).

/Alex Seong Keam/
Attorney-Advisor
Law Office 114
U.S. Patent and Trademark Office
(571) 272-9176
Alex.Keam@USPTO.GOV



Mar 02, 2023

Menstruation Crustaceans: Warm (Meme-Worthy) Lobster Plush Heating Pads

What is a Menstruation Crustacean?

Menstruation Crustaceans are becoming a super popular way to treat your menstrual cramps without the need of medicine. But what exactly is a menstruation crustacean? Are they only in crustacean form? Can you use one if you're allergic to shellfish? Luckily for you, the menstruation crustacean heating pad lobster is something that's safe for all to use and comes in the cutest styles. They're cuter than what they sound like and we've got all the information you need when it comes to learning about the oddly named menstrual relief product and its incredible benefits.

Who coined the phrase Menstruation Crustacean?

So where does the term "menstruation crustacean" even come from anyway? Well there's no real consensus on who coined the phrase, but the story has some interesting roots. Someone online shared a photo of a little lobster statue holding a plate full of period products and they called it the "menstruation crustacean station".

So while Warmies doesn't offer stations where you can store all of your menstruation supplies, we have taken the menstruation crustacean meaning to a whole new level. We created a lobster stuffed animal that's full of natural filling and lavender that can be heated up to relieve your period cramps. So instead of a whole station that goes in your bathroom, we have a portable and microwavable menstruation crustacean plush to relieve your period cramps.

The Benefits of Warmies Stuffed Lobster for Period Relief

Warmies stuffed animals are all kinds of cute and cuddly. While being cute and cuddly may seem like reason enough to add some Warmies to your stuffed animal collection, they aren't the only reasons why Warmies are the must-have item of the year. Check out all the benefits and advantages to having a Warmies product below:

... ..

1. Menstrual Cramp Relief

During the menstrual cycle, the uterus starts to shed the inner lining and releases it as blood. With all these contractions and shedding, it's no surprise that cramps are the main symptom people report when on their period. Heat has been a proven method to relieving menstrual pain as it relaxes the muscles within the uterus.

2. Lower Back Pain Relief

Whether it's due to poor posture, sitting in an office chair all day, or an additional symptom of menstruation, lower back pain plagues many people everyday. By having a Warmies stuffed animal, you can heat it up in the microwave and soothe the muscles in your lower back that are causing you grief.

3. Headache and Migraine Relief

Warmies aren't just microwavable stuffed animals. Warmies can also be placed into the freezer and cooled down enough to relieve even the most aggravating of headaches. Cold therapy helps trick the brain into not feeling the pain, thus giving you some much needed relief.

4. Relaxes the Mind

All Warmies products are stuffed with natural fibers and real French dried lavender. That means that when you hold your Warmies plush, you'll catch a nice whiff of the beautiful lavender aroma. Scents like lavender are proven to reduce anxiety and aid in relaxation.

5. Improves Sleep

Coupled with the aromatherapy of Warmies, they also have a nice hefty weight to them that improves sleep. If you find yourself having trouble sleeping a night, Warmies might be just the thing. The weight is like a hug and helps calm the mind and body.

6. Lowers Blood Pressure

Since the Warmies are weighted and have lavender, they soothe and relax your body and mind. All of this and more will help lower your blood pressure and even improve your health.

7. Toxin-Free

Most of the microwavable stuffed animals out on the market are filled with all kinds of plastic and nonsense. This means that heating them up could leak toxins into your home. Warmies products don't have that problem as they are filled with natural fibers and lavender, making them one of the safest products out there.

Menstruation Crustacean Instructions

Now that you're interested in having your own personal menstruation crustacean, you will need to know what steps are required to use it and gain the benefits. Below are the simple steps that come with having a Warmies product.

Step 1: Choose your own personal Menstruation Crustacean

You may choose the literal crustacean Warmies lobster or you might want an animal design that's more suited to your own personality or that of your loved one's. No matter which you choose, each Warmies product is 100% toxin-free, filled with natural materials, and ready to be cuddled. You can explore all the different options here.

Step 2: Heat it up or cool it down

Depending on the symptoms you want to relieve, you can put your microwave or the freezer. If you're going to use the microwave, be sure to follow the instructions and avoid putting it in there for more than two minutes at a time. For the freezer, you can leave your Warmies in there for up to an hour or more to get it to the ideal temperature.

Step 3: Place it on your body

Once you've warmed up or cooled down your Warmies stuffed animal, you can now use it on your body. You can snuggle up with it on your chest, lie down on your back with it placed on your belly, or even use it as a pillow. It's up to you where you use it.

Does a Menstruation Crustacean have to be a Lobster?

While the name has that special ring to it that is memorable, your menstruation crustacean does not absolutely have to be in crustacean form. In fact, your personal menstruation crustacean for cramps can be in the form of any animal that Warmies has available. You can have one in the form of a cuddly bear, a sea turtle, a manatee, an alligator, and the ever-unique axolotl on top of hundreds of other options.

What makes a menstruation crustacean so appealing is the name, of course, and the fact that the lobster is nice and flat. You can choose whatever shape and animal you'd like, but having that wide and flat shape is ideal for covering as much surface area as possible for providing optimal relief.

Where to buy Menstruation Crustacean

There aren't lots of places where you can get your hands on something as unique as a menstruation crustacean heating pad lobster. The only place where you can buy this unique item and others like it is

on the Warmies site. There you'll find all of the incredible options available. You have your pick of stuffed animals, eye masks, boots, slippers, heat pads, and more. All of these products will be beneficial in reducing your menstrual pains and symptoms.

Do Menstruation Crustaceans make good gifts

If menstruation crustaceans aren't something you're interested in but would like to gift to a loved one, these make the perfect gifts. They're perfect for your wife, a girlfriend, a friend, or anyone in your life that you think would benefit from a warm and cuddly plushie. You don't have to be limited to just cramp crustacean Warmies either, as you can gift them more practical items like heat pads or neck wraps. It's a gift that you can perfectly tailor to the style and interests of the gift recipient.

Menstruation Crustacean Reviews

So what do other people have to say about menstruation crustaceans? You can check out some of the menstruation crustacean reviews below where people have nothing but great things to say about Warmies products.

"He smells so good. I love to just plop him down anywhere and he fits in. ❤️"

- Candy D.

"Love, love, love Sid, the Sloth! (Yes, I named him.) He is so warm and comforting for my old bones and joints on these very cold nights. These warmies aren't just for kids!"

- Susan M.

"I have bought warmies for many friends and family members, they have love them."

- Dianna D.

Be sure to check out more menstruation crustacean stuffed animal reviews.

Warmies Uses Only The Safest & Highest Quality Stuffing in Our Plush Heatable Lavender Scented Lobster

When it comes to menstrual symptoms, it's clear that there's only one option out there: menstruation crustaceans. Get your own at Warmies, where we make the best products and stuffed animals that help relieve all sorts of body aches and pains while putting a smile on your face. Who wouldn't want a cuddly and cute stuffed animal giving you warmth and soothing smells, especially while dealing with the nasty symptoms that come with menstruation?

Warmies products aren't just for kids, so don't be fooled by the cuddly cute plushies you see on our site. Even if the plushies aren't for you, you can get all kinds of other products that will do the same job. All-in-all, whatever kind of menstruation crustacean you get, you get something you want to give out, so be sure to explore the different

menstruation crustacean you get are not something you want to miss out on, so be sure to explore the different options so that you can enjoy all the great benefits. Contact the Warmies team today if you have any questions or concerns about Warmies products and menstruation crustaceans.

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by DELILAH GRAY SEPTEMBER 18, 2022 AT 3:08PM PM EDT



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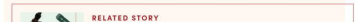
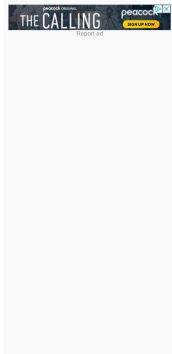


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The time has come, potentially when you're reading this or soon before, but your period may be coming in full force. You're getting everything ready: the migraine hats, the chocolate stash, the medication, everything! Even when you prep for everything, though, it's somehow still not enough. You get cranky, and sad, and those period cramps always seem to be worse than you remembered. However, while we're prepping for the terrible period ahead, who says we can't do it with a little bit of spice?



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Or should we say adorableness? Because that's exactly how one could describe this affordable heating pad: an absolutely adorable addition. For only \$22, you can get this Menstruation Crustacean for your period pains, and nearly everyone says it's worth the money.

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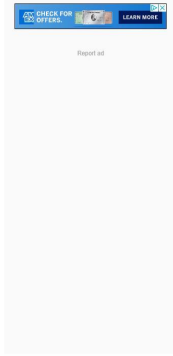
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Menstruation Crustacean.
WHAT DO YOU MEMO?



Menstruation Crustacean

\$22.74, originally \$24 on Amazon.com

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The Menstruation Crustacean is an adorable and effective tool to beat those debilitating cramps you always seem to get at the most inconvenient times. Both soothing and super-sweet, this is the perfect gift for your partner or for yourself to get

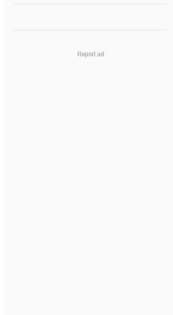


through the hellish week of period pains.

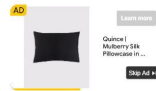
This handy dandy little dude is so easy to use, and when you're done with the two steps, you can just cuddle him to a night of soothing sleep. Per the brand, all you have to do is remove the heating pad and place it in the microwave for one minute. Then reinsert it, and you have the smell of lavender and feel a sense of serenity. What more could you ask for with a heating pad?

With nearly 3,000 reviews, this little guy has garnered a huge cult following. One shopper said it was the "cutest pain reliever ever," saying, "It's so soft and cuddly! It IS lavender-scented, for my fellow impulse buyers who don't read the full description, and it's a bit overpowering when the actual heating pad comes out of the microwave but the smell goes away once it's put back in the lobster. Good for kids, too! I'm constantly fighting my 8 yo over this, ha. Pain relief is 10/10, especially for those who suffer from PCOS or have cramps bad enough to take down an elephant. A cute period pal worthy of your \$\$."

Another shopper said, "My middle daughter loved theirs so much I bought one for my youngest. They're not old enough for their periods yet, but they love cuddling with it at bedtime and when they don't feel good. This one is way nicer than the other brands I tried, I ended up returning the other ones."



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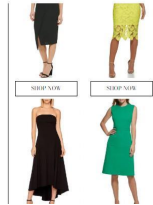
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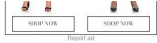
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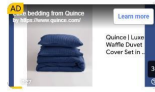


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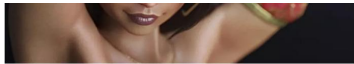
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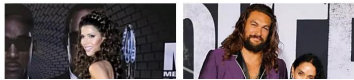


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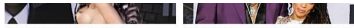
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NIB Menstruation Crustacean Cozy & Cute 14\"/>

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Menstruation Crustacean Cozy & Cute 14\"/>

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\$21.97
+ \$8.97 shipping
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Menstruation Crustacean Cozy & Cute 14\"/>

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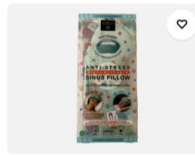
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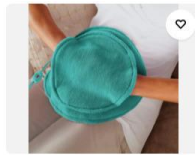
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Sunbeam Cozy Spot Personal Warming Pad Green

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New
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Sharper Image Calming Cozy Massaging Heating Wrap Grey with Sherpa Lining, Bulk

New
\$39.90
Free shipping
7 watchers

Zz
Be
Ne
Fre

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Seller assumes all responsibility for this listing.

eBay Item number: 266236079220

Item specifics

Condition	New: A brand-new, unused, unopened, undamaged item. See the seller's listing for full details See all condition definitions	Color	Red
UPC	0810816033105	Brand	What Do You Meme?
Type	Electric Heating Pad	Model	Menstruation Crustacean
MPN	MCL502	Material	Fabric

About this product

Product Identifiers

Brand	What Do You Meme?
MPN	MCL502
UPC	0810816033105
Model	Menstruation Crustacean
eBay Product ID (ePID)	10054409041

Product Key Features

Material	Fabric
Type	Electric Heating Pad

Dimensions

Weight	1.61 lbs
--------	----------

Item description from the seller

Menstruation Crustacean 14" Plush Lobster
(Full microwavable version, not the bag insert version)

BRAND NEW BOX

Details: This is the Menstruation Crustacean plush that you can place directly in the microwave to warm up and cuddle. It has Lavender-Scented Wheat fillings that stays warm for a long time after heating. This DOES NOT have a separate bag you have to heat up and then install in the plush.



smart.ebuy

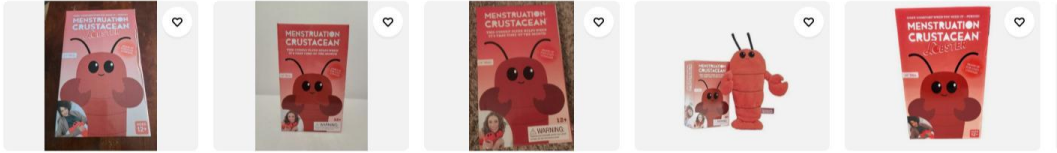
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★★★★★
by [robinsneetoo](#)
Feb 21, 2023

Wonderful product!

My daughter loves it!
Verified purchase: Yes | Condition: New | Sold by: everybodywins



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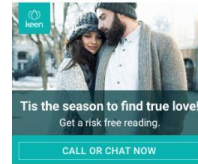
This Menstruation Crustacean Heating Pad Is The Cutest Way to Soothe Cramps

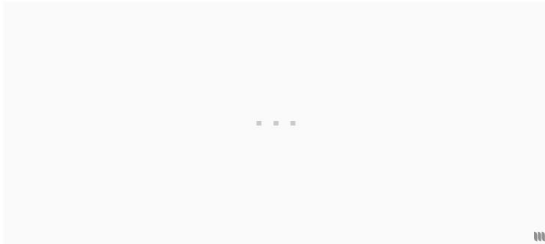
0 Comments



1 SHARES

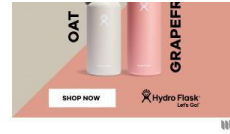
I hate my period, I legit hate it... I am ready to be done with that part of my life.





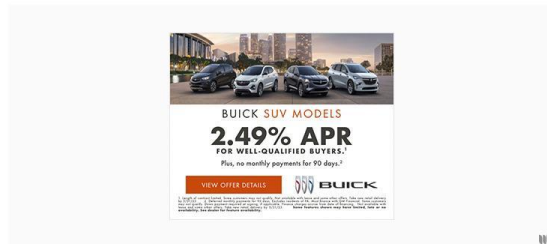
Every single month it's back, sometimes I am blessed with twice a month visits, and oh boy isn't that just pleasant...

One thing that is always a constant is the cramps, and for me, one of the biggest helpers to deal with cramps is a heating pad.





Amazon



The Menstruation Crustacean is a cute and cuddly 14" lobster plush that has a removable lavender-scented heating pad.

I'm thinking about ordering one for each of my daughters to help them deal with that time of the month.

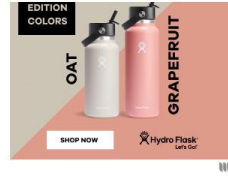
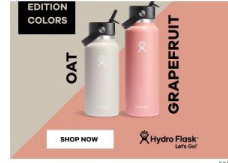


Amazon



He can sit on their bed with the rest of the stuffed animals they have on display.

