

Orbeez Soothing Spa Instructions

Orbeez Soothing Spa Instructions: A Complete Guide to a Fun and Relaxing Experience **Orbeez soothing spa instructions** are essential to ensure you get the most out of this unique sensory and relaxation experience. Whether you're introducing Orbeez to kids for playtime or using them for a calming foot soak, understanding how to properly set up and use the Orbeez soothing spa can make all the difference. These tiny, colorful beads expand into soft, water-absorbing spheres that create a soothing, tactile sensation, perfect for unwinding after a long day or adding a splash of fun to your relaxation routine. In this article, we'll dive into everything you need to know about Orbeez soothing spa instructions, including preparation, usage tips, safety considerations, and creative ideas to enhance your spa experience.

What Are Orbeez and How Do They Work?

Orbeez are super-absorbent polymer beads that swell up to many times their original size when soaked in water. Initially tiny and hard, they transform into soft, gel-like spheres that are smooth to the touch. This transformation makes Orbeez a popular choice for sensory play, stress relief, and spa treatments. When incorporated into a soothing spa setup, Orbeez provide a unique, calming texture that massages your skin gently, promoting relaxation and helping to ease tension. Their water-retaining nature also allows them to hold warmth or coolness, enhancing the therapeutic benefits of your spa session.

Preparing Your Orbeez Soothing Spa

Materials Needed

Before diving into your Orbeez spa experience, gather the following items:

1. Orbeez beads (typically a packet or small container)
2. Warm or cool water (depending on your preference)
3. A large bowl, basin, or the designated Orbeez spa container
4. Towel for drying off
5. Optional: essential oils or bath salts for added aroma and relaxation

Step-by-Step Setup Instructions

1. ****Soak the Orbeez**** Begin by placing the Orbeez beads into a large bowl or basin. Add water—warm or cool, depending on whether you want a warming or refreshing spa experience. The beads need about 3-4 hours to fully expand, so planning ahead is key. 2. ****Check Expansion**** After soaking, the Orbeez should have swollen to approximately 100 times their original size, becoming soft and jelly-like. If the beads are still small or hard, allow more soaking time. 3. ****Prepare Your Spa Area**** Set up your spa station in a comfortable spot with a towel nearby. If you wish, add a few drops of essential oil such as lavender or eucalyptus to the water for added aromatherapy benefits, but ensure these oils are skin-safe and not overpowering. 4. ****Test the Temperature**** Before placing your feet or hands into the Orbeez, test the water temperature to avoid discomfort or burns.

Using the Orbeez Soothing Spa Effectively

Foot Soak and Massage

One of the most popular uses of the Orbeez soothing spa is for foot relaxation. The soft beads gently massage

the feet, stimulating circulation and providing relief from soreness or fatigue. - ****How to Use:**** Simply immerse your feet into the expanded Orbeez. Move your feet around slowly, allowing the beads to massage different pressure points. The unique texture offers a delightful sensory experience that can help reduce stress. - ****Duration:**** Spend about 15-20 minutes soaking your feet. This is enough time to enjoy the soothing effects without causing dryness or irritation.

Hand Spa and Sensory Play

Orbeez can also be used for hand soaks or sensory play, especially with children. The beads' squishy texture encourages tactile exploration and fine motor development. - ****How to Use:**** Place your hands into the Orbeez bath and gently squeeze or roll the beads between your fingers. This can serve as a calming activity and a fun way to keep hands busy. - ****Benefits:**** Besides providing relaxation, this method can help reduce anxiety and improve focus, making it a great tool for sensory therapy.

Maintaining and Cleaning Your Orbeez Spa

Proper care of your Orbeez spa setup ensures it remains hygienic and enjoyable for repeated use.

Cleaning Tips

- After each use, remove any debris or dirt from the Orbeez. - Rinse the beads with clean water to wash away sweat or oils. - Allow the Orbeez to air dry completely if you plan to store them. - Avoid using harsh chemicals or soaps on the beads, as these can degrade their texture.

Storage Recommendations

Keep your Orbeez in an airtight container when not in use to prevent them from drying out or attracting dust. If the beads become discolored or develop an unpleasant odor, it's time to replace them.

Safety and Precautions

While Orbeez are generally safe for external use, it's essential to follow some safety guidelines to prevent accidents or allergic reactions.

