



**CREST**  
MEDICAL

# Hot and Cold Therapy



**BLUEDOT**<sup>TM</sup>  
TREAT • PROTECT • HEAL

## Blue Dot™ is an established and highly respected brand and is the choice for both medical and industry professionals.

Blue Dot™ specialise in reliable products for clinical settings, including Hospitals and Emergency Healthcare, as well as businesses across the private sector.

This range of Hot and Cold Therapy is tailored to treating minor injuries to relieve pain or discomfort. Additionally, the Blue Dot Hot and Cold Therapy range includes foil blankets for patient care after more serious incidents. All products are easy to use and comfortable to apply.

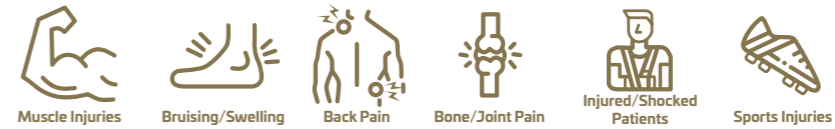
Cold therapies can significantly reduce inflammation and swelling, reducing pain in joints, tendons and ligaments. Hot therapies improve blood circulation, soothing and relieving discomfort in the muscles.

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### Easily identify what product you need...

Use these icons to see exactly what we recommend our product to be used for.



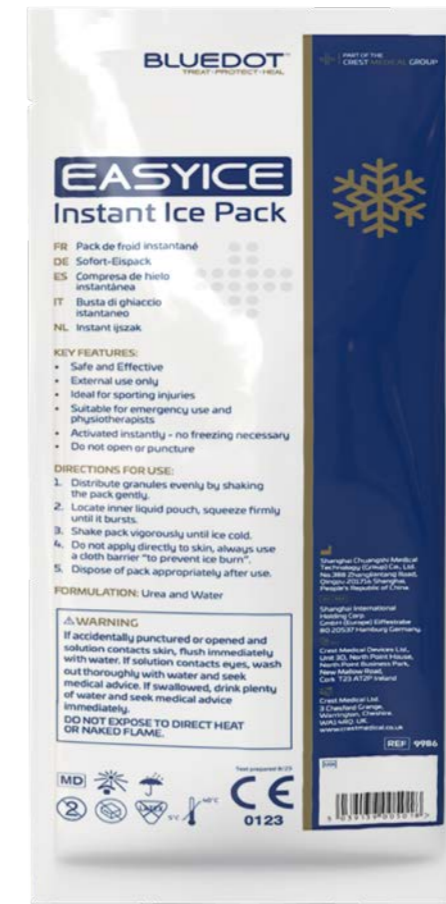


Easy to use as no precooling is required.

Instantly activated by popping inner water pouch.

Compact size (13cm x 19cm) makes it portable and ideal for fitting inside small towels.

Extremely effective for up to 25 minutes of use.



Ideal to be wrapped around injured muscle.

Instantly activated by popping inner water pouch.

Size (13cm x 30cm) makes it more effective by targeting larger surface area.

Extremely effective for up to 25 minutes of use.

## Easy Ice Small Instant Ice Pack

The Easy Ice Small Instant Ice Pack is a self-cooling instant ice pack that offers immediate cold therapy for addressing issues such as bruising, sprains, and muscle injuries. By reducing blood flow to a specific area, the instant ice pack helps minimise inflammation and alleviate pain around injured muscles. Its user-friendly design eliminates the need for pre-cooling, making it convenient for on-the-spot use. The Easy Ice Small Instant Ice Pack is a single-use, disposable option, providing a hassle-free and efficient approach to cold therapy. Multi-language packaging."

Order Code	Description	Brand	Size	Case Quantity
9987	Easy Ice Small Instant Ice Pack	Blue Dot™	13cm x 19cm	10

### Ideal for



## Easy Ice Large Instant Ice Pack

The Easy Ice Large Instant Ice Pack is a go-to solution for on-the-spot cold therapy. This instant ice pack is designed to address a range of issues, including bruising and muscle injuries, providing effective relief from pain, and reducing the risk of swelling around injuries. The larger size allows for easy wrapping around injuries and targeting larger muscle groups, making it an ideal choice for physiotherapists and sports-related sprains. With its convenient and user-friendly design, there's no need for pre-cooling. The Easy Ice Large Instant Ice Pack is a single-use, disposable option, ensuring a practical and hygienic approach to cold therapy.

Order Code	Description	Brand	Size	Case Quantity
9986	Easy Ice Large Instant Ice Pack	Blue Dot™	13cm x 30cm	10

### Ideal for





Non-woven cover makes it softer on the skin.

Fast acting and immediately effective.

Compact size (15cm x 20cm) makes it portable and ideal for fitting inside small towels.

Extremely effective for up to 25 minutes of use.



Suitable for reuse, making it more practical where injuries are common.

Durable, making it equally effective after each use.

Size (13cm x 26.5cm) covers larger surface area than the conventional ice pack.

Freezable / Microwavable, providing 2 in 1 benefit of ice packs and heat packs.