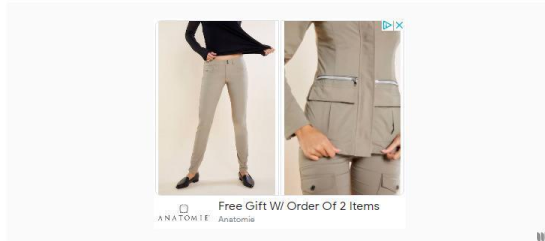
I love that there are no cords, that's one thing that I hate about the heating pad I



already have, getting tangled in cords is such a pain when you're trying to rest.



Amazon



It doesn't use batteries either, so no need to worry about your battery dying right



when you need your Menstruation Crustacean the most.

MENSTRUATION CRUSTACEAN™

THIS CUDDLY PLUSH HELPS WHEN IT'S THAT TIME OF THE MONTH

Menstruation Crustacean is here to help when it comes to your time of the month! Heat and hug this lovable lobster for extra comfort. Simply microwave the heating pad insert for 1 minute!



HEATABLE & HUGGABLE PLUSH PAL

INCLUDES LAVENDER-SCENTED HEATING PAD

OVER 14" LOBSTER PLUSH!


HEAT IN 3 EASY STEPS

- 1 REMOVE HEATING PAD**
- 2 MICROWAVE FOR 1 MINUTE**
- 3 REINSERT HEATING PAD**



EDITION COLORS

OAT



GRAPEFRUIT

SHOP NOW

Hydro Flask lets do it

EDITION COLORS

OAT

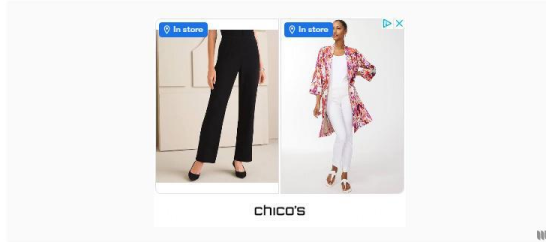


GRAPEFRUIT

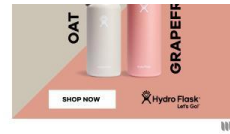




Amazon



All that you have to do is remove the heating pad insert and microwave it for one minute, place it back into the lobster body and place it where you need the relief.





Amazon



He's a pretty good size measuring 14 inches and is appropriate for ages 12 years and up.

Not only do you get the heat to help, but you can also help yourself to relax with the lavender scent!





Amazon

Free Gift W/ Order Of 2 Items
ANATOMIE Anatomie

The heating insert does contain wheat, so if you have an allergy you'll want to avoid using this product.



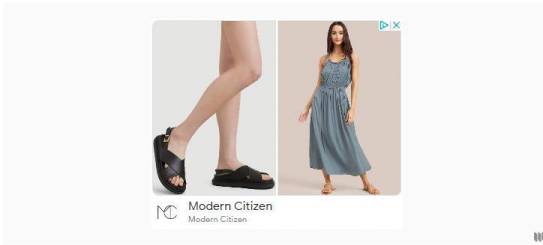
EDITION COLORS
OAT GRAPEFRUIT
SHOP NOW Hydro Flask Let's Go



EDITION COLORS
OAT GRAPEFRUIT
SHOP NOW Hydro Flask Let's Go

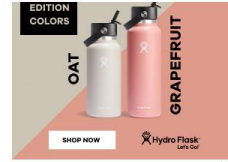


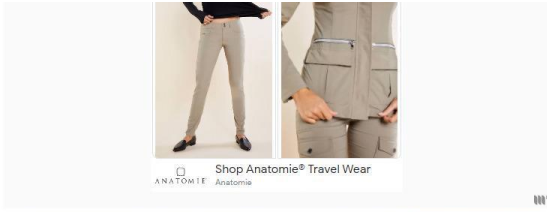
Amazon



My cycle can be quite rough as well as the ungodly cramping. I've tried heating packs in the past, but I hate the hassle of plugging it in, and it always seems to be too hot for my liking. I came across this cuddly menstruation crustacean and I had to have it. Lo and behold, I started my cycle the same day he arrived. I couldn't wait to bust him out and he did not disappoint. You can heat up the internal bag to your liking and it smells like fresh lavender. He also holds heat for a long while. I've named mine Larry the Lobster (SpongeBob fans will get it). My two small sons have tried to steal him multiple times already. Thank I regret nothing and I have already bought one for my daughter and my sister. This would make a fantastic gift and I intend to gift to give it in the future. 10/10 would recommend. If you have a vagina, buy this lobster...buy it even if you don't. Who doesn't like a warm cuddly buddy.

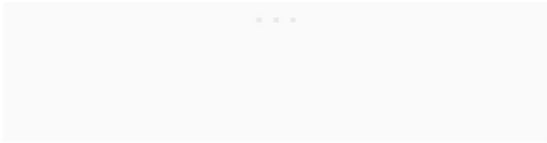
Samantha Pierce – Amazon customer review





Amazon

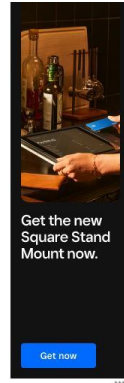
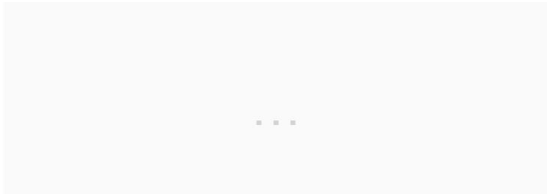




You can purchase your own [Menstruation Crustacean from Amazon!](#)

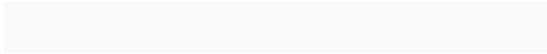


Amazon



www





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This Ceramic Flying Dragon Succulent Holder Is the Cute...



This Ceramic Flying Ghost Succulent Holder Is The Cute...

By Brandy Arnold

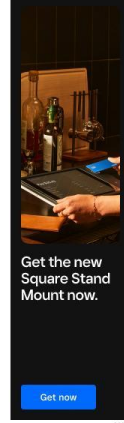
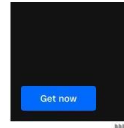
Happy Happy, Joy Joy, Heavy Handed Advice, These Things Are Better Than Your Things



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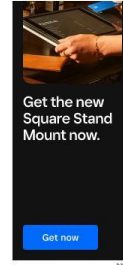
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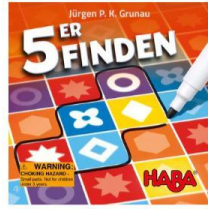
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Ages 12+

Your Best Pal, Period: Heat and hug this helpful period heating pad for cramps to help you through that time of the month. Simply remove the heating pad insert, microwave for one six second per inch, microwave for one minute, reinsert, and get cuddly for some much-needed pain relief! This 14" lobster plush is intended for those ages 12 years and up

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Brand New
★★★★★ 2 product ratings
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bigblue4023 (14) 93.8%

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Brand New
★★★★★ 2 product ratings
\$35.00
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+\$7.20 shipping
magictreasurebox (1,302) 99%

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Brand New
★★★★★ 2 product ratings
\$22.99

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kdeats7419 (457) 100%

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dst*2003 (7,034) 99.8%



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tommy7619 (123) 100%



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fztwsted5677 (268) 99.2%



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Brand New
★★★★★ 2 product ratings

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gnu2yew (2,565) 99.1%



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Brand New



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Brand New
★★★★★ 2 product ratings

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Brand New
★★★★★ 2 product ratings

\$24.95
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barristerjresells (708) 100%



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Brand New
★★★★★ 2 product ratings

\$27.99
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Free shipping

soma-shop (669) 99.8%

NIR → Menstruation Crustacean Cozy & Cute 14" Lobster Plush Warming Period Pillow



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★★★★★ [2 product ratings](#)

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4givnbyhisgrace (2,380) 99.7%



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★★★★★ [2 product ratings](#)

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2 watchers

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dagonz5418 (76) 96.9%




Menstruation Crustacean Cozy & Cute 14" Lobster Plush Warming Period Pillow


Brand New
★★★★★ [2 product ratings](#)


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or Best Offer
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jmart522 (887) 98.4%

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kellyjoscloset (16,355) 98.3%
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clubbedmink (652) 98.8%
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replaythreadz (1,486) 99%
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fterr87 (162) 100%
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loan4skool (1,075) 100%

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 ★★★★★ 2 product ratings
\$21.97
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 m70247 (520) 99.6%

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 ★★★★★ 2 product ratings
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 checklo_8 (230) 97%

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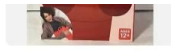
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 klomico (73) 100%

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NEW Menstruation Crustacean Lobster Plush Warming Pillow WHAT DO YOU MEME
 Brand New
 ★★★★★ 2 product ratings
\$20.29
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 +\$7.95 shipping
Last one
 andre_lokan (53) 95.9%



Menstruation Crustacean Cozy & Cute 14" Lobster Plush Warming Period Pillow

Brand New
★★★★★ 2 product ratings

\$30.00
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holyster084 (9) 100%



Menstruation Crustacean 14" Lobster Plush Warming Pillow Period Relief

Brand New
\$20.00
or Best Offer
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angelica4444 (127) 100%



Menstruation Crustacean Lobster Plush Warming Pillow

Brand New
★★★★★ 2 product ratings

\$29.95
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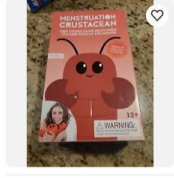
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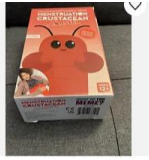
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This heated pillow was created by Your Best Period (it's us!) and Plantule, a Polish brand that creates different products for relaxation, with natural and high-quality materials.

This pillow works as a heating pad (but not only), and contains cherry pits: unlike water, they don't warm up too much, so you don't burn yourself. The external part is made with cotton. You can open it with a zipper and remove it to wash it.

The benefits of this pillow are many: it relaxes your muscles, relieves menstrual cramps, helps with stomach ache and back pain.

This is how you use it: to warm it up, just put it in the microwave (2 minutes, 600W) or in the oven (20 minutes, 100-120° C). If you want to cool it (yes, you can use it this way as well) then put it in the freezer for 30-40 minutes. No matter if hot or cold, you can always place it directly on your skin.

Size: 20x30cm
Weight: 900g

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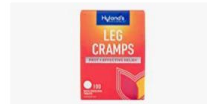
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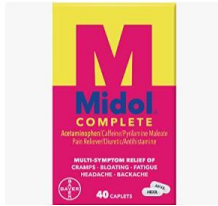
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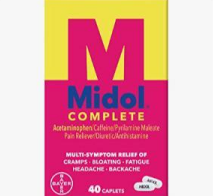


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Menstrual Cramps: Relieving Pain

Overview

Painful menstrual cramps (dysmenorrhea) can occur during or just before your period. The cramping can involve your lower belly, back, or thighs. And the pain from these cramps can range from mild to severe. You may also have diarrhea, constipation, or nausea. Or you may get dizzy.

Pain medicine and home treatment can help you feel better.

How can you manage pain from menstrual cramps?

- Take anti-inflammatory medicines for pain. Ibuprofen (Advil, Motrin) and naproxen (Aleve) usually work better than aspirin.
 - Be safe with medicines. Talk to your doctor or pharmacist before you take any of these medicines. They may not be safe if you take other medicines or have other health problems.
 - Start taking the recommended dose of pain medicine as soon as you start to feel pain. Or you can start on the day before your period. Keep taking the medicine for as many days as you have cramps.
 - If anti-inflammatory medicines don't help, try acetaminophen (Tylenol).
 - Do not take two or more pain medicines at the same time unless the doctor told you to. Many pain medicines have acetaminophen, which is Tylenol. Too much acetaminophen (Tylenol) can be harmful.
 - Read and follow all instructions on the label.
- Put a heating pad set on low or a hot water bottle on your belly. Or take a warm bath. Heat improves blood flow and may help with pain.
- Lie down and put a pillow under your knees. Or lie on your side and bring your knees up to your chest. This will help with any back pressure.
- Get at least 30 minutes of exercise on most days of the week. This improves blood flow and may decrease pain. Walking is a good choice. You also may want to do other activities, such as running, swimming, cycling, or playing sports.

Prescription medicine is a good choice if over-the-counter medicine doesn't relieve your painful

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menstrual cramps. Birth control hormones can help relieve menstrual pain and lighten bleeding. They also prevent pregnancy.

Current as of: August 2, 2022

Author: Healthwise Staff

Medical Review: Sarah Marshall MD - Family Medicine & Martin J. Gabica MD - Family Medicine & Kathleen Romito MD - Family Medicine



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Relieving Menstrual Pain

Overview

Relieving Menstrual Pain

Menstrual cramps can cause mild discomfort to severe pain in the lower abdomen, back, or thighs. The pain usually starts right before or at the beginning of your period. During this time, you may also have headaches, diarrhea or constipation, nausea, dizziness, or fainting.

Not every woman has menstrual pain. But it can be a normal part of how the body works.

Related to Conditions

- > [Hormones](#)
- > [Sexual and Reproductive Organs](#)
- > [Women's Health](#)

To help relieve menstrual cramps:

- » Apply heat to your abdomen with a heating pad or hot water bottle, or take a warm bath. You might find that heat relieves the pain as well as medicine does.
- » Lie down and elevate your legs by putting a pillow under your knees.
- » Lie on your side and bring your knees up to your chest. This will help relieve back pressure.
- » Try using pads instead of tampons.
- » Get regular exercise. You might find that it helps relieve pain.

Over-the-counter medicine usually relieves menstrual pain.

- » **Non-steroidal anti-inflammatory drugs (NSAIDs)**, such as ibuprofen, help relieve menstrual cramps and pain.
- » Start taking the recommended dose of pain reliever when discomfort begins or 1 day before your menstrual period starts.
- » Take the medicine for as long as the symptoms would normally last if you did not take the medicine.
- » If an NSAID does not relieve the pain, try acetaminophen, such as Tylenol.

Be safe with medicines. Read and follow all instructions on the label. If you are pregnant or trying to become pregnant, talk to your doctor before using any medicine. **Do not take aspirin if you are younger than 18** because of the risk of [Reye syndrome](#).

Prescription medicine is a good choice if over-the-counter medicine does not bring you relief. Birth control hormones help relieve menstrual pain and lighten bleeding for most women.¹ They also prevent pregnancy. Talk to your doctor about trying the birth control pill, patch, or ring. With most types of hormone birth control, you take the hormones every day for 3 weeks, then take a week off. This is when you might get a menstrual period. There are some types of pills that you can take over 3 months, or even every day of the year. With these, you might have unexpected spotting or bleeding, especially during the first year.

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Current as of: November 22, 2021

Author: [Healthwise Staff](#)

Medical Review: Sarah Marshall MD – Family Medicine & Martin 1. Gahira



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14 Best Heating Pads for Cramps, According to Experts

The Best Heating Pads for Cramps, According to Experts and Reviewers

When cramping starts, these are life-savers.

BY SAMMY NICKALLS
JANUARY 18, 2023

All products featured on Teen Vogue are independently selected by our editors. However, when you buy something through our retail links, we may earn an affiliate commission.

For those of us with ~uterine woes~, the best heating pads for cramps need to be top-notch for pain relief during menstruation. After all, period pain is no joke. **Studies show** that more than 80% of people have experienced cramps and sore muscles around the abdomen during their menstrual cycle.

“Heat can help relax the muscles contributing to cramping,” says **Iris Kerin Orbuch, M.D.**, director of the Advanced Gynecologic Laparoscopy Center at Providence Saint John’s hospital in Los Angeles. “Heat also naturally increases blood flow to the site of your pain. That’s why a period heating pad is a total game-changer.