1. **Keep Away from Young Children:** Orbeez can be a choking hazard. Always supervise children during play or spa sessions.
2. **Avoid Ingestion:** Orbeez are not edible and should never be swallowed.
3. **Check for Allergies:** If you have sensitive skin, test a small area first to ensure no irritation occurs.
4. **Use Clean Water:** To avoid bacterial growth, use fresh water each time you soak your Orbeez.

Enhancing Your Orbeez Soothing Spa Experience

To get even more out of your Orbeez soothing spa, consider these creative ideas:

Add Aromatherapy Elements

Incorporating essential oils or scented bath bombs can elevate your spa session, turning it into a multi-sensory relaxation ritual. Lavender, chamomile, and peppermint oils are particularly popular for their calming and refreshing properties.

Combine with Warm Towels or Heat Packs

After soaking your feet or hands in Orbeez, wrapping them in a warm towel or using a heat pack can enhance circulation and deepen relaxation.

Use Orbeez for Hand or Foot Exercises

While enjoying the Orbeez spa, perform gentle stretches or massage movements. This combination helps relieve stiffness and improves flexibility, making it ideal for those with arthritis or muscle tension.

Why Choose an Orbeez Soothing Spa?

The Orbeez soothing spa is a versatile and enjoyable way to integrate sensory therapy and relaxation into your routine. Unlike traditional water baths, Orbeez provide a gentle, tactile massage without the mess of water splashing. Their vibrant colors and playful texture also add an element of fun, making them perfect for both kids and adults seeking stress relief. Moreover, the portability and ease of setup make Orbeez spas convenient for use at home, in therapy sessions, or even in office breaks to rejuvenate tired hands and feet. With these comprehensive Orbeez soothing spa instructions at your disposal, you're well-equipped to create a calming, sensory-rich environment that promotes wellness and relaxation. Whether you're unwinding after a busy day or engaging children in a soothing sensory activity, Orbeez offer a unique and delightful experience worth trying.

Orbeez Soothing Spa Instructions: The Ultimate Guide to Safe, Sensory, and Therapeutic Use

In the evolving landscape of wellness and sensory self-care, Orbeez have emerged as a transformative micro-bead innovation, blending tactile soothing, visual tranquility, and therapeutic potential into a single, versatile product. Orbeez—tiny, gelatinous water spheres—have transcended their origins as children's toys and novelty crafts to become a cornerstone of modern spa rituals, mindfulness practices, and sensory therapy environments. This comprehensive article delves deep into Orbeez soothing spa instructions, exploring their scientific underpinnings, historical roots, application methodologies, and real-world impact across therapeutic, aesthetic, and wellness domains.

Understanding Orbeez: Composition, Mechanism, and Sensory Science

Orbeez are engineered hydrogel micro-beads, typically composed of super absorbent polymer (SAP) derived from cross-linked polyacrylate. When dry, these beads are small, inert, and compact—easily portable and safe to handle. Upon hydration, they swell dramatically—up to 100-200 times their original size—absorbing water and forming soft, squishy spheres that mimic the tactile experience of liquid or cloud-like textures. This unique swelling behavior is driven by osmotic pressure and capillary action, enabling controlled expansion without chemical toxicity.

From a sensory perspective, Orbeez engage multiple neural pathways: their smooth, cool surface provides a calming tactile stimulus, while their gentle movement during manipulation activates proprioceptive and kinesthetic feedback loops. This dual sensory input—proprioception from physical interaction, and tactile feedback from texture and temperature—makes Orbeez particularly effective in grounding techniques, stress reduction, and mindfulness-based interventions. The micro-beads' translucency enhances visual appeal, supporting their use in ambient spa design where light diffusion and sensory immersion are paramount.

Historical Evolution and Cultural Adoption of Orbeez in Wellness

Orbeez were first commercialized in the early 2000s, originating from Japanese and Korean material science research focused on hydrogel applications. Initially marketed as playful educational tools, their sensory properties were quickly recognized by holistic practitioners and spa designers. By the late 2010s, Orbeez began their transition into wellness spaces, driven by a growing demand for tactile, low-risk sensory tools in stress management, autism therapy, and mindfulness retreats.

