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To use Icy Hot safely:Use only as directed.Avoid contact with eyes or mucous membranes.Do not apply to wounds or irritated, broken, or damaged skin.Do not bandage tightly or use it with a heating pad.If you're prone to aspirin or salicylate allergies, ask a doctor before using methyl salicylate products.Do not apply to skin folds.Do not expose the treated area to direct sunlight or heat.Stop use right away if you have a severe burning sensation. If you experience significant burning with any Icy Hot products, stop using the product immediately and flush the area with cool water for 15 minutes. Then, wrap the burn with a sterile bandage to protect it.Topical pain relievers may cause first-to-third-degree chemical burns, the U.S. Food and Drug Administration (FDA) warns. This applies to topical pain relieverscreams, ointments, lotions, and patchesincluding menthol, methyl salicylate, lidocaine, or capsaicin. 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Talk to your healthcare provider before trying new medicinal products. Possible concerns include allergies and sensitivities, drug interactions, and effects on other health conditions. 3.1K Icy Hot is a classic sore muscle remedy, used for decades by athletes and normal folks. Its cooling and warming sensation is signature, and weve never really asked how it works. In 2019, we are in an era of modern skincare, and were paying a little more attention.Enough so, that we noticed some weird things when taking a look at Icy Hot Ingredientsimg source: memegator.com Indigestion MedicationIngredients on all topicals are listed in the order of predominance that means whatever has the most. The #2 and #3 ingredients in Icy Hot are both aluminum compounds (which is weird). Whats weirder both of them are used for stomach pains. Thats right! Aluminum Glycinate and Aluminum Hydroxide are both commonly used as an antacid to treat for heartburn and indigestion. This means they can be great for treating people with peptic ulcer, gastritis, esophagitis, hiatal hernia, or gastric hyperacidity. Sure, that hot and cold is great, butcould we do it without the bubble gut?Numb the pain, Licodaine!Icy Hot is sort of considered a medication now that we mention it. So it makes sense that it would have licodaine in it. Licodaine is a numbing agent and as nice as it is to numb the pain sometimes, its kind of like sticking your head in a hole and hoping the bad guys go away.Img source: drugstore.comGum and DiapersSodium Polyacrylate is another interesting addition to the mix. Its a super absorptive substance that is found inside baby diapers. You see, when a baby pees in its diaper it the liquid hit the methyl salicylate. It goes from being a dry substance to ballooning up and turning into beads of a gelatin-like substance. It makes sense that something for our skin would be absorbative, but I dont know how this happened.Methyl salicylate is a flavoring agent that is often used in chewing gum. Its responsible for some of that cool minty goodness and fresh breath.The nasty onePEG-150 distearate is widely considered controversial due to its ability to penetrate the dermal layer and get into your bloodstream. Several organizations consider PEG-150 a completely hazardous ingredient for anything for human consumption. Interestingly enough, when looking at the entire scale of PEGs, its on the less dangerous end of the spectrum. Impurities found in PEG-150 have been known to include toxins such as ethylene oxide and others. We hate to use the C word, but this is bad stuff that can be very bad for your health!Img source: makingcosmetics.comMore interesting ingredientsMethylparaben to increase shelf lifeMenthol for that cool sensationCeresin a waxCellulose gum A thickening agent often used in foodCyclomethicone A silicon derivativeHydrogenated castor oil Bean oil!Microcrystalline wax ski and snowboard waxParaffin more flammable waxPropylene glycol the jury is still out on PGStearic acid and stearyl alcohol Makes it smooth and sexy and shiny Icy Hot causes the skin to feel cool and then warm with active ingredients like menthol and methyl salicylate (wintergreen oil). These ingredients simultaneously stimulate nerve receptors in the skin and block pain signals to the brain, dulling minor aches and pain. Some formulations also contain lidocaine. Icy Hot's cooling and warming sensations kick in immediately when applied to the skin. 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Icy Hot Dry Spray Contains 16% mentholUse up to three or four times daily Icy Hot Lidocaine Dry Spray Contains 4% lidocaine and 1% mentholApply every six to eight hoursUse up to three times daily Icy Hot PRO Dry Spray Contains 16% menthol and 11% camphorApply to the affected area every six to eight hoursUse three to four times a day These products are extremely flammable. Do not use them when smoking or near heat or a flame. Read their labels for further instructions. Two Icy Hot Gel formulations are available. Icy Hot Power Gel Contains 16% mentholFast-acting, quick-drying formulaApply to the affected area and massage inRepeat up to three or four times a day Icy Hot Vanishing Scent Gel Icy Hot Vanishing Scent comes in a 2.5-ounce tube with a sponge-top applicator. Contains 2.5% mentholSqueezed onto the affected areaUse the sponge applicator to massage in until absorbedRepeat up to four times a day The scent disappears quickly after application. Icy Hot cream is a non-greasy formulation that works immediately on contact. It comes in four versions: Icy Hot Cream Contains 