However, the sheer number of options available can be overwhelming. Should you get a microwaveable heating pad or a classic corded one? Is it best to place an electric heating pad directly on the skin or on top of your **period underwear**? What **sleeping positions for cramps** are best to ensure they don’t slide out of place? We asked Dr. Orbuch for expert advice and tips on how to find and use the best heating pads to relieve cramps.

Okay, are heating pads safe?

“Period cramps occur when the muscles of your uterus contract, typically just before or during your period. Prostaglandins are released, which cause painful contractions,” Dr. Orbuch explains. “[Heat helps] by relaxing the myometrium, or smooth muscle of the uterus.

So when you apply heat directly to the cramping area (the lower belly or back), “the blood vessels will begin to dilate, which allows more blood flow to your uterus.” If you’re using microwaveable or electric heating pads, avoid placing them directly on your skin to prevent them from causing burns.

What should you consider when buying them?

The main differences between the various types of heating pads lie in their portability and the way they create heat. Ask yourself these questions before making a purchase.

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- Will you use it at home, while traveling, or at work?
- Will you be moving around frequently or staying in one place?

There are many options to fit your needs, including “electric heating pads, the old-fashioned hot water bottle, and microwaveable pads,” Dr. Orbuch says. Cordless, rechargeable, and adhesive pads that can be stuck directly to the body are great for on-the-go relief. If comfort is your main priority, electric heating pads (heated via electrical coils, often allowing for temperature customization) or aromatic microwaveable options might be a better route.

“If you’re looking for a corded heating pad, make sure that it has an auto-shutoff function,” advises Dr. Orbuch. “Those with a timer are great, so it doesn’t stay on for long. A bonus is when it comes with a machine-washable cover, making it easy to clean,” she adds.

So which are the best heating pads for cramps? The short answer: It all depends on what you’re looking for. That said, here are our top picks, many of which are available on Amazon.

The Best Heating Pads for Cramps:

- Best Weighted Heating Pad: [Sharper Image Calming Heat Weighted Heating Pad](#), \$90
- Best Rechargeable Heating Pad: [Sunbeam GoHeat Cordless Heating Pad](#), \$85
- Best Budget Heating Pad: [Attmu Classic Rubber Transparent Hot Water Bottle](#), \$12
- Best Washable Heating Pad: [Geniani Extra Large Electric Heating Pad](#), \$30
- Best Adhesive Heating Pad: [Rael Heating Patch for Menstrual Cramps](#), \$12



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Best Washable Heating Pad



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Geniani Extra Large Electric Heating Pad

\$30 AT AMAZON

Galaxy S23 Ultra



For some, period cramps extend all the way to the lower back and thighs. If that's your case, you'll benefit from this extra-large heating pad. It features three adjustable heat settings: high, medium, and low. The cotton fabric also feels soft against the skin and it's machine washable.

Type: Electric

Pros: ✓ Reviewers say it's pliable, allowing you to use it wherever you need ✓ It has an extra-long cord (10 ft)

Cons: X Some reviewers say it has a chemical odor

Best Adhesive Heating Pad



COURTESY OF BRAND

Rael Heating Patch for Menstrual Cramps

\$12 AT AMAZON

If you're in the market for a portable heating pad, this discreet, wearable, stick-on heating patch is designed with abdominal cramps in mind. It heats up instantly and helps promote blood flow to soothe muscle pain for up to eight hours, according to the brand. Its therapeutic ingredients include lemon balm, dandelion root, rosehip, jasmine, and juniper berry. Just remember not to place it directly onto your skin (to avoid burns and heat rashes!)

Type: Adhesive

Pros: ✓ Budget-friendly ✓ Reviewers note the heat lasts longer than eight hours



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BY ASHLEIGH CARTER



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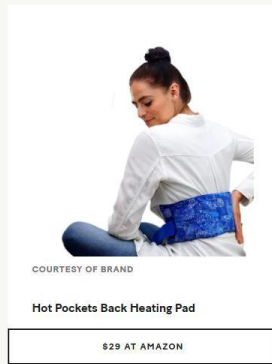
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Cons: X They're not reusable



This fanny pack-style heating pad has a waist strap that helps keep it in place (super convenient). It heats up quickly and is designed to mold itself around the body for comfort. You can remove the inserts and toss the outer fabric into a washing machine. You can also place it in the freezer and use it as an ice pack. [Walmart](#) offers a set featuring three heating pads designed specifically for the eyes, neck, and shoulders.

Type: Microwaveable

Pros: ✓ It has a "pleasant and calming" rice scent ✓ Customers say the construction feels soft

Cons: X Reviewers note its heat retention isn't as long



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COURTESY OF BRAND

Sunbeam XL Heating Pad

\$40 AT AMAZON

Available on Amazon, the Sunbeam XL heating pad warms up in just 30 seconds, thanks to its special XpressHeat tech. It's made from a micro plush material which gives it a soft and comfy feel and it has a LED controller you can use to switch between six various heat settings. Plus, it has an auto shut-off feature, so you don't need to worry about leaving it on for too long.

Type: Electric

Pros: ✓ Has a nine-foot power cord ✓ Comes with a five-year limited warranty

Cons: X Some customers note they have issues with the plug disconnecting from the pad



COURTESY OF BRAND

Solayman Tech Microwavable Heating Pad

\$25 AT AMAZON

If you want to ensure you can take your favorite pain relief tool from your bed to your office chair and sofa, this is the microwavable heating pad for you. It's filled with buckwheat, flaxseed, and lavender, which works well to retain heat. The outer material is



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BY KAITLYN MCNAB



Culture

made from a soft fleece fabric, and you can reuse it as often as you'd like.

Type: Microwaveable

Pros: ✓ Reviewers rave about the "extra-soft" fabric ✓ It can be used in the microwave or freezer



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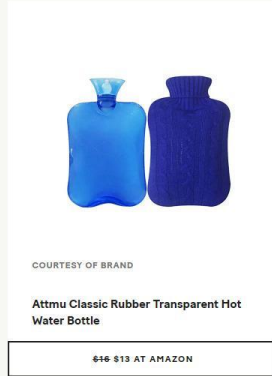
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Cons: X Reviewers note that it gets moist when you warm it up, making it too damp to use in bed

Best Budget Heating Pad



This wouldn't be a proper roundup of heating pads if we didn't include the retro one your mom likely still has hanging around in her medicine cabinet. A fail-safe standby, this hot water bottle is crafted from a thermoplastic material that holds heat longer than traditional water bottles and molds comfortably to your body to help ease the intensity of cramps. Plus, how cute is the little sweater that comes with it? This throwback heating pad is available in pink, red, purple, green, white, and blue.

These Rubber Hot Water Bottles



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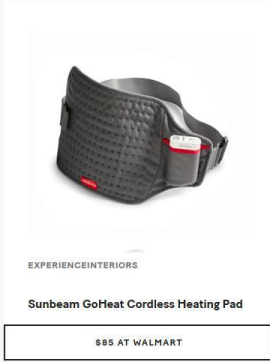
BY ASHLEIGH CARTER

TYPE: BUDGET-FRIENDLY

Pros: ✓ The washable cover is easy to clean ✓ Budget-friendly

Cons: X Some reviewers say it has a chemical odor

Best Rechargeable Heating Pad



Type: Cordless

The Sunbeam GoHeat pad can be worn as a belt, providing relief while on the go. It features three heat settings, a 30-second heat-up time, a four-hour run-time on a single charge, and an automatic shut-off after two hours.

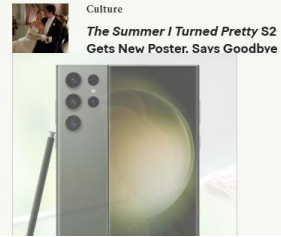
Pros: ✓ Heats up in 30 seconds ✓ The stretchy elastic band allows for room and movement

Cons: X Some reviewers say it takes long to charge

Expert Pick



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Pure Enrichment PureRelief XL Heating Pad

\$35 AT AMAZON

“For a corded one, my favorite is the PureRelief,” says Dr. Orbuch. With six heat settings and a soft micro plush fabric, it’s no wonder the machine-washable Pure Enrichment PureRelief is so highly lauded. “It also comes with a two-hour auto shut-off feature that helps to conserve energy.”

Type: Electric

Pros: ✓ Has a unique InstaHeat technology ✓ It can be sprayed with water for moist heat therapy

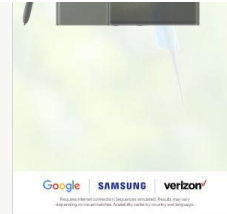
Cons: X It doesn’t stay hot for long



COURTESY OF BRAND

Sacksy Thyme Herbal Heating Pads

\$40 \$30 AT AMAZON



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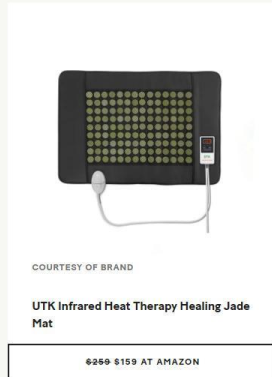
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With lavender, cherry, eucalyptus, and lemon verbena, this all-natural cotton heating pad was made for aromatherapy lovers. The inside of the sack contains a blend of herbs, organic flaxseed, and cherry pits, which helps to retain heat for longer periods of time, according to the brand. For best use, make sure to heat it up for only one minute in the microwave. This will help prevent burns.

Type: Microwavable

Pros: ✓ Reviewers rave about its "wonderful" scent ✓ It comes with a year-long warranty

Cons: X Some reviewers say it's too small



Want a next-level soothing sesh? Go for this unique jade stone heating pad. Made with 126 natural stones, it's said to work longer than traditional heating pads to help soothe period pain. The features also include an infrared pad built-in carbon fiber to give off far-infrared rays, which can penetrate deeper into the skin tissue, according to the brand.

Type: Electric

Pros: ✓ It has an extra large size ✓ The jade stones make it look like home decor

Cons: X It's pricier than most other options



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COURTESY OF BRAND

Ambershine XXXXL King Size Heating Pad

\$36 AT AMAZON

If you want a heating pad that offers a little extra, this XXXXL version will be your best bet. Practically a blanket, you can wrap it around your torso and get heat on your lower abdomen *and* your back to soothe menstrual pain. Plus, the six heat settings and plush material level up the coziness and comfort.

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Type: Electric

Pros: ✓ It comes in a variety of colors ✓ It's machine-washable

Cons: X Some reviewers say it can get too hot

Best Weighted Heating Pad



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Sharper Image Calming Heat Weighted Heating Pad

\$90 AT AMAZON

This electric heating pad doubles as a body massager—what a treat! With three adjustable heat levels and nine vibration levels, this weighted option will hopefully soothe your cramps in no time. It's made with a flannel material that feels soft and smooth against the skin. If you get super comfortable with the pad and forget it's on, you

Type: Electric

Pros: ✓ Features six temperature settings ✓ Feels soft to the touch

Cons: X The massage feature is pretty loud



COURTESY OF BRAND

HealthyLine Far Infrared Heating Pad

\$159 AT AMAZON

Built with 21 layers (for extra protection), this menstrual heating pad is lightweight, comfortable, and easy to use. It's made with a durable heat-resistant mesh fabric and has

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various temperature and massage settings, giving you an entire spa treatment in the comfort of your home. Do note that you should avoid and talk with your doctor if you have a pacemaker.

Type: Electric

Pros: ✓ The top layer features Amethyst gems to help reduce stress ✓ Comes with a customizable heat setting

Cons: X Reviewers say it takes up to 20 minutes to warm up



These expert-recommended gel packs are a favorite of Orbuch's and can be warmed for heat therapy *or* frozen for cold therapy. In the case of soothing menstrual cramps, simply stick it in the microwave for the recommended amount of time and proceed to adjust the elastic straps around your body for maximum comfort.

Type: Microwaveable



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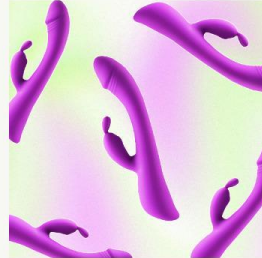


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SWEET RELIEF

11 Heating Pads for Cramps That Provide Instant Pain Relief

Sit back and relax with these soothing heat pads from Lola, Rael, and Cora.



BY JENNIFER HUSSEIN
June 16, 2022





Soleil Summer/Allure

Anyone who **menstruates** knows that the painful cramps that often coincide with your **period** can be agonizing. Yes, you can always take a painkiller, but **heating pads for cramps** are also extremely useful for easing lower abdomen and back pain related to menstruation.

According to **Ana G. Cepin, MD**, a board-certified obstetrician-gynecologist and assistant professor of obstetrics and gynecology at Columbia University in New York, these wraps, pads, and pillows utilize heat therapy to relax the **uterine** muscle and provide menstrual pain relief within minutes. "Heating pads definitely help with period cramps just like they help soothe other muscular pains," she says.

Your period — and the cramps that tend to come with it — can surprise you at any moment, so we found the best heating pads and wraps for just about any scenario. Staying at home? Then treat yourself to an extra-large heating pad that you can lay your entire body on or a wearable option for walking around your space with little to no pain. If you're on the go, there are also plenty of single-use stick-on pads that'll fit in any small bag or purse, too. Below, take a look at the 11 best menstrual heating pads for cramp relief no matter where you are.

All products featured on Allure are independently selected by our editors. However, when you buy something through our retail links, we may earn an affiliate commission.

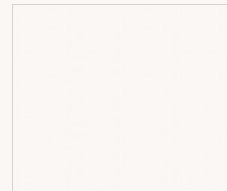


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Taylor Tomlinson Tries 9 Things She's Never Done Before





1/11

Uncommon Goods Calming Lavender Heat Pillow

SHOP NOW **\$35**

We're firm believers in the **aromatherapeutic** properties of lavender, which is one of the reasons why we'd gladly cuddle up with the Uncommon Goods Calming Lavender Heat Pillow. This floral-patterned pillow is filled with microwavable barley and lavender for warmth and to relax your olfactory senses. Just two minutes in the microwave is all this pillow needs to be warm and toasty.

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LANEIGE



★★★★★

Lip Glow Balm Gummy Bear

\$18

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Taylor Tomlinson Tries 9 Things She's Never Done Before

Cult-Fave Beauty

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2/11

Attmu Rubber Hot Water Bottle

[SHOP NOW](#) \$10

If you're looking for an affordable, simple-to-use option, Attmu's Rubber Hot Water Bottle is your best bet. It's made of thermoplastic for long-lasting heat and comes with an adorable sweater-knit cover to protect your skin from burning. Not to mention, this reusable water bottle can also be used for [cold therapy](#), too.



Fridays

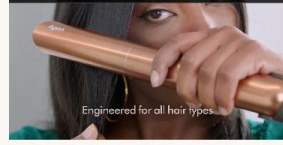


★★★★★

Lip Glow Balm Gummy Bear

\$18

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Lip Butter Balm Vanilla

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3/11

Cora The Simply Soothing Heat Patch (3-Pack)

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Say bye to bulky heat pads by switching over to the ultra-thin Cora The Simply Soothing Heat Patch. Each box

\$24
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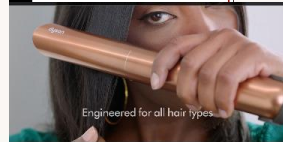
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★★★★★

Lip Butter Balm Vanilla

\$24
SHOP NOW



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Never Done Before

comes with three of the brand's activated carbon-powered heat patches, which are 7.5-inches long and contoured to deliver heat across your abdomen or lower back for up to eight hours. Simply stick it onto your underwear or clothing and you're all set — Considering how paper-thin these patches are, no one will ever know you're wearing one.