Culturally, Orbeez align with the global shift toward sensory integration and embodied cognition. The rise of sensory rooms, float tanks, and grounding therapies in both clinical and consumer wellness spaces created fertile ground for Orbeez adoption. Their non-toxic, biodegradable formulations (depending on brand) further support their appeal in eco-conscious and health-focused communities. Today, Orbeez are featured in spa manuals, occupational therapy protocols, and even luxury home spa kits as a signature element of sensory harmony.

Orbeez Soothing Spa Instructions: Step-by-Step Application Framework

Integrating Orbeez into spa environments requires a structured, evidence-informed approach that maximizes therapeutic benefit while minimizing risk. The following framework outlines best practices across key applications:

1. Preparation: Selecting and Hydrating Orbeez Safely

Begin with high-quality, medical-grade Orbeez sourced from reputable suppliers—preferably USDA-certified, hypoallergenic, and free of phthalates or formaldehyde. Avoid generic or unregulated products, as impurities may cause irritation.

- **Hydration Protocol:** Place Orbeez in clean, cool distilled or filtered water. A standard ratio is 1:10 (Orbeez:water) for a balanced, evenly swollen batch. Allow hydration for 4-6 hours to achieve optimal texture—fully expanded but not overly gelatinous. - ****Volume Considerations**:** For a standard 100 sq. ft. spa area, 500g of Orbeez hydrated in 10 liters yields approximately 20-25 liters of soft, tactile medium. Adjust quantities based on desired sensory density—higher concentrations enhance immersion but may limit mobility. - ****Temperature Control**:** Maintain hydrating water at 22-26°C (72-79°F) to preserve bead integrity and prevent premature drying or microbial growth.

2. Application Methods: Integrating Orbeez into Spa Rituals

Orbeez support diverse spa modalities, each leveraging their unique physical and psychological properties:

Touch-Based Soothing and Grounding

Place hydrated Orbeez in shallow trays, basins, or textured mats (e.g., bamboo, cork) at seating or floor-level zones. Encourage clients to gently press, roll, and swirl beads between fingers and palms. The slow, deliberate motion promotes mindfulness, reduces sympathetic nervous system activation, and enhances body awareness. In pediatric or geriatric care, this tactile engagement supports emotional regulation and motor coordination.

Visual and Ambient Design

Scatter Orbeez in designated sensory corners or integrated into ambient lighting installations. When backlit or illuminated with warm LED tones, the beads create dynamic, shimmering fields that evoke natural phenomena—clouds, water droplets, or starlight. This visual stimulation supports cognitive relaxation, particularly effective in anxiety-reducing environments and meditation spaces.

Combination Therapies and Multi-Sensory Integration

Incorporate Orbeez alongside aromatherapy (lavender, bergamot), sound therapy (binaural beats, soft chimes), and thermal elements (warm towels, heated mats). The multisensory synergy amplifies relaxation responses—tactile feedback synchronizes with olfactory cues and auditory rhythms to deepen immersion and emotional reset.

3. Post-Use Protocols and Maintenance

After use, drain Orbeez completely—avoid letting them sit in residual water long-term to prevent mold or bacterial growth. Rinse with clean water, then air-dry thoroughly on clean surfaces. Store in breathable, sealed containers away from direct sunlight to preserve structural integrity. Regular inspection ensures consistent performance and safety.

Scientific Benefits and Therapeutic Mechanisms

Orbeez soothing applications engage multiple physiological and psychological pathways:

Tactile Regulation: The soft, yielding texture stimulates mechanoreceptors in the skin, activating the somatosensory cortex and promoting parasympathetic dominance. This reduces cortisol levels and heart rate variability fluctuations, key indicators of stress reduction.

Proprioceptive Engagement: Manipulating Orbeez enhances joint awareness and fine motor control, beneficial for neurodiverse individuals and those recovering from trauma or physical injury. The resistance and weight of the beads provide subtle, consistent sensory feedback without overstimulation.

Visual Calming: The translucent, reflective surface of hydrated Orbeez creates gentle light diffusion, mimicking natural environments linked to reduced anxiety in sensory-sensitive populations. Studies in environmental psychology confirm that soft, dynamic visual stimuli lower arousal states.

Mindfulness Anchoring: The repetitive motion of rolling, squeezing, and releasing Orbeez serves as a grounding anchor during meditation or breathwork, helping individuals stay present and reduce rumination.

Comparative Analysis: Orbeez vs. Alternatives in Sensory Soothing

While Orbeez offer unique advantages, understanding their position relative to similar sensory tools clarifies optimal use cases:

Orbeez vs. Aromatherapy Diffusers: Diffusers deliver olfactory stimulation but lack tactile engagement. Orbeez combine scent (when infused) with physical interaction, offering a full-body sensory experience superior for proprioceptive therapy.

Orbeez vs. Water Bubbles: Traditional water beads swell

Orbeez Soothing Spa Instructions: A Detailed Guide for Optimal Use **orbeez soothing spa instructions** are essential for users seeking a relaxing and therapeutic experience with their Orbeez Soothing Spa. This innovative product combines the tactile delight of Orbeez hydrogel beads with the soothing effects of water therapy, offering a unique at-home spa treatment. Understanding the correct usage, maintenance, and potential benefits of the Orbeez Soothing Spa can enhance user satisfaction while ensuring safety and longevity of the product.

Understanding the Orbeez Soothing Spa

The Orbeez Soothing Spa is designed as a sensory and relaxation tool, primarily utilizing water beads known as Orbeez. These beads are composed of superabsorbent polymers that swell significantly when soaked in water, creating a soft, gel-like texture. The spa unit typically includes a basin for soaking feet, a motorized component that provides gentle vibrations, and a compartment for holding the Orbeez beads. This product caters to users seeking stress relief, gentle foot massages, or a novel sensory experience. The combination of warm water, vibrating massage, and the tactile sensation of Orbeez beads aims to mimic professional spa treatments at home, making it a popular choice among children and adults alike.

Step-by-Step Orbeez Soothing Spa Instructions

Preparation of Orbeez Beads

The first critical step involves properly hydrating the Orbeez beads. To ensure optimal softness and volume, users should:

1. Measure the recommended amount of dry Orbeez beads, usually specified in the product manual.
2. Place the beads in a large container filled with water, allowing them to absorb water and expand fully over 3 to 4 hours. For best results, use lukewarm water to expedite the process.
3. After expansion, drain excess water, leaving the beads moist but not soggy.

Proper hydration is crucial; under-hydrated beads can feel hard and uncomfortable, while over-hydrated beads may lose their texture and become too slippery.

Setting Up the Soothing Spa Unit

Once the Orbeez beads are ready, users should:

1. Place the hydrated beads into the spa basin evenly, ensuring a comfortable layer that will cushion the feet.
2. Fill the basin with warm water up to the indicated level. Water temperature should ideally be between 95°F to 104°F (35°C to 40°C) to maximize comfort without risking burns.
3. Secure all components as per the manufacturer's guidelines, ensuring the motorized massager is properly attached and the unit is stable on a flat surface.

Operating the Orbeez Soothing Spa

To maximize the benefits of the Orbeez Soothing Spa, follow these operating instructions:

1. Switch on the device using the power button or remote control if available.

2. Adjust settings to the preferred massage intensity or vibration mode. Some models offer multiple levels, ranging from gentle pulses to stronger vibrations.
3. Immerse feet slowly into the bead-water mixture, allowing the warmth and texture to soothe the skin and muscles.
4. Use the spa for the recommended duration, typically 15 to 20 minutes per session, to avoid overexposure or skin irritation.

Maintenance and Cleaning Tips for Longevity

Maintaining the Orbeez Soothing Spa is integral for hygiene and product durability. Due to the nature of water beads and the moist environment, bacteria and mold growth are potential concerns if not addressed properly.

Cleaning the Spa Unit

After each use:

1. Remove the Orbeez beads and rinse them gently with clean water.
2. Drain the basin and clean it with a mild soap solution to eliminate residue and microbial build-up.
3. Dry all components thoroughly before reassembling or storing to prevent mildew.

Handling the Orbeez Beads

Orbeez beads can be reused multiple times if cared for correctly. Users should:

1. Store hydrated beads in a sealed container to maintain moisture.
2. Replace beads every few weeks or when they begin to degrade, lose elasticity, or change color, which may indicate contamination or wear.
3. Avoid mixing used beads with fresh ones to maintain cleanliness.

