

1. Who should use Freeze Gel?
Those looking to relieve sore and aching muscles and joints quickly and naturally.
2. How often should I use Freeze Gel?
We recommend no more than 4 times per day, and to wash hands with cool water after use
3. Can I use Freeze Gel in conjunction with Paingone pens?
We recommend using Freeze Gel in between tens therapy
4. Why is Freeze Gel better than an ice pack?
Freeze Gel absorbs really quickly, and enables you to get on with your day