4/11

Rael Heating Patch for Menstrual Cramps (8-Pack)

[SHOP NOW](#) \$16

Cult Fave Beauty

The Summer Fridays

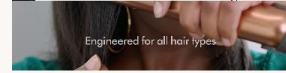


★★★★★

Lip Butter Balm Vanilla
Hydrating Serum 1 oz / 30 mL

\$24

[SHOP NOW](#)



Taylor Tomlinson Tries 9 Things She's Never Done Before

Cult Fave Beauty

The Ordinary



★★★★★

Rael's Heating Patch for Menstrual Cramps is here to soothe your most painful period scenarios, no matter where you are. Each box comes with eight thin, contoured patches that stick right onto clothing and provide instant heat relief for up to eight hours. These heat pads are also infused with aromatic rose, lemon, and jasmine oils, but **sensitive skin types** may want to opt for an unscented option.

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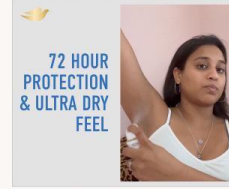
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Hydrating Serum 1 oz/ 30 mL

\$8.9

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ThermaCare Portable Lower Back and Hip Heating Pad (2-Pack)

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\$8

In need of more coverage? ThermaCare's Portable Lower Back and Hip Heating Pad literally has your back covered. This extra-large heat wrap is air-activated to instantly warm up and provide soothing heat for up to 16 hours. The wrap covers large areas of your body, yet, they're thin enough to wear under a T-shirt without anyone noticing.

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6/11

Pure Enrichment PureRelief XL Heating Pad

[SHOP NOW](#) \$30

Those who would rather have one reusable heating pad instead of restocking on single-use options should give the Pure Enrichment PureRelief XL Heating Pad a try. This cozy 12-inch by 24-inch pad has a machine-washable microfiber cover and six heat settings, ranging from warm to high, to suit your comfort levels. With its nine-foot power cord, you can roam about your space freely while easing your cramps.



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7/11

Sunbeam GoHeat Cordless Heating Pad

SHOP NOW

\$70

As its name suggests, you won't be tethered to your wall's outlet with the Sunbeam GoHeat Cordless Heating Pad. This rechargeable heat wrap provides up to four hours of heat in a single charge (albeit on its lowest setting) and has three heat levels for easing muscle pain. This wearable heat pad has an adjustable strap that fits up to 55 inches around for hands-free heat therapy.



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Ostrichpillow Heatbag

[SHOP NOW](#) \$80

The Ostrichpillow Heatbag is a multifunctional pick that can be used hot or cold, thanks to its inner clay core that quickly heats up or chills muscles. This microwavable heating pad also comes with a heather gray smart foam case that retains its temperature.



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UTK Jade Far Infrared Heating Pad

SHOP NOW \$170

UTK's extra-large Jade Far Infrared Heating Pad may look like something out of a swanky spa, and it feels just as luxuriously soothing as it looks. This heating pad swaps gel and water cores for 126 jade stones, which heat up faster and retain heat longer. This 21-inch by 31-inch pad also has an auto shut-off feature that's enabled after four hours of use and comes with an attached remote control to set heat levels anywhere between 103 to 159 degrees Fahrenheit.

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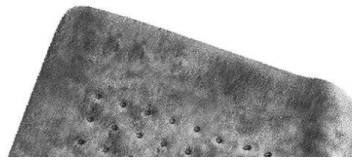
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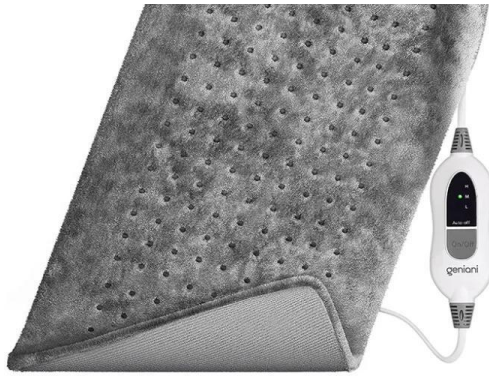


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DOVE ULTIMATE
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WHY SWITCH TO
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DRY SPRAY?





10/11

Geniani Extra Large Electric Heating Pad

SHOP NOW	\$30
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The Geniani Extra Large Electric Heating Pad is as good as it gets when it comes to heating pads. This 12-inch by 24-inch pad is made from a soft, machine-washable microfiber material that feels warm and cozy as it immediately provides much-needed heat. It only takes 30 seconds to heat up and has three temperature levels: low (104 degrees Fahrenheit), medium (122 degrees Fahrenheit), and high (140 degrees Fahrenheit).





11/11

Lola Menstrual Cramp Heating Patch (3-Pack)

[SHOP NOW](#) \$7

We love Lola's Menstrual Cramp Heating Patches, and that's not *just* because one three-count box is less than \$10. Each of the brand's stick-on, single-use patches provides up to 11 hours of relaxing heat at 131 degrees Fahrenheit.



Jennifer Hussein is a commerce writer at *Allure*. Previously, she served as beauty editor of *BestProducts.com* and *COOLS*, as well as junior beauty editor for L'Oréal's *Skincare.com*. Her work has been published in *Teen Vogue*, *Paper Magazine*, *Byrdie*, *Coveteur*, *The Zoe Report*, and *StyleCaster*. Jen is also a... [Read more](#)

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BY KALEIGH FASANELLA



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BY ALLURE EDITORS



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9 Best Heating Pads for Cramps and Menstrual Pain Relief



Medically reviewed by [Deborah Weatherspoon, Ph.D., MSN](#) — By [Jenn Morson](#) — Updated on [March 30, 2022](#)

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A quick look at the best heating pads for cramps

- **Best weighted heating pad for cramps:** [Sharper Image Calming Heat Massaging Weighted Heating Pad](#)
- **Best rechargeable heating pad for cramps:** [Sunbeam Goheat Cordless Heating Pad](#)
- **Best budget heating pad for cramps:** [Attmu Classic Rubber Transparent Hot Water Bottle](#)
- **Best adhesive heating pad for cramps:** [Rael Heating Patch](#)
- **Best washable heating pad for cramps:** [Sunbeam Wrapping Heating Pad](#)
- **Best automatic shut-off heating pad for cramps:** [Homedics Heating Pad](#)
- **Best microwavable heating pad for cramps:** [Natural Life Shaped Heating Pad, Sloth](#)
- **Best wearable heating pad for cramps:** [CHICIRIS Special Protection Sets Menstrual Heating Pad](#)
- **Best whimsical heating pad for cramps:** [Huggable Uterus Cooling + Heating Pad](#)

If you've ever had cramps during your period, you know they can range from mild to debilitating.

While there are lots of ways to soothe them, one common tactic is to use a heating pad. It not only feels comforting, but it can also help relieve pain.

Ready to try one? We gathered some of the best heating pads for cramps to help make your period less of a pain. Plus, we'll dive into how, exactly, heat works its magic on cramps.

How do heating pads help menstrual cramps?

From [warm compresses](#) to hot water bottles of decades past, heat has long been a [home remedy](#) for menstrual cramps. But it turns out that science supports heat as an effective treatment for the pain.

When you apply heat to the lower abdomen or lower back, uterine contractions are relaxed, which in turn means less pain.

Additionally, a [2018 research review](#) ¹ noted that heat increases blood flow, which can also

reduce pain.

How we chose the best heating pads for menstrual cramps

To find the best heating pads for menstrual cramps, we looked at reviews for different types of heating pads. We kept in mind a variety of needs and lifestyles. You'll find the following types of heating pads on our list:

- cordless
- electrical
- adhesive
- microwaveable

Additionally, all the products included have been vetted to ensure they meet Healthline's medical and business standards. You can read more about our process [here](#).

Healthline's picks of the best heating pads for menstrual cramps

Pricing guide

- \$ = under \$20
- \$\$ = \$20–\$50
- \$\$\$ = over \$50

Best weighted heating pad for cramps

Sharper Image Calming Heat Massaging Weighted Heating Pad



- Price: \$\$\$
- Type: electric

This heating pad is best for those looking for a bit more intervention for their cramps. With a total weight of 4 pounds, it helps put pressure on the lower abdomen or back, offering comfort to those experiencing menstrual cramps. Vibration helps relax the muscles.

Reviews are mostly positive, though some say they wish

the vibration feature worked better.

✓ Pros

- You don't have to compromise comfort to be close to the power supply. The heating pad's 9-foot power cord makes it easy for you to get relief from almost anywhere in a room with a wall outlet.
- It has a vibrating feature that provides massage along with heat therapy to relieve cramping.

✗ Cons

- It has no built-in battery. You can only use it when you're in a room with an electrical outlet.
- Some reviews mention that it takes a while for the heating pad to warm up.

Was this helpful? 🗳️ 🗳️

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Best rechargeable heating pad for cramps

Sunbeam Goheat Cordless Heating Pad



- **Price:** \$\$\$
- **Type:** cordless

This heating pad comes with a rechargeable lithium battery that can run up to 4 hours. It also heats up really fast — within just 30 seconds. You can even spray the pad with water if you want to turn it into a warm compress.

Reviewers seem to love the ability to walk around free of a cord while receiving hours of continuous heat. It's ideal for people who don't have time to stop and relax while trying

to soothe cramps.

✓ Pros

- It has a built-in battery that can last up to 4 hours on a low setting.
- It heats up quickly — within 30 seconds.

It heats up quickly. Minimum 30 seconds.

- Since you don't have to plug it into a power supply, you can have it with you anywhere and at any time.

✕ Cons

- It's on the pricier side.
- It has no extra functions, aside from providing heat relief.
- Some purchasers say that it has a poor battery life that runs out quickly.

Was this helpful? (0) (0)

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Best budget heating pad for cramps

Attmu Classic Rubber Transparent Hot Water Bottle



- **Price:** \$
- **Type:** hot water bottle

Old-fashioned? Perhaps. But a hot water bottle is a tried and true way to keep heat on your lower abdomen or lower back.

Available in eight colors, each bottle includes a cozy knit cover. The bottle should fit up to 2 liters, though you may want to fill it a little less full depending on where you want to place it.

Some reviewers note that the bottle has a strong chemical smell when it's first opened. If you're sensitive to smells, you may want to let it air out before using it.

✓ Pros

- You don't need a power supply to use it.
- It's cost effective.
- It retains heat longer than traditional water bottles.

✕ Cons

- It doesn't provide heat automatically. You have to fill it with hot water every time.

you want to use it.

- Some buyers complain that the bottle leaks.

Was this helpful? 🗳️ 🗳️

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Best adhesive heating pad for cramps

Rael Heating Patch



- **Price:** \$
- **Type:** adhesive

The Rael Heating Patch is not technically a heating pad, but the budget-friendly adhesive patches offer some serious cramp relief on the go. They're made to start heating up as soon as you open them.

While you'll want to avoid attaching these straight to your skin, you can place them on the underside of your shirt or on your underwear. They're small, discreet, and well-loved

by reviewers.

✓ Pros

- You can use it without electricity.
- It starts heating up as soon as you place it on the affected area.
- It may help with other menstrual pain symptoms like bloating and low energy levels.
- According to Rael, the ingredients are natural, nontoxic, and skin-friendly.

✗ Cons

- It isn't reusable.
- Some users note that it's a bit pricey.

Was this helpful? 🗳️ 🗳️

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SHOP NOW AT RAEI

Best washable heating pad for cramps

Sunbeam Premium Machine Washable Integrated Heating Pad with Compact Storage



- **Price:** \$\$
- **Type:** electric

This heating pad has four unique settings so that you can customize your pain relief. It also has handy straps on the end, so you can roll it up neatly for storage.

But, perhaps best of all, it's totally washable. Just disconnect the controller, and you can toss it in the machine.



One reviewer who says they bought the heating pad for cramps notes that it heats up quickly — and that it works great for muscle aches, too.

✓ Pros

- It allows you to choose the kind of pain relief you want.
- It's washable and reusable.

✗ Cons

- You have to plug it in to use it.

Was this helpful?  

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[SHOP NOW AT TARGET](#)

Best automatic shut-off heating pad for cramps

Homedics Heating Pad



- **Price:** \$\$
- **Type:** electric

With a 9-foot cord and an automatic shut-off feature, this 12-by-24-inch heating pad will keep you comfortable and safe.



... 2.1 inch heating pad will keep you comfortable and ease as you drift off to sleep.

One reviewer who bought this for cramps praises the removable sponge pad that provides moist heat. They also say the removable cover is "super soft."

✓ Pros

- It warms up within 30 seconds of plugging it in.
- You can customize your heat relief.
- It can provide moist heat.
- It goes off on its own after 2 hours, so you don't have to worry about turning it off if you fall asleep while using it.
- You can return it within 30 days from the purchase date if you don't love it.

✗ Cons

- It has no built-in battery. You have to plug it in to use it.
- You can't move too far away from the power outlet.

Was this helpful?  

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SHOP NOW AT HOMEDICS

Best microwaveable heating pad for cramps

Natural Life Shaped Heating Pad, Sloth



- **Price:** \$\$
- **Type:** microwaveable

This pad can be heated or cooled, making it a versatile pick.

It's filled with rice and relaxing lavender. And, while the sloth design is adorable, the kidney bean shape is also practical for soothing menstrual cramps.

Reviewers praise the cute design and say the pad retains

heat nicely.

✓ Pros

- You can pay for it in four installments.
- You only have to clean it with a damp cloth.
- Reviews on the website say it smells lovely.
- You can make it warm up your body and keep you cool whenever you want it to.

✗ Cons

- You have to heat it with a microwave first before using it.

Was this helpful? 🗲 🗲

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SHOP NOW AT NATURAL
LIFE

Best whimsical heating pad for cramps

Huggable Uterus Cooling + Heating Pad



- **Price:** \$\$
- **Type:** microwaveable

It's a uterus-shaped uterus warmer. We couldn't resist.

Enjoy the silliness of the shape of this heating pad while calming your menstrual cramps. Laughter is the best medicine, after all!

✓ Pros

- You can pay for it in four installments.
- It can provide heating and cooling at your desired preference.

✗ Cons

- You need a microwave to use it.
- Some of the reviews on the website say it smells bad.

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How to safely use a heating pad for menstrual cramps

Heating pads are wonderful tools for alleviating menstrual cramp pain, but there are some safety caveats.

You can put the heating pad on your lower abdomen or your lower back, but make sure to not place any heating element directly on your skin. If you choose to use a higher heat setting, limit your direct contact to under 15 minutes in order to avoid burns or overheating.

Additionally, if you're using an electric heating pad, be sure not to fall asleep while using it. You may want to opt for one that includes an auto shut-off feature.

Other ways to relieve menstrual cramps

In addition to heating pads, here are other ways to relieve menstrual cramps:

- **Over-the-counter or prescription pain relievers.** You can try [ibuprofen](#) or [acetaminophen](#) for cramp relief, or talk with your doctor to see if a prescription-strength option may be right for you.
- **Light exercise.** While working out may be the last thing you want to do on your period, getting some [movement](#) into your day may help relieve pain.
- **Ice therapy.** If heat doesn't appeal to you, cold packs may help.
- **Orgasms.** Having sex or [masturbating](#) on your period could help cramps, thanks to the rush of pain-relieving hormones.

Frequently asked questions about heating pads for menstrual cramps

Can a heating pad make cramps worse?

Unfortunately, yes.

Overuse of a heating pad can irritate, causing worsening menstrual cramps. To be alternate

Overuse of a heating pad can burn skin, causing worsening menstrual cramps. Try to alternate between heat and cold therapy to find a balance for yourself.

How long can you use a heating pad for cramps?

This varies by individual. But, generally, the lower the temperature, the longer you should use the heating pad.

Try starting with 15 minutes on a lower setting. If you can tolerate this and find it helps, slowly increase the time and the heat.

Where do you put a heating pad for cramps?