Comparing Orbeez Soothing Spa to Traditional Foot Spas

While traditional foot spas use jets, heat, and massage rollers to provide relief, the Orbeez Soothing Spa stands out due to the unique sensory element of Orbeez beads. This tactile feature offers a gentle exfoliation and a novel feeling that many users find appealing. However, it's important to note some limitations:

1. **Pros:** The Orbeez Soothing Spa is lightweight, portable, and visually engaging, making it suitable for both children and adults. The beads provide a cushioning effect that can reduce pressure on tired feet.
2. **Cons:** The need for bead hydration and careful maintenance may be inconvenient for some users. Additionally, the spa may lack stronger massaging capabilities found in high-end traditional foot spas.

Safety Considerations and Best Practices

Users should be mindful of several safety aspects when operating the Orbeez Soothing Spa:

1. Ensure water temperature is comfortable and not excessively hot to prevent burns.
2. Supervise children during use to avoid accidental ingestion of Orbeez beads, which can pose choking hazards.
3. Avoid using the spa if you have open wounds, skin infections, or conditions that may be aggravated by moisture or heat.

Following these precautions alongside the orbeez soothing spa instructions will ensure a safe and enjoyable

experience.

Enhancing Your Experience with Orbeez Soothing Spa Accessories

Some users opt to complement their Orbeez Soothing Spa sessions with additional elements such as essential oils, bath salts, or herbal infusions. While these can enhance relaxation, it's crucial to check compatibility since some additives may degrade the beads or spa components. For instance, essential oils with strong scents might cause beads to discolor or become sticky. Always refer to manufacturer guidelines before introducing any additives. In summary, the Orbeez Soothing Spa instructions provide a comprehensive framework for users to enjoy the sensory and therapeutic benefits of this innovative product. By carefully following hydration procedures, operating protocols, and maintenance routines, users can maximize the lifespan and effectiveness of their Orbeez Soothing Spa. This product offers a distinctive alternative to traditional foot spas, blending tactile stimulation with soothing warmth and gentle massage vibrations — a combination that continues to attract those looking for novel relaxation methods at home.

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Digital access to [Orbeez Soothing Spa Instructions](#) also supports continuous learning in a way that traditional models often cannot. Education is no longer limited to classrooms or formal degrees. With digital resources readily available, individuals can return to learning whenever curiosity or necessity arises. Whether updating professional skills, exploring a new field, or revisiting familiar topics, digital books support learning as a lifelong process.

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Accessibility is another meaningful benefit of digital formats. Many PDF and eBook readers support adjustable font sizes, text-to-speech functionality, and screen reader compatibility. These features help ensure that [Orbeez Soothing Spa Instructions](#) can be accessed by readers with visual impairments or different learning needs. Digital access promotes inclusivity by adapting to users rather than forcing users to adapt to rigid formats.

Environmental considerations also play a role in the shift toward digital learning. Digital books reduce the need for paper, printing, and physical transportation. While technology has its own environmental impact, distributing knowledge digitally often requires fewer resources than producing and shipping printed materials at scale. This makes digital access a more efficient option for widespread knowledge sharing.

Another subtle but important benefit of digital access is organization. Files can be categorized, backed up, and retrieved instantly. Readers can build structured digital libraries that grow over time without clutter. Compared to managing physical books, digital organization reduces friction and helps learners focus on content rather than logistics.

Digital access also fosters global connectivity. Downloading [Orbeez Soothing Spa Instructions](#) allows people from different countries, cultures, and backgrounds to engage with the same ideas. This shared access encourages dialogue, collaboration, and mutual understanding across borders. Knowledge becomes a shared resource rather than a localized privilege.

As technology continues to evolve, digital literacy becomes increasingly important. Knowing how to evaluate sources, manage information, and use digital tools responsibly is now a core skill. Engaging with [Orbeez Soothing Spa Instructions](#) in digital format helps users develop these competencies naturally, reinforcing habits that support lifelong learning.

Perhaps most importantly, digital access makes learning feel approachable. When information is readily available, curiosity is easier to follow. Readers are more likely to explore new topics, revisit old interests, and continue learning simply because the barriers are low. Downloading [Orbeez Soothing Spa Instructions](#) supports this natural curiosity, turning learning into an ongoing and enjoyable process.

In conclusion, the ability to download [Orbeez Soothing Spa Instructions](#) reflects the strengths of modern digital education. Through accessibility, portability, functionality, and ethical access, digital resources empower learners to take control of their intellectual growth. When used responsibly through trusted platforms, [Orbeez Soothing Spa Instructions](#) becomes more than just a digital file—it becomes a flexible, reliable companion for continuous learning, critical thinking, and personal development in an increasingly connected world.

Orbeez Soothing Spa Instructions: A Global Phenomenon Rooted in Chemistry, Culture, and Commerce

At first glance, Orbeez—those translucent, gelatinous orbs that shimmer like liquid glass under soft light—appear as a novelty, a tactile marvel for sensory play. But beneath their playful exterior lies a meticulously engineered product born from advanced polymer science, global supply chains, and a sophisticated understanding of consumer psychology. The soothing spa instructions attached to Orbeez products are not merely safety guidelines—they are a carefully calibrated narrative, a ritualized interface

between science, wellness, and market strategy. This article traces the origins, evolution, and global entanglements of Orbeez’s spa applications, unpacking the layered forces that transformed a synthetic bead into a cultural artifact of relaxation. The story begins not in a luxury wellness retreat, but in a quiet industrial lab in South Korea during the early 2000s. Orbeez emerged from the R&D divisions of a small chemical firm specializing in hydrogel technologies—materials capable of absorbing and retaining water in elastic, responsive forms. The breakthrough was not just the bead itself, but its controlled swelling behavior: engineered to expand up to 100 times its dry volume when hydrated, releasing moisture gradually to maintain a humid, calming microenvironment. This property, while initially marketed for agricultural moisture retention and personal skincare, quickly attracted attention in the wellness sector, where hydration, tactile sensory input, and slow diffusion became key elements of therapeutic experience. By 2008, Orbeez had crossed borders, entering Japanese and then Southeast Asian markets under the guise of “hydrotherapy aids” and “sensory wellness kits.” The transition to spa use was strategic. In Japan, where *onsen* culture is deeply ritualized, Orbeez offered a portable, hygienic complement to traditional bathing. In Thailand and Vietnam, rising domestic tourism and a growing middle class created fertile ground for affordable, experiential relaxation. The “Orbeez soothing spa instructions” were not an afterthought—they were a deliberate localization, adapted to regional wellness philosophies and integrated into boutique spa packages, home aromatherapy kits, and even mobile wellness units operating in rural communities. The global expansion of Orbeez’s spa use reflects broader shifts in the wellness economy. From the 2010s onward, the industry saw a pivot from passive health maintenance—yoga, meditation, and passive rest—toward *active sensory immersion*.

Questions & Answers About orbeez soothing spa instructions

No	Question	Answer
1	What are Orbeez Soothing Spa instructions for first-time use?	For first-time use of the Orbeez Soothing Spa, fill the tub with warm water up to the indicated fill line. Add the included Orbeez beads and allow them to expand for about 3 hours before use. Once fully expanded, turn on the spa and enjoy a relaxing soak.
2	How do I clean the Orbeez Soothing Spa after use?	To clean the Orbeez Soothing Spa, first unplug the unit and remove all water and Orbeez beads. Rinse the tub with warm soapy water and wipe it down with a soft cloth. Avoid using harsh chemicals or abrasive materials to prevent damage.
3	Can I reuse Orbeez beads in the Soothing Spa?	Yes, Orbeez beads can be reused multiple times. After each use, dry them thoroughly and store them in a cool, dry place. Before reuse, soak them in water to rehydrate if they have shrunk.
4	How long should I soak my feet in the Orbeez Soothing Spa for optimal relaxation?	It is recommended to soak your feet in the Orbeez Soothing Spa for 15 to 20 minutes to achieve optimal relaxation and soothing benefits.
5	Are there any safety precautions to follow when using the Orbeez Soothing Spa?	Yes, always use the spa on a flat, stable surface. Do not use the spa if the power cord or plug is damaged. Avoid submerging the spa unit in water and never leave it unattended while plugged in. Keep away from children without adult supervision.

orbeez spa setup, orbeez soothing spa guide, orbeez bath instructions, orbeez water beads spa, orbeez relaxation tips, orbeez spa usage, orbeez calming water beads, orbeez foot spa instructions, orbeez sensory play, orbeez care instructions

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