## Easy Ice Comfort Instant Ice Pack

The Easy Ice Comfort Ice Pack is the ultimate solution for instant cold therapy. Specifically designed for addressing bruising, muscle injuries, swelling, and more, this product stands out with its non-woven cover that is gentler on the skin. By reducing blood flow around injured muscles, it aids in alleviating pain and minimising inflammation. Ideal for sports injuries for use by medical and non-medical professionals. The Easy Ice Comfort Ice Pack is not only effective but also user-friendly – no precooling required. Plus, it's a convenient single-use, disposable option, making it a practical choice for hassle-free cold therapy on the move.

Order Code	Description	Brand	Size	Case Quantity
30DIIP20	Easy Ice Comfort Ice Pack	Blue Dot™	15cm x 20cm	10

### Ideal for



## Blue Dot™ Reusable Hot/Cold Pack

The Blue Dot™ Reusable Hot / Cold Pack is the perfect solution for temporary relief from various discomforts such as muscle aches, back pain, sinusitis, and menstrual cramps. This versatile pack can be frozen to provide a soothing cold therapy or microwaved for a comforting heat therapy experience. Its reusable fabric ensures durability and convenience, making it a practical choice for addressing a range of pains and discomforts. Experience the flexibility of hot or cold relief with the Blue Dot™ Reusable Hot/ Cold Pack.

Order Code	Description	Brand	Size	Case Quantity
30REUHC1	Blue Dot™ Reusable Hot/ Cold Pack	Blue Dot™	15cm x 26.5cm	10

### Ideal for





15.5cm x 30cm

Use with Instant Ice Packs or Reusable Hot and Cold Packs

Helps prevent heat or freeze burns

## Hot and Cold Pack Covers

Hot and Cold Pack Covers protect skin and reduce the risk of cross-contamination. Designed for use with Instant Ice Packs or Reusable Hot and Cold Packs, these covers provide an effective barrier to help prevent heat or freeze burns when applying packs directly to the skin. The non-woven material ensures a soft, gentle touch while maintaining durability for both hot and cold therapy. Ideal for clinical settings or personal use, these disposable covers offer added peace of mind, protecting users from direct exposure to temperature extremes.



Order Code	Description	Size	Case Quantity
COVMS0FAW	Hot and Cold Pack Covers (Pack 50)	15.5cm x 30cm	Pack 1 x 50



Adult Size 204cm x 140cm  
Child Size 120cm x 90cm

Ideal for injured/  
shocked patients.

Retains body heat.

## Blue Dot™ Emergency Thermal Blanket

The Blue Dot™ Child and Adult Emergency Thermal Blankets are versatile lifesavers, designed to retain body heat in cold conditions and aid in the treatment of injury and shock patients. Beyond providing a shield against hypothermia, they demonstrate adaptability by also keeping the body cool in hot conditions through sunlight reflection. Ensure protection and comfort in various situations with the Blue Dot™ Emergency Thermal Blanket, a crucial tool for addressing both cold and warm environmental challenges and offering support in cases of shock and trauma.



Order Code	Description	Brand	Size	Case Quantity
30BDFB18	Adult Emergency Thermal Blanket	Blue Dot™	204cm x 140cm	Pack 200 x 10
30BDFB19	Child Emergency Thermal Blanket	Blue Dot™	120cm x 90cm	Pack 500 x 10

### Ideal for



Injured/Shocked Patients



205cm x 154cm

Soft on skin to prevent irritation.

100% Cotton.

## Blue Dot™ Red Stretcher Blanket

Our Red Stretcher Blanket has the perfect blend of comfort and durability for outdoor adventures or emergencies. Crafted with soft yet robust materials, this vibrant red blanket offers warmth and visibility. Lightweight and generously sized, it's ideal for camping, hiking, or emergency kits.

Order Code	Description	Brand	Size	Case Quantity
30RSB012	Red Stretcher Blanket	Blue Dot™	205cm x 154cm	10

### Ideal for



Injured/Shocked Patients



## 125ml Heat Spray

Our 125ml Heat Spray provides relief for rheumatic pain, muscular aches, and strains. Easily apply a targeted burst of comforting warmth to the affected area. Ideal for post-exercise application, use as needed.



Order Code	Description	Brand	Size	Case Quantity
30HSP125	125ml Heat Spray	Masterplast®	125ml	Box 24 x 10

### Ideal for



Muscle Injuries



Back Pain



Sports Injuries



## 150ml Freeze and Cool Spray

Ideal in sports settings, our 150ml Freeze and Cool Spray is designed to provide instant relief for joint and muscle injuries. Coming in a compact can, the 150ml Freeze and Cool Spray is perfect for putting in first aid kits and bags, so injuries can be treated on the go.



Order Code	Description	Brand	Size	Case Quantity
30FSP150	150ml Freeze and Cool Spray	Masterplast®	150ml	Box 24 x 10

### Ideal for



Muscle Injuries



Bruising/Swelling



Sports Injuries



Bone/Joint Pain



# CREST MEDICAL

For a Healthier Tomorrow

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