For menstrual cramps, heating pads can be applied to the lower abdomen or lower back.

While many people experience cramps in their abdomens, tolerating a heating pad on that spot may be difficult, so try the lower back as an alternative.

Takeaway

A heating pad can be a great tool for relieving period cramps. Just be sure not to apply it directly to your skin or fall asleep while using it.

If heat doesn't help, talk with your doctor about other pain-relief options.

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Current Version

Mar 30, 2022

Written By

Jenn Morson

Edited By

Melissa Lee

Medically Reviewed By

Deborah Weatherspoon, Ph.D., MSN

Copy Edited By

Anne Arntson

Jan 20, 2022

Written By

Jenn Morson

Edited By

Molly Cockerel

Copy Edited By

Copy Editors

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What Helps Menstrual Cramps: 6 Home Remedies and OTC Options to Manage Pain



Medically reviewed by
Valinda Riggins Nwadike,
MD, MPH – By The
Healthline Editorial Team –
Updated on February 7,
2023

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Get the scoop on the best products and home remedies that

Certain over-the-counter products and home remedies, like using a heating pad, may help relieve pain associated with period cramps. Avoiding certain foods may also help.



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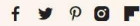
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GAMAGO Fat Cat Heating Pad & Pillow Huggable - Microwavable Heat Pad for Cramps, Aches & Anxiety Relief - Cute Heat Pack Stuffed with Eco-Friendly Buckwheat & Dried Lavender - 10.5"



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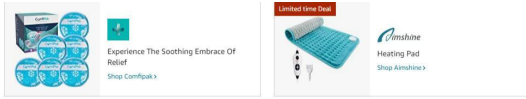
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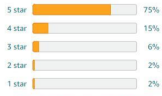
Question: is it washable?
0 votes

Answer: Not really, it's very fragile and doesn't get very hot 😞
By Vash on March 17, 2023

Customer reviews

★★★★☆ 4.6 out of 5

102 global ratings



How customer reviews and ratings work

By feature

Easy to use ★★★★★ 4.6
Comfort ★★★★★ 4.0
Pain relief ★★★★★ 4.0

Review this product

Share your thoughts with other customers

Write a customer review

Easy to use ★★★★★ 4.6
Comfort ★★★★★ 4.0
Pain relief ★★★★★ 4.0

Top reviews

Top reviews from the United States

River
★★★★★ yippiet
Reviewed in the United States on March 28, 2023
Style: Fat Cat - Verified Purchase
I've named him Gus ☺ when im sad I cut up a piece of fruit and warm him up (1200 watt microwave -> 45 seconds), he gives off a soft heat, the lavender scent isnt strong, but sometimes I get a hint of it and it makes me happy.
thank you!


Rob
★★★★☆ Very cute
Reviewed in the United States on March 24, 2023
Style: Fat Cat - Verified Purchase
I am going to be returning this because the white part on the belly of the cat is thick. It limits the movement of the beads and isn't soft to flip and use on the other side. I did heat it up for a minute as instructed with a cup of water in the microwave and it was not warm at all, I did increase it by 30 seconds to get the warmth I was looking for.

Stacy Kent
★★★★☆ Cute, cozy, and LAVENDER
Reviewed in the United States on November 20, 2022
Style: Fat Cat - Verified Purchase
I am really happy on the lavender scent when you first start using it. After about 10-15 uses, mine got to a

Review this product

Share your thoughts with other customers

Write a customer review



PAIN IS

T-Relief Amica +12 Natural Heating... \$26.58

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- Perfect, BUT couldn't use it
- Reviewed in the United States on November 2, 2022
- 5.0 out of 5 stars **Cat** [Verified Purchase](#)
- Reviewed this product description. To use this product, I must have a microwave. So I returned sadly. I didn't even own a microwave and not planning to get one simply for this adorable product
- Style: Fat Cat
- It is very bearable
- Helpful Report
-
- Long enough heat?
- Reviewed in the United States on December 21, 2020
- 5.0 out of 5 stars **Cat** [Verified Purchase](#)
- Reviewed this kity heating pad. It was right up his alley. He heats it before bed and the lavender and th help him get right off to sleep. My only thought is that the heat never last long enough for I didn't read it per the directions it came with, but I am tempted to heat it longer in the microwave so it I have never order for him at bed time. Can also be frozen and makes a great ice pack.
- Style: Fat Cat
- I have never found this helpful
- Helpful Report
-
- Amazon Customer
- 5.0 out of 5 stars **Me** [Verified Purchase](#)
- Reviewed this **Exactly what I wanted!**
- Reviewed in the United States on August 11, 2021
- Style: Fat Cat [Verified Purchase](#)
- My son is the warm heating pad, it holds it heat pretty well him. We have found this helpful will last it
- 2 people found this helpful
- Helpful Report
-
- Amazon Customer
- 5.0 out of 5 stars **Me** [Verified Purchase](#)
- Reviewed in the United States on August 11, 2021
- Style: Fat Cat [Verified Purchase](#)
- I love this heating pad, it holds it heat pretty well!
- One person found this helpful
- Helpful Report
-
- Bubbie
- 5.0 out of 5 stars **cute gift**
- Reviewed in the United States on November 2, 2020
- Style: Fat Cat [Verified Purchase](#)
- This product does not stay warm as long as I would like it to.
- One person found this helpful

Helpful Report

CriszAnne

★★★★★ Cheaper and better than urban outfitters cute heat pads

Reviewed in the United States on February 12, 2021

Style: Fat Cat Verified Purchase

Love love love- ur gf will thank you

Helpful Report


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-prime
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★★★★★ 14
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-  SunnyBay Microwave Heating Pad
-  My Heating Pad for a Better Comfort - Lavender Microwaveable Heating Pad for Neck and Shoulder
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-  Sunbeam Heating Pad for Neck and Shoulder
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Med PRIDE Nitril@ride Nitrile-Vinyl Blend Exam Gloves, Medium 1000 - Powder Free, Latex Free
★★★★☆ 34,515
\$4.99
Get it as soon as **Monday, May 22**
FREE Shipping on orders over \$25 shipped by Amazon

iHealth COVID-19 Antigen Rapid Test, 1 Pack, 2 Tests Total, FDA, EUA Authorized OTC
★★★★☆ 200,047
\$17.98 (\$8.99/Count)
Get it as soon as **Sunday, May 21**
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Health & Household > Health Care > Over-the-Counter Medication > Pain Relievers > Hot & Cold Therapies > Heating Pads

GAMAGO Llama Heating Pad & Pillow Huggable - Microwaveable Heat Pad for Cramps, Aches & Anxiety Relief - Adorably Cute Heat Pack Stuffed with Eco-Friendly Buckwheat & Dried Lavender - 10.75"



Roll over image to zoom in



Visit the GAMAGO Store 4.6 stars 513 ratings | 8 answered questions Amazon's Choice in Heating Pads by GAMAGO

\$32.99 (\$32.99 / Count)

FREE Returns

Get \$40 off instantly: Pay \$0.00 \$40.99 upon approval for the Amazon Store Card. No annual fee.

Style: Itama

Table with 3 columns: Product icon, Price, and Count. Includes items like avocado, strawberry, and other styles.

Brand GAMAGO

Age Range (Description) Baby/Kid

Number of Items 1

Unit Count 1 Count

Special Feature Microwaveable

About this item Cotton

- THE MOST ADORABLE MICROWAVABLE HEATING PAD & PILLOW! Fall in love with the Huggable microwave heat pad to cuddle with and relieve cramps

prime Enjoy fast, FREE delivery, exclusive deals and award-winning movies & TV shows with Prime Try Prime and start saving today with Fast, FREE Delivery

\$32.99 (\$32.99 / Count) FREE Returns FREE delivery Sunday, May 21 Or fastest delivery Thursday, May 18. Order within 8 hrs 55 mins

Select delivery location

In Stock Qty: 1

Add to Cart Buy Now

Payment Secure transaction Ships from Amazon Sold by Topik Toys Returns Eligible for Return, Refund or Replacement within 30 days of receipt


Table with 2 columns: Field (Payment, Ships from, Sold by) and Value (Secure transaction, Amazon, Topik Toys)



Roll over image to zoom in

- and aches, while enjoying its soothing lavender scent.
- **RELIEVE CRAMPS AND ACHE WITH STYLE!** Decorate your room with the cutest microwavable heating pad for cramps, sore joints and muscles with lasting calming heat that relieves anxiety and stress. Can also be chilled in the freezer for a cooling effect.
- **THE "HOTTEST" GIFT FOR YOUR GIRL!** Looking for cute girlfriend gifts? Don't just get her a plush pillow or stuffed animal, get her the Huggable Huggable! This cute girlfriend gift will keep her warm while you're away and remind her why she loves you
- **ECO-FRIENDLY & LAVENDER SCENTED!** Our Huggable heating and cooling pad is filled with all natural buckwheat and dried lavender for a lasting soothing smell to cuddle and relax with for hours on end.
- **THE GAMAGO PROMISE:** It's simple. We stand behind our products 100% and if you're not completely satisfied with your purchase, we'll offer you a full refund! Click the yellow "Add to Cart" button today and buy with confidence.

Compare with similar items

 UTK Heating Pad for Neck and Shoulder, Natural Jade and Tourmaline Stones, Auto Shut Off, Memory Function, Temperature Adjustable...
 ★★★★★ 380
 \$199.99 *prime*

Sponsored

Add a gift receipt for easy returns

New (2) from \$32.99 & FREE Shipping

Other Sellers on Amazon

\$32.99 (\$32.99 / Count)

Count: 1 & FREE Shipping
 Sold by: ToyNk Toys

How one to sell?

Returns

Eligible for Return, Refund or Replacement within 30 days of receipt
 This item can be returned in its original condition for a full refund or replacement within 30 days of receipt.
[Read full return policy](#)

Buy it with

 +  + 

Total price: **\$73.88**

These items are shipped from and sold by different sellers. Show details

This Item: GAMAGO Llama Heating Pad & Pillow Huggable - Microwavable Heat Pad For... **\$32.99** (\$32.99/Count)

Microwave Heating Pad for Pain Relief, 9" x 17" Microwave Heating Pads for Cramps, Back Pain, Nec... **\$15.99** (\$15.99/Count)

Microwavable Heating Pad: Weighted Stuffed Animal Heated Pack Heatable Unscented Heat... **\$24.99** (\$24.99/Count)

Products related to this item

Sponsored

 Avocado Microwavable Unscented Heating Pad For Women and Kids- Cute Soft Cozy Pillo...
 \$32.99

 Avalot Microwavable Unscented Heating Pad For Women and Kids- Cute Soft Cozy Pillo...
 \$15.99

 Avocado Microwavable Unscented Heating Pad For Women and Kids- Cute Soft Cozy Pillo...
 \$24.99

 Microwave Heating Pad for Pain Relief, 9" x 17" Microwave Heating Pads for Cramps, ...
 \$15.99

 SuzzoPad Microwavable Heating Pads for Cramps, Microwavable Stuffed Animals Period...
 \$24.99

 Crustacean Microwavable Unscented Heating Pad for Women -- Warm Cozy Plush...
 \$15.99

 Heating Pad Microwavable in Sloth Stuffed Animal - Heating Pads for Cramps...
 \$32.99

Page 1 of 58

★★★★★ 10 **\$21.95** (\$21.95/Count) [prime](#)

★★★★★ 41 **\$22.95** (\$22.95/Count) [prime](#)

★★★★★ 13 **\$21.95** (\$21.95/Count) [prime](#)

★★★★★ 657 **\$15.99** (\$15.99/Count) [prime](#)

★★★★★ 14 **\$18.99** (\$18.99/Count) [prime](#)

★★★★★ 7 **\$22.95** (\$22.95/Count) [prime](#)

★★★★★ 790 **\$33.95** (\$33.95/Count) [prime](#)

WARNING:
 CHOKING HAZARD -- Small parts. Not for children under 3 yrs.

Product Description

Fall in love with the GAMAGO Huggable microwave heat pack to cuddle with while enjoying its soothing lavender scent. The Huggable microwaveable heating pad is great for relieving cramps, aches, sore joints and muscles with a lasting calming heat that also relieves anxiety and stress. The Huggable can also be chilled in the freezer for a cooling effect. Looking for cute girlfriend gifts? Don't just get her a plush pillow or stuffed animal, get her the microwaveable Heatable Huggable! This cute girlfriend gift will keep her warm and cuddled while you're away and remind her why she loves you! Our Huggable heating and cooling pad is filled with all natural buckwheat and dried lavender for a lasting soothing smell to cuddle and relax with for hours on end. We stand behind our products 100% and if you're not completely satisfied with your purchase, we'll offer you a full refund! Click the yellow "Add to Cart" button today and buy your huggable with confidence! About GAMAGO: GAMAGO has been designing original and fun stuff in San Francisco since 2001 and is known for its creative and unique take on lifestyle, baby, and kitchen products.







Product details

Item model number : SF1789
 Date First Available : January 19, 2019
 Manufacturer : Gamago
 ASIN : B07MY2R3ZK
 Best Sellers Rank: #63,629 in Health & Household (See Top 100 in Health & Household)
 #230 in Heating Pads
 Customer Reviews:
 4.6 ★★★★★ - 513 ratings

Product guides and documents

User Guide (PDF)

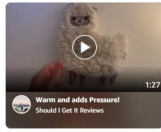
Compare with similar items

 <p>This Item GAMAGO Llama Heating Pad & Pillow - Microwaveable Heat Pad for Cramps, Aches & Anxiety Relief - Adorably Cute Heat Pack Stuffed with Eco-Friendly Buckwheat & Dried Lavender - 10.75"</p> <p>Add to Cart</p>	 <p>Heating Pad for Cramps - Cuddly Heated Stuffed Animal - Long-Lasting and Reusable Microwaveable Cute Heating Pad for Soothing Comfort in Canvas Giftable Bag for Women, Girls, Kids (Sleepy Llama)</p> <p>Add to Cart</p>	 <p>Large Microwaveable Stuffed Animal Heating Pad Menstrual Period Heating Pad for Cramps with Millet Seeds Bag & Soft Plush Fabric - Warm & Cozy Dog, Soothing Comfort for Adults, Teens and Kids</p> <p>Add to Cart</p>	 <p>Microwaveable Heating Pads Weighted Stuffed Animal Heated Pack Heatable Unscented Heat Pack</p> <p>Add to Cart</p>	 <p>Thermal-Aid Zoo - Baxter The Bunny - Kids Hot and Cold Pain Relief Heating Pad Microwaveable Stuffed Animal and Cooling Pad - Easy Wash, Natural Sleep Aid - Pregnancy Must-Haves for Baby First Aid Kit</p> <p>Add to Cart</p>	 <p>Thermal-Aid Zoo - Microwaveable Stuffed Animal - Happy The Hippo - Kids Hot and Cold Pain Relief!</p> <p>Add to Cart</p>
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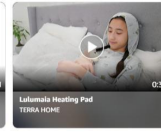
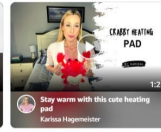
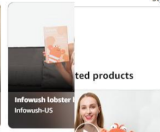
Customer Rating	★★★★☆ (513)	★★★★☆ (790)	★★★★☆ (484)	★★★★☆ (60)	★★★★☆ (2670)	★★★★☆ (2670)
Price	\$32.99	\$31.95	\$36.00	\$24.00	\$21.87	\$21.87
Sold By	Toynk Toys	TERRA HOME	ANON VANNORY COMPANY SRL	umcn	Katy Med Solutions	Katy Med Solutions
			Cream	Gray	Blue	Gray
			—	—	—	—
			Dog Cream	7 x 4.3 Inch	Zoo Rabbit	1 Count (Pack of 1)
			Style 1: Dog Cream	Cute	1 Count (Pack of 1)	Zoo Hippo

Videos

Videos for this product



Videos for related products



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Page 1 of 3

Important information

Legal Disclaimer

Statements regarding dietary supplements have not been evaluated by the

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FDAs and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

<p>LINCN Wide Microwave Heating pad with Washable Cover 9" x 15" Microwaveable Hot Pad... \$22.90 (\$22.90/Count) prime Save \$2.00 with coupon</p>	<p>Avocado Microwaveable Unscented Heating Pad for Women and Kids-Cute Soft Cozy Pillow... \$21.95 (\$21.95/Count) prime</p>	<p>LINCN Heatable Microwaveable Heat Pad For Pain Relief... \$23.99 (\$23.99/Count) prime Save \$2.00 with coupon</p>	<p>Cute Soft Cozy Pillow for Women and Kids-Cute Soft Cozy Pillow... \$22.95 (\$22.95/Count) prime</p>	<p>Lavender Scented Microwaveable Heating Pad for Women and Kids-Cute Soft Cozy Pillow... \$29.99 (\$29.99/Count) prime</p>	<p>Cover 12" x 21" Microwaveable Heating Pad for Women and Kids-Cute Soft Cozy Pillow... \$26.99 (\$26.99/Count) prime</p>
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Page 1 of 58

CALMING HEAT™
Weighted heating pad with
massaging vibrations



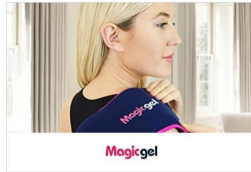
Calming Heat Massaging Weighted Heating Pad by
Sharper Image- Weighted Electric Heating Pad with...

★★★★☆ (2) 18,645
\$59 ^{list} _{prime}

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Looking for specific info?

Search in reviews, Q&A...

Customer questions & answers

- ▲ Question: How big is this?
0 votes

▲ Answer: 1.5 x 10 x 13.5 inches
(I just copied the dimensions from the product details. It's pretty good size heating pad)
By Lisa V. on December 15, 2020
- See more answers (1)
- ▲ Question: Is this washable in a washing machine?
0 votes

▲ Answer: Thank you for your question! No, our GAMAGO Huggables and Pocket Pals are not machine washable. To clean them, we recommend spot cleaning with a damp cloth.
By A manufacturer [mauracrux](#) on January 6, 2021
- ▲ Question: Can you wash and dry it?
0 votes

▲ Answer: No, surface wash only
By Jodie Luczynski on February 23, 2022

Question: Is this all the bean like stuffing or does it have fiber filling as well?
Answer: Thanks for your question! All our huggables are filled with Buckwheat and Lavender.
If you have any questions feel free to reach out! ... see more
By A manufacturer [awawawawaw](#) on February 1, 2022

[See more answered questions \(4\)](#)

Customer reviews

★★★★☆ 4.6 out of 5

515 global ratings

How customer reviews and ratings work

By feature

Softness ★★★★☆ 4.5
Value for money ★★★★☆ 4.2
Pain relief ★★★★☆ 4.0

See more

Review this product

Share your thoughts with other customers



Snailax Heating Pad & Foot Warmer, 6...
★★★★☆ 1,041
\$56.97 prime
Save 20% with coupon

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Reviews with images



views that mention

pad super cute little guy works well lavender smell
pains smells wonderful smells amazing perfect size
microwave cramps adorable burnt stomach

Top rev

5.0
★★★★★
Reviewed
Style: Blue
He is a gir
want so:

Reviews from the United States

Hes almost perfect
Reviewed in the United States us on May 10, 2023
Style: Blue | Verified Purchase
Great size. He warms up nicely in 3 intervals of 30 seconds. He would be perfect if the lavender smell was stronger.
Try it!

Adorable
Reviewed in the United States us on April 13, 2023
Style: Blue | Verified Purchase
This is the best gift I've ever given my dog. It's so cute and it's so useful. I expect to use it every day! He's super cute too!

Very useful
Helpful Report

Lauren

Smaller than expected

Reviewed in the United States on April 27, 2023

Style: **Rain** | **Verified Purchase**

I thought this to be a little larger and fluffier. It is thinner than expected and is not very fluffy at all. It's perfect for my 3 inches thick. Lays on stomach fine, but not great if you want something cuddly.

Helpful Report

Laura

Cute

Reviewed in the United States on February 21, 2023

Style: **Teal** | **Verified Purchase**

It was perfect for teens have cramps or any area they would need heating. Very cute & durable!

Helpful Report

Anda Alfaro

Warm buddy

Reviewed in the United States on March 18, 2022

Style: **Slur** | **Verified Purchase**

Perfect for my menstrual cramps when I had to go to work and no access to an outlet but did have a microwave. Stays warm for a decent amount of time. I recommend it to people all the time.

Helpful Report

Erin

Best purchase in a while!

Reviewed in the United States on April 10, 2022

Style: **Teal** | **Verified Purchase**

Perfect for period cramps. It's nice and soft and the perfect size for me. Some people might want it to be bigger but I think it's perfect as is! I heated it up in 30 second intervals x3 to make



3 people found this helpful

Helpful Report

Lenny Wittenburg

Helps with pain.

Reviewed in the United States on July 3, 2022

Style: **llama** | **Verified Purchase**

Heats well in the microwave. Had to teach the dogs that this stuffy was off limits. They thought it looked like their toy.

2 people found this helpful

[See all reviews >](#)

Top reviews from other countries

[Translate all reviews to English](#)

 **Vai**
★★★★★ Works great, and cuter than pictured!
Reviewed in Canada [ca](#) on May 7, 2022
Style: [Llama](#) | [Verified Purchase](#)
The llama is soooooo much cuter in person and the lavender smell is wonderful and soothing. Remember to read the instructions before you use it in the microwave. It works super well and I couldn't be happier!
[Report](#)

 **Kaylee**
★★★★★ Cute and smells good
Reviewed in Canada [ca](#) on June 15, 2021
Style: [Llama](#) | [Verified Purchase](#)
Its a really cute stuffy and smelled amazing but the first time i microwaved it it got very wet and didnt smell as delightful as it did before
[Report](#)

 **Eric Thériault**
★★★★★ Un bon achat...
Reviewed in Canada [ca](#) on December 30, 2020
Style: [Llama](#) | [Verified Purchase](#)
Très bon produit... livraison très rapide
[Report](#)
[Translate review to English](#)

 **Jennifer Weber**
★★★★★ Super cute, but poorly stitched
Reviewed in Canada [ca](#) on March 5, 2023
Style: [Toast](#) | [Verified Purchase](#)
Super cute, but poorly stitched & took forever to arrive

[Report](#)

[See all reviews >](#)

4 stars and above

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<p>Microwave Heating Pads for Cramps & Period Pain Relief, 10" x 13" Cuddle & Cute Animal - Heating Pads for Cramp... 4.5 stars (657) \$20.99 (\$20.99/Count) -prime</p>	<p>Heating Pad - Microwaveable in Cloth Stuffed Animal - Heating Pads for Cramp... 4.5 stars (700) \$33.95 (\$33.95/Count) -prime</p>	<p>Thermal-Aid Zoo - Hunter The Green Bear - Kids Hot and Cold Pain Relief Heating Pad... 4.5 stars (2,610) \$19.95 (\$19.95/Count) -prime</p>	<p>Infowash Microwave Wireless Heating Pad For Pain Relief, Lobster Plush Heating Pad w... 4.5 stars (75) \$14.99 (\$14.99/Count) -prime</p>	<p>Sackys/Thyme Microwave Heating Pad for Back, Neck, Menstrual Cramps, Shoulders, Leg... 4.5 stars (4,136) \$24.99 (\$24.99/Count) -prime</p>	<p>Mumu Wraps Heating Pad Microwaveable - Lavender Scented Microwave Heating... 4.5 stars (55) \$29.99 (\$29.99/Count) -prime</p>	<p>Huggaroo Soothe, Microwave Heating Pad for Migraine Relief with Lavender Aromathera... 4.5 stars (1,557) \$29.99 (\$29.99/Count) -prime</p>
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Swallow Heating Pad & Foot Warmer, 6 Temperatures...
 \$56.99
 Save 20% with coupon

Disclaimer: While we work to ensure that product information is correct, on occasion manufacturers may alter their ingredient lists. Actual product packaging and materials may contain more and/or different information than that shown on our Web site. We recommend that you do not solely rely on the information presented and that you always read labels, warnings, and directions before using or consuming a product. For additional information about a product, please contact the manufacturer. Content on this site is for reference purposes and is not intended to substitute for advice given by a physician, pharmacist, or other licensed health-care professional. You should not use this information as self-diagnosis or for treating a health problem or disease. Contact your health-care provider immediately if you suspect that you have a medical problem. Information and statements regarding dietary supplements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease or health condition. Amazon.com assumes no liability for inaccuracies or misstatements about products.

Recommended based on your shopping trends

Page 1 of 2

<p>Large Microwaveable Heating Pad for Neck and Shoulders - 5 Lb. 4.5 stars (1,111) \$39.99 (\$39.99/Count) -prime</p>	<p>LINCN Wide Microwave Heating pad with Washable Cover 8" x 15" 4.5 stars (1,111) \$29.99 (\$29.99/Count) -prime</p>	<p>Huggaroo Soothe, Microwave Heating Pad for Migraine Relief with Lavender Aromatherapy 4.5 stars (1,557) \$29.99 (\$29.99/Count) -prime</p>	<p>Thermitox Far Infrared Heating Pad - Platinum 4.5 stars (1,111) \$59.99 (\$59.99/Count) -prime</p>	<p>Glow Botanica - Microwave Heating Pad - Lavender Aromatherapy 4.5 stars (75) \$38.40 (\$38.40/Count) -prime</p>	<p>Heating Pad for Neck and Shoulders, 2lb Weighted Neck Heating Pad for Back Pain Relief, 6 Heat Settings 4 Auto-Heat Wrap for Neck, Shoulder, Menstrual 4.5 stars (107) \$49.99 (\$49.99/Count) -prime</p>	<p>Axolotl Microwaveable Unscented Heating Pad for Women and Kids - Cute Soft Cozy Pillow Plush Heatable Warm 4.5 stars (41) \$22.95 (\$22.95/Count) -prime</p>	<p>MESENHOME Heating Pad Microwaveable for Pain Relief, 8x16" 4.5 stars (1,111) \$29.99 (\$29.99/Count) -prime</p>	<p>Thermal-Aid - Heating Pad, Medium Sectional - Cooling and Heating 4.5 stars (1,111) \$39.99 (\$39.99/Count) -prime</p>	<p>Avocado Microwaveable Unscented Heating Pad for Women and Kids 4.5 stars (1,111) \$29.99 (\$29.99/Count) -prime</p>
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Page 1 of 5

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Everything For Your Business.

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Goodreads
Book reviews & recommendations.

Shopbop
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Stream 4K Video in Every Room.

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Amazon Fresh
Groceries & Household Goods To Your Door.

Book Depository
Books with Free Delivery Worldwide.


IMDb
Movies, TV & Celebrities.

Amazon Warehouse
Great Deals on Quality Used Products.


Blink
Smart Security For Every Home.



Heating Pad Electric
Fast-Heating for Back/Waist/Abdomen/Shoulder/Neck Pain and Cramps Relief - Moist and Dry Heat Therapy...
★★★★★ 13,635
\$26.99 - \$32.99



Heating Pad for Back Pain and Cramp Relief
Extra Large 17" x 23" Size Electric Heating Pad for Shoulder Neck Pain with 6 Temperature...
★★★★★ 936
\$39.99 - \$109.99



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GAMAGO Sloth Heating Pad & Pillow Huggable- Microwaveable Heat Pad for Cramps, Aches & Anxiety Relief - Cute Heat Pack Stuffed with Eco-Friendly Buckwheat & Dried Lavender - 11"



Roll over image to zoom in

Visit the GAMAGO Store 4.5 stars 336 \$13 ratings | 8 answered questions

\$29.99 (\$29.99 / Count)

FREE Returns

Get \$10 off instantly. Pay \$0.00 \$49.99 upon approval for the Amazon Store Card. No annual fee.

Style: Sloth

	\$52.99		\$52.99		\$25.99
	\$32.99 (\$32.99 / Count)		\$29.99 (\$29.99 / Count)		\$29.99 (\$29.99 / Count)
	\$29.99 (\$29.99 / Count)		\$29.99 (\$29.99 / Count)		\$22.99 (\$22.99 / Count)
	\$29.99 (\$29.99 / Count)		\$29.99		\$22.99 (\$22.99 / Count)
	\$54.97		\$32.99 (\$32.99 / Count)		\$32.99 (\$32.99 / Count)

Brand GAMAGO
Age Range Adult, Teen, Senior
Number of Items 1
Unit Count 1 Count
Special Feature Microwaveable, Freezable, Freezer Safe, Microwave Safe

- About this item**
- THE MOST ADORABLE MICROWAVABLE HEATING PAD & PILLOW! Fall in love with the Huggable microwave heat pack to cuddle with and relieve cramps and aches, while enjoying its soothing lavender scent.
 - RELIEVE CRAMPS AND ACES WITH STYLE! Decorate your room with the

prime
Enjoy fast, FREE delivery, exclusive deals and award-winning movies & TV shows with Prime
Try Prime and start saving today with Fast, FREE Delivery

\$29.99 (\$29.99 / Count)
FREE Returns
FREE delivery Sunday, May 21
Or fastest delivery Thursday, May 18. Order within 8 hrs 54 mins
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In Stock
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Buy Now

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cutest microwavable heating pad for cramps, sore joints and muscles with lasting calming heat that relieves anxiety and stress. Can also be chilled in the freezer for a cooling effect.

- **THE "HOTTEST" GIFT FOR YOUR GIRL!** Looking for cute girlfriend gifts? Don't just get her a plush pillow or stuffed animal, get her the Heatable Huggable! This cute girlfriend gift will keep her warm while you're away and remind her why she loves you.
- **ECO-FRIENDLY & LAVENDER SCENTED!** Our Huggable heating and cooling pad is filled with all natural buckwheat and dried lavender for a lasting soothing smell to cuddle and relax with for hours on end.
- **THE GAMAGO PROMISE:** It's simple. We stand behind our products 100% and if you're not completely satisfied with your purchase, we'll offer you a full refund! Click the yellow "Add to Cart" button today and buy with confidence.

Compare with similar items

Ponorio Full Weighted Heating Pad for Back, Neck, and...
 ★★★★★ 136
 \$32.99 prime
 Save 20% with coupon

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Frequently bought together



Total price: \$54.98

Add both to Cart

This item: GAMAGO Sloth Heating Pad & Pillow Huggable - Microwavable Heat Pad For...
 \$29.99 (\$29.99/Count)

Calm the F*ck Down: An Irreverent Adult Coloring Book
 14 pp

Products related to this item

Page 1 of 67

Axolotl Microwavable Unscented Heating Pad for Women and Kids - Cute Soft Cozy Pillow...
 ★★★★★ 1,443
 \$22.95 (\$22.95/Count)

Avocado Microwavable Unscented Heating Pad for Women and Kids - Cute Soft Cozy Pillow...
 ★★★★★ 13
 \$21.95 (\$21.95/Count)

Heating Pad Microwavable in Sloth Stuffed Animal - Heating Pads for Cramps...
 ★★★★★ 790
 \$33.95 (\$33.95/Count)

Microwave Heating Pad for Cramps Pain Relief, 16" x 12" Moist Microwavable Period M...
 ★★★★★ 75
 \$15.99 (\$15.99/Count)

SuzziPad Microwavable Heating Pads for Cramps, Microwavable Stuffed Animals Period...
 ★★★★★ 14
 \$18.99 (\$18.99/Count)

Ponorio Full Weighted Electric Heating Pad for Back Pain, Cramps, Relief - Auto Shi...
 ★★★★★ 396
 \$39.99 (\$39.99/Count)

Sold by Amazon.com

Returns Eligible for Return, Refund or Replacement within 30 days of receipt
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Snailax Heating Pad & Foot Warm...
 ★★★★★ 1,041
 \$36.99 prime
 Save 20% with coupon

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From the manufacturer

GAMAGO®

Heatable Huggables



GAMAGO Avocado Heating Pad and Pillow

THE MOST ADORABLE MICROWAVABLE HEATING PAD & PILLOW! Fall in love with the Huggable microwave heat pack to avocado with and relieve cramps and aches, while enjoying its soothing lavender scent.

RELIEVE CRAMPS AND ACHES WITH STYLE! Decorate your room with the cutest microwavable heating pad for cramps, sore joints and muscles with lasting calming heat that relieves anxiety and stress. Can also be chilled in the freezer for a cooling effect.

LOOKING FOR CUTE GIRLFRIEND GIFTS? Don't just get her a plush pillow or stuffed animal, get her the Heatable Huggable! This cute girlfriend gift will keep her warm while you're away and remind her why she loves you.

- Features:
- Microwave Safe
 - Freezer Safe
 - Completely Filled With All Natural Buckwheat and Dried Lavender
 - Lavender Scented



Microwave Safe



Freezer Safe



Natural Buckwheat



Lavender Scented



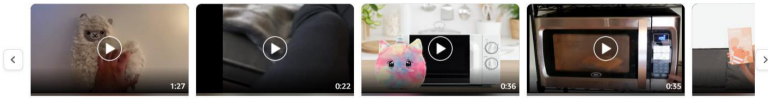


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Customer Rating	★★★★☆ (515)	★★★★☆ (60)	★★★★☆ (484)	★★★★☆ (1417)	★★★★☆ (2670)	★★★★☆ (2670)
Price	\$29 ⁹⁹	\$24 ⁹⁹	\$36 ⁹⁹	\$21 ¹⁷	\$21 ¹⁷	\$21 ¹⁷
Shipping	FREE Shipping. Details	FREE Shipping ^{on orders over \$25.00 shipped by Amazon or get Fast, Free Shipping with Amazon Prime}	FREE Shipping. Details	FREE Shipping ^{on orders over \$25.00 shipped by Amazon or get Fast, Free Shipping with Amazon Prime}	FREE Shipping	FREE Shipping
Sold By	Amazon.com	uncn	ANON VANNORY COMPANY SRL	Amazon.com	Katy Med Solutions	Katy Med Solutions
Color	Grey	Gray	Cream	White	Blue	Gray
Material	Cotton, Polyester	Plush	Cotton	Plush	Cotton	Cotton
Size	1 Count (Pack of 1)	7 x 4.3 Inch	Dog Cream	One Size (Pack of 1)	Zoo Rabbit	1 Count (Pack of 1)
Style	Sloth	Cute	Style 1: Dog Cream	Sheep	1 Count (Pack of 1)	Zoo Hippo

Videos

Videos for this product

Videos for related products



Important information

Ingredients

Filled with Wheat and Lavender








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Pasonio Full Weighted Heating Pad for Back, Neck, and Shoulder Pain Relief with Auto Shut Off, Extra...
★★★★☆ (136)
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Looking for specific info?

Customer questions & answers

- Question:** How big is this?
0 votes

Answer: 1.5 x 10 x 13.5 inches
(I just copied the dimensions from the product details. It's pretty good size heating pad)
By Lisa V. on December 15, 2020
See more answers (1)
- Question:** Is this washable in a washing machine?
0 votes

Answer: Thank you for your question! No, our GAMAGO Huggables and Pocket Pals are not machine washable. To clean them, we recommend spot cleaning with a damp cloth.
By A manufacturer [manufacturer](#) on January 6, 2021
- Question:** Can you wash and dry it?
0 votes

Answer: No, surface wash only
By Jodie Luczynski on February 23, 2022
- Question:** Is this all the bean like stuffing or does it have fiber filling as well?
0 votes

Answer: Thanks for your question! All our huggables are filled with Buckwheat and Lavender.
If you have any questions feel free to reach out! ... see more
By A manufacturer [manufacturer](#) on February 1, 2022

See more answered questions (4)

Customer reviews

★★★★★ 4.6 out of 5
513 global ratings

Reviews with images





How customer reviews and ratings work

By feature

- Softness: ★★★★★ 4.5
- Value for money: ★★★★☆ 4.2
- Pain relief: ★★★★★ 4.0



See all customer images

Read reviews that mention

heating pad super cute little guy works well lavender smell
 aches and pains smells wonderful smells amazing perfect size
 warm microwave cramps adorable burnt stomach

Reviews from the United States

- He's almost perfect**
 Reviewed in the United States on May 10, 2023
 Verified Purchase
 Great size. He warms up nicely in 3 intervals of 30 seconds. He would be perfect if the lavender smell was strong.
 Helpful Report
- Adorable**
 Reviewed in the United States on April 13, 2023
 Verified Purchase
 This little guy is so cute!
 Helpful Report
- The best!!!**
 Reviewed in the United States on March 12, 2023
 Verified Purchase
 Style: Blingy is the best! So cozy, smells so calming and helps you feel better on a tough day - especially if you have a headache!
 Helpful Report
- Smaller than expected**
 Reviewed in the United States on April 27, 2023
 Verified Purchase

Style: Flare this to be a little larger and fluffier. It is thinner than expected and is not very fluffy at all. It's perfect size for teens have cramps or any area they would need heating. Very cute & durable!

[Helpful](#) [Report](#)

 Lucinda Alfaro

★★★★★ **Warm buddy**

Reviewed in the United States us on March 18, 2022

Style: Toast [Verified Purchase](#)

It was perfect for my menstrual cramps when I had to go to work and no access to an outlet (but did have access to a microwave). Stays warm for a decent amount of time. I recommend it to people all the time.

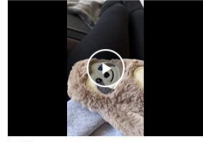
[Helpful](#) [Report](#)

 moonstar

★★★★★ **Best purchase in a while!!**

Reviewed in the United States us on April 10, 2022

Style: Sloth [Verified Purchase](#)



Perfect for period cramps. It's nice and soft and the perfect size for me. Some people might want it to be bigger but I think it's perfect as is! I heated it up in 30 second intervals x5 to make sure it didn't burn (another review said it could burn the insides and cause a burnt smell). It does get a little damp.



3 people found this helpful

[Helpful](#) [Report](#)

 Leroy Wittenburg

★★★★★ **Helps with pain.**

Reviewed in the United States us on July 5, 2022

Style: llama [Verified Purchase](#)

Heats well in the microwave. Had to teach the dogs that this stuffy was off limits. They thought it looked like their toy.

2 people found this helpful

[Helpful](#) [Report](#)

[See all reviews >](#)

Top reviews from other countries

[Translate all reviews to English](#)



Vit

★★★★★ **Works great, and cuter than pictured!**

Reviewed in Canada ca on May 1, 2022

Style: llama | [Verified Purchase](#)

The llama is soooooo much cuter in person and the lavender smell is wonderful and soothing. Remember to read the instructions before you use it in the microwave. It works super well and I couldn't be happier!

[Report](#)



Kaylee

★★★★☆ **Cute and smells good**

Reviewed in Canada ca on June 13, 2021

Style: llama | [Verified Purchase](#)

Its a really cute stuffy and smelled amazing but the first time i microwaved it it got very wet and didnt smell as delightful as it did before.

[Report](#)



Eric Theriault

★★★★★ **Un bon achat...**

Reviewed in Canada ca on December 30, 2020

Style: llama | [Verified Purchase](#)

Tres bon produit... livraison très rapide

[Report](#)

[Translate review to English](#)



Jennifer Weber

★★★☆☆ **Super cute, but poorly stitched**

Reviewed in Canada ca on March 5, 2023

Style: Toast | [Verified Purchase](#)

Super cute, but poorly stitched & took forever to arrive



[Report](#)

[See all reviews](#)

4 stars and above

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Microwave Heating Pads for Cramps & Period Pain Relief, 10" x 13" Cuddle & Cute Animal - **\$20.99** (\$20.99/Count) **4.5** (657)

Heating Pad Microwaveable in Sloth Stuffed Animal - Heating Pads for Cramps... **\$33.95** (\$33.95/Count) **4.5** (790)

Thermal-Aid Zoo - Hunter The Green Bear - Kids Hot and Cold Pain Relief Heating Pad... **\$19.95** (\$19.95/Count) **4.5** (2,670)

Infowash Microwave Wireless Heating Pad for Pain Relief, Lobster Plush Heating Pad... **\$14.99** (\$14.99/Count) **4.5** (75)

Sackytyme Microwave Heating Pad for Back, Neck, Menstrual Cramps, Shoulders, Leg... **\$24.99** (\$24.99/Count) **4.5** (4,136)

Mumu Wraps Heating Pad Microwaveable - Lavender Scented Microwave Heating... **\$29.99** (\$29.99/Count) **4.5** (55)

Huggaree Soothe, Microwave Heating Pad for Migraine Relief with Lavender Aromathera... **\$29.99** (\$29.99/Count) **4.5** (1,557)

Snailax Heating Pad & Foot Warmer, 6 Temperatu... **\$36.99** **4.5** **Save 70%** with coupon

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Recommended based on your shopping trends

Large Microwaveable Heating Pad for Neck and Shoulders - 5 LB. Heavy Duty Weight for Deep Heat Therapy, Ne... **\$36.99** **4.5** (2,828)

UNION Wide Microwave Heating pad with Washable Cover 9" x 15" Microwaveable Hot Pad for Neck Shoulder, Cra... **\$22.30** **4.5** (2,201)

Huggaree Soothe, Microwave Heating Pad for Migraine Relief with Lavender Aromatherapy, Stocking Stuffer, Tens... **\$29.99** **4.5** (1,557)

Thermofax Far Infrared Heating Pad - Platinum **\$229.00** **4.5** (978)

Glow Botanica - Microwave Heating Pad - Lavender Aromatherapy Heat Wrap for Neck, Shoulder, Menstrual Cr... **\$38.40** **4.5** (73)

Heating Pad for Neck and Shoulders, 2lb Weighted Neck Heating Pad for Back Pain Relief, 6 Heat Settings, 4 Auto... **\$49.99** **4.5** (697)

Asidell Microwaveable Unscented Heating Pad for Women and Kids - Cute Soft Cozy Pillow Plush Heatable Warm... **\$22.95** **4.5** (41)

MEISENHOME Heating Pad Microwaveable for Pain Relief, 8x10" Microwave Heat Pad for Neck Pain, Shoulder, B... **\$20.99** **4.5** (450)

Thermal-Aid - Heating Pad, Medium Sectional - Cooling and Heating Pad for Pain Relief with Natural Com Filling -... **\$30.95** **4.5** (11)

Avocado Microwaveable Unscented Heating Pad for Women and Kids - Cute Soft Cozy Pillow Plush Heatable Warm... **\$21.95** **4.5** (15)

Popular products based on this item

NEWGO Microwave Heating Pad Moist Heat Pad, 9.2 x 5.9" **\$16.99** **4.5**

GAMAGO Sloth Heating Pad & Pillow Huggable Microwaveable Heat Pad **\$29.99** **4.5**

Pursonic Extra Large Electric Heating Pad for Back Pain and Cramps **\$29.99** **4.5**

GENANI XL Heating Pad for Back Pain & Cramps Relief, Auto Shut Off **\$29.99** **4.5**

Heating Pad Electric Fast-Heating for Back/Waist/Abdomen/S **\$29.99** **4.5**

Heating Pad for Back Pain and Cramp Relief, Extra Large 17" x 33" **\$29.99** **4.5**

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Heating pad Electric Heat Pad for Back Pain and Cramps Relax... **\$29.99** **4.5**

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★★★★★ 17
\$13.99 (113.99/Count)
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★★★★★ 891
\$25.99-124.99

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Solayman's Removable Lavender Scented Microwavable Heating Pad for Cramps



Brand: Solayman's
4.5 out of 5 stars (39 ratings)

\$29.99

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Brand Solayman's
Unit Count 1.0 Count
Special Feature Microwavable
Color White
Model Name Animal heating pad

About this item

- YOUR BEST BUDDY, FOR THE BAA-D DAYS:** Is it that time of the month? Experiencing unbearable cramps? Heat up our lovable and huggable sheep. Feel instant soothing and warmth while it lays across your lower belly. Let the heat radiate throughout, helping you feel relaxed and relieved. This period heating pad for cramps is a much-needed pain reliever.
- CALMING LAVENDER:** Soothe and relax while you wait for this weighted sheep to do its magic. We use LAVENDER BUDS therefore, no need to purchase extra lavender essential oil. The lavender stuffed animal also contains MILLET. Millet can retain heat very well and will not catch on fire like clay beads. We made sure our heating pad for period cramps does not reek of mildew or feel greasy like other fillers.
- WASHABLE AND HYGIENIC:** Our sheep is made to look realistic with soft plush fleece fabric. With its removable cover you can wash it and keep germs away. We wanted to make sure our heated stuffed animals are hygienic and safe to use.
- FANTASTIC GIFT:** Your family and friends will go BAA-NANAS for this gift. Heatable stuffed animals are a thoughtful gift for people of all ages. Make this the first period gifts for girls. This cute sheep will bring smiles to your loved ones. With one warm hug, you'll want to keep it for yourself!

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GAMAGO Fat Cat Heating Pad & Pillow Huggable - Microwavable Heat Pad for Cramps, Aches & Anxiety Relief - Cute Heat Pack Stuffed with Eco-Friendly Buckwheat & Dried Lavender - 10.5"

★★★★★ (102)

\$25.99 prime

Pasonia Full Weighted Electric Heating Pad for Back Pain...

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4 stars and above

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My Heating Pad for a Better Comfort - Moist Microwavable Heating Pad for Joint, Nec... \$23.99 (7,887) prime **Save \$2.00** with coupon

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Sold by	Solyman's
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Product information

Package Dimensions	12.99 x 9.09 x 2.32 inches
Item Weight	2.75 pounds
Country of Origin	China
ASIN	B0BDC1QDDV
Best Sellers Rank	#122,377 in Health & Household (See Top 100 in Health & Household) #460 in Heating Pads
Customer Reviews	4.5      - 39 ratings
Manufacturer	Sobymann's LLC

Warranty & Support

Product Warranty: For warranty information about this product, please click here

Feedback

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Product Description

Everybody needs a buddy during BAA-D days especially when you are feeling period cramps, headaches, or even neck pain. For those days you just want to stay in bed our microwaveable lavender scented stuffed animal is a must have. Let the heat radiate throughout, helping you feel relaxed and relieved. Target your pain site with our adorable huggable stuffed animal heating pad. We made this sheep heating pad with lavender for a soothing and relaxing moment. Let this weighted sheep do its magic. We made sure to use only lavender buds therefore no need to purchase extra lavender essential oils. This lavender stuffed animal also contains millet. Millet can retain heat very well. We made sure our heating pad for period cramps does not reek of millet or feel greasy like other fillers. This is an ideal microwaveable stuffed animal for anyone who loves animals. Our sheep heating pad is made to look realistic, with soft plush fleece fabric. We also made it with a removable cover therefore, you can wash it and keep germs away. It's safe and hygienic to use! Your family and friends will go BAA-NANAS for this gift. Microwaveable stuffed animals are a wonderful gift idea for women. You can even make this the first period gift for girls. This cute sheep will bring smiles to your loved ones. With one warm hug, you'll want to keep it for yourself!

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Videos

- Customer Review: Super cute and easy to take anywhere **0:47**
- Stay warm with this cute heating pad **1:21**
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- Unicorn Menstrual Microwave Heating Pad **0:36**
- Warm and Should I G... **0:32**

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Shop the COMRELAX Store	Average product rating: 4.8 stars 2,007 ratings	Shop the Magic Gel Store	Average product rating: 4.3 stars 752,310 ratings




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Looking for specific info?

Customer questions & answers

- Question:** how long do you have to microwave it for?

Answer: Hello, I microwave for 3 minutes.
By Lisa on April 30, 2023
- Question:** Do you take it out of the sheep before you heat?

Answer: You can microwave it with the sheep cover, but it is worth noting that the fleece is intended to absorb the moisture released by the natural heating pad. If you prefer a more damp sensation, you can use it with the cover. However, if you do not like this feeling, please ensure to remove the cover and put back on after... see more
By Solayman's [account](#) on March 18, 2023

Customer reviews



Reviews with images



1 star 7%

How customer reviews and ratings work

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Snafax Heating Pad & Foot Warmer, 6...
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- works great
- well made
- lamb cover
- heating
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- sheep
- cold
- instructions

super clo

little lamb **ews from the United States**

No reviews all reviews to English

Top review

The BEST "investment"

Translated in the United States on April 11, 2023

rebase

about this enough. I have 2 littles (3yrs and 4mths old) and they both love their lamb! I got Sister because I thought it was cute, but I never expected how amazing they would be! My littles so much better with these. They fall asleep fast and stay asleep longer! My toddler fights sleep depends on it, and seriously within 5 minutes of him holding this warm and snuggly lamb, he's asleep. (My 4y old is also a fan of the lamb.)

I cannot re- them for thinking of getting this thing, just do it! sleep sooner. like his wife PASSED OUT

If you're



Report

Soave y calentito

Helpful in the United States on May 8, 2023

rebase

de cólicos menstruales en un momento algo calentito en su estómago la relaja

Verified Purchase Report

Reviewed by de cólicos menstruales

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I didn't buy stomach Report

Helpful Review to English

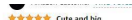
Am

I highly recommend

Helpful in the United States on March 20, 2023

Reviewed

Verified Purchase buy it because of the lavender smell but I bought it because it was just right sizing for my



★★★★★ **Cute and big**

Reviewed in the United States on April 24, 2023

Vine Customer Review of Free Product (What's this?)

A larger box than I thought and I love it. Very cute and soft and well made. A lot of love went into the creation of this and the manufacturer seems to truly care about the product and the presentation. Adorable box. It cheered me and my sister up instantly. Light lavender smell to heat in microwave. Used as a period cramp relief natural heating pad. We are hoping to put an ice gel pack in its pouch for migraine relief.

Helpful Report

★★★★★ **Good for my baasad back!**

Reviewed in the United States on April 1, 2023

Vine Customer Review of Free Product (What's this?)

This is the perfect demonstration of form meeting function - it's an uber adorable, soft lamb-y friend that forms perfectly to any part of my body for effective direct relief. The lamb is easy to launder at home, and an extremely convenient feature. Hook and loop fasteners are strong and durable. The inner microwavable bag is nice and hefty, but in no way cumbersome. It is stitched down the center so that the insides can remain more evenly distributed - I was super geeked to discover that I have zero complaints about that it's a perfect gift for literally anyone. It's very well made and has replaced all similar products in my household. Also, I really like how I can toss in an extra sachet of lavender (or whatever you fancy) for those extra restless nights. DING!!

Helpful Report

See all reviews

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				★★★★★ 28 \$49.99 <small>prime</small>	★★★★★ 1,025 \$29.99 <small>prime</small>	★★★★★ 11 \$50.95			

Amazon Devices
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[Microwave Heat Pads for Lower Back, Neck, and Shoulder Pain Relief with 2 Elastic Fastening Straps for Hands-Free...](#)
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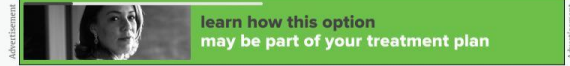
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MENSTRUAL DISORDERS > CRAMPS

How to Make a Homemade Heating Pad for Menstrual Pain

By Tracee Cornforth | Updated on September 14, 2021

✓ Medically reviewed by Lauren Schlanger, MD

✓ Fact checked by Sheeren Jegtvig

Print

Menstrual cramps, also known as [dysmenorrhea](#) or period pains, are painful sensations in the lower abdomen that can occur before or during a menstrual period. Some people only experience the slightest of cramps during their period. For others, the pain can be severe. Sometimes, this pain also radiates outward to the pelvis and the lower back.^[1]



Anti-inflammatory medication can help but, if you'd prefer to avoid medication, a heating pad could also [ease your pain](#).^[2] And you don't even have to shell out big bucks to get one.

DIY Heating Pad for Cramps

Here's how you can make a heating pad using things you probably already have at home.

Supplies

Assemble these supplies:

- Tube sock
- Rice (do not use instant rice)
- Microwave oven

Instructions

Here is what to do:

1. Fill the foot of a tube sock with rice.
2. Tie the open end of the tube sock into a knot.
3. Place the rice-filled sock into your microwave oven for 2 to 3 minutes on high power. Time may vary by microwave, so check after one and a half minutes.
4. Remove the sock from the microwave and place it onto the area of your body where you're feeling pain.

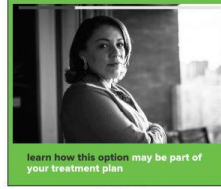
The sock may be very hot. Protect your skin from burning by using a towel or other material between your skin and the sock.

Other Remedies

If the homemade heating pad isn't doing it for you, there are other ways to ease the pain. Exercise, oral contraception, certain vitamins, [herbal remedies](#), and a warm bath are all methods that have proven helpful for people.^[3]

Related: [An Overview of Menstrual Cramps](#)

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When to Call the Healthcare Provider

While it's perfectly normal to experience mild cramps during menstruation, you may want to [consult with your healthcare provider](#) if cramping becomes especially painful.

You should also call your healthcare provider if your cramps are accompanied by a fever, if there is an increased or [foul-smelling vaginal discharge](#), if you experience severe pain, or if your period is more than one week late and you have been sexually active.

3 Sources 

By [Tracee Cornforth](#)

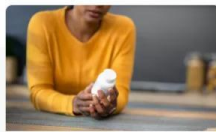
Tracee Cornforth is a freelance writer who covers menstruation, menstrual disorders, and other women's health issues.



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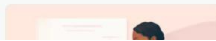
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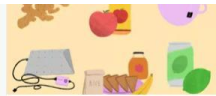
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menstruation noun

men-stru-a-tion (ˌmen(t)-strü-ˈwā-shən) men-'strā-

Synonyms of menstruation >

: a cyclical discharging of blood, secretions, and tissue debris from the uterus that recurs in nonpregnant breeding-age primate females at approximately monthly intervals and that is considered to represent a readjustment of the uterus to the nonpregnant state following proliferative changes accompanying the preceding ovulation

also : PERIOD sense 6c



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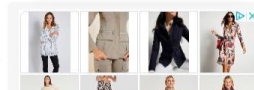
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...system, including the uterus, ovaries, and fallopian tubes. The uterus that recedes in nonpregnant breeding-age primate females at approximately monthly intervals and that is considered to represent a readjustment of the uterus to the nonpregnant state following proliferative changes accompanying the preceding ovulation

also : PERIOD sense 6c



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See all Synonyms & Antonyms in Thesaurus >

Example Sentences

a first *menstruation* can be somewhat scary for girls who are unprepared

Recent Examples on the Web

For most American women, this book was all about puberty — the frank talk about *menstruation*, armpits, training bras and spin-the-bottle.

— Petula Dvorak, *Washington Post*, 1 May 2023

The author has shifted the conversation around *menstruation*, say women's public

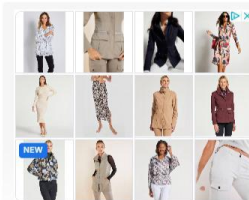


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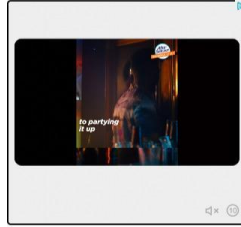
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health experts, from something to hide or be ashamed of to something normal.
– Kendra Nordin Beato, *The Christian Science Monitor*, 20 Apr. 2023

Several other recent bills in the state seek to limit what is discussed in school settings
– including one that limits teaching about *menstruation*.
– Caitlin O'kane, *CBS News*, 3 Apr. 2023

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These examples are programmatically compiled from various online sources to illustrate current usage of the word 'menstruation.' Any opinions expressed in the examples do not represent those of Merriam-Webster or its editors. Send us feedback about these examples.



Word History

First Known Use

1686, in the meaning defined above

Time Traveler

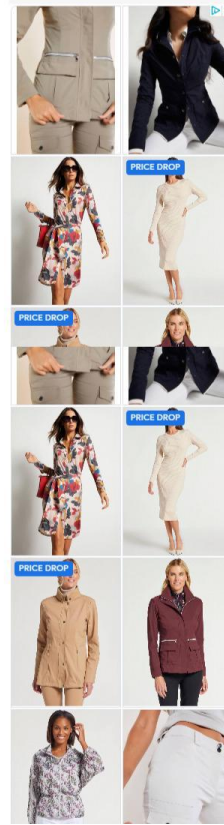
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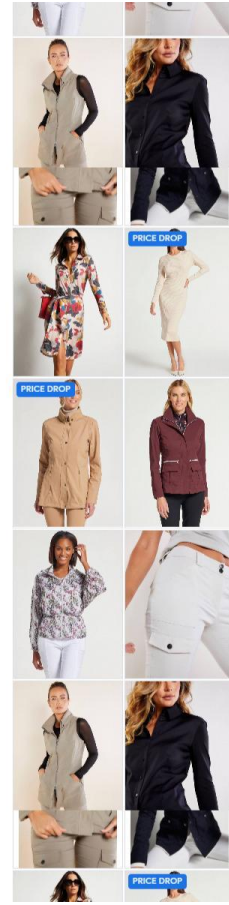


Kids Definition

menstruation noun

men-stru-a-tion ,men(t)-strə-ˈwā-shən men-ˈstrā-shən

: a discharging of blood, secretions, and tissue debris from the uterus at periods of approximately one month in female primates of breeding age that are not pregnant
also : [PERIOD](#) *sense* 3c



Medical Definition

menstruation noun

men-stru-a-tion (men(t)-strə-ˈwā-shən, men-ˈstrā-«l) ▶

: a discharging of blood, secretions, and tissue debris from the uterus that recurs in nonpregnant human and other primate females of breeding age at approximately monthly intervals and that is considered to represent a readjustment of the uterus to the nonpregnant state following proliferative changes accompanying the preceding ovulation

also : PERIOD sense 1b

More from Merriam-Webster on *menstruation*

Nglish: Translation of *menstruation* for Spanish Speakers
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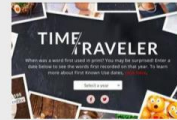
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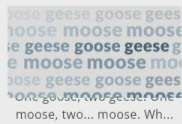
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men-stru-a-tion (mĕn'strĭə-ə'shən)

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n. The monthly flow of blood and cellular debris from the uterus that begins at puberty in women and the females of certain other primates. In women, menstruation ceases at menopause. Also called *catamenia*, *menses*.

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crustacean noun

crus-ta-'cean (krə-'stā-shən)

: any of a large class (Crustacea) of mostly aquatic mandibulate arthropods that have a chitinous or calcareous and chitinous exoskeleton, a pair of often much modified appendages on each segment, and two pairs of antennae and that include the lobsters, shrimp, crabs, wood lice, water fleas, and barnacles

crustacean adjective

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Humpback whales often eat shrimp-like *crustaceans* or krill and small fish.

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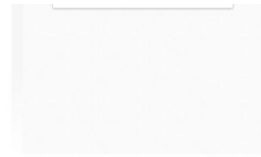
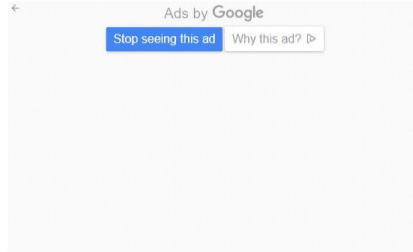
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: any of a large class (Crustacea) of mostly aquatic mandibulate arthropods that have a chitinous or calcareous and chitinous exoskeleton, a pair of often much modified appendages on each segment, and two pairs of antennae and that include the lobsters, shrimp, crabs, wood lice, water fleas, and barnacles

crustacean adjective



Example Sentences

Recent Examples on the Web

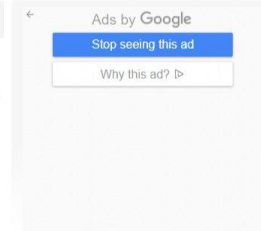
Humpback whales often eat shrimp-like *crustaceans* or krill and small fish.
— Kimberlee Speakman, *Peoplemag*, 11 May 2023

How to Safely Use an EpiPen In the United States, nine major food allergens are recognized by the Food and Drug Administration (FDA), including milk, eggs, fish, *crustacean* shellfish, tree nuts, peanuts, wheat, soybeans, and sesame.
— Stephanie Brown, *Verywell Health*, 8 May 2023

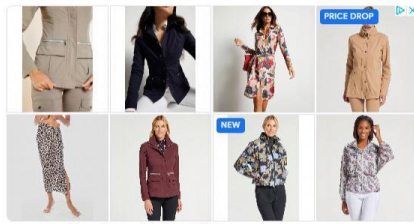
Allowed to mature in total freedom and massaged each day by specialists using an oil infused with aromatic herbs picked from the slopes of the Himalayas, this species only eats *crustaceans* that have been pre-digested by pink flamingos.
— Carol Besler, *Robb Report*, 28 Apr. 2023

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Word History

First Known Use

1835, in the meaning defined above

Time Traveler

The first known use of *crustacean* was in 1835

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Kids Definition

crustacean noun

crus-ta-cean

SMALL LYMPHOCYTIC LYMPHOMA (SLL)

IMPORTANT SAFETY INFORMATION

WARNINGS AND PRECAUTIONS

Hemorrhage

Fatal and serious hemorrhage has occurred in patients

[with small lymphocytic lymphoma \(SLL\)](#)

SMALL LYMPHOCYTIC LYMPHOMA (SLL)

IMPORTANT SAFETY INFORMATION

WARNINGS AND PRECAUTIONS

Hemorrhage

Fatal and serious hemorrhage has occurred in patients

[with small lymphocytic lymphoma \(SLL\)](#)

: any of a large class of mostly water-dwelling arthropods (as lobsters, shrimps, crabs, wood lice, water fleas, and barnacles) having an exoskeleton of chitin or chitin and a compound of calcium

crustacean adjective



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English: Translation of *crustacean* for Spanish Speakers
Britannica English: Translation of *crustacean* for Arabic Speakers
Britannica.com: [Encyclopedia article about crustacean](#)

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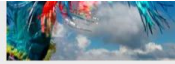
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verb

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/ /krəˈsteɪʃn/ **/**
/ /krəˈsteɪʃn/ **/**

Nearby words

crust *noun*
crust *verb*
crustacean *noun*



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(speciast)

★ any creature with a soft body that is divided into sections, and a hard outer shell. Most crustaceans live in water. Crabs, lobsters and shrimps are all crustaceans.



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crusted adjective

crusty adjective

15 May 2023

seize
verb



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USPTO OFFICIAL NOTICE

Office Action (Official Letter) has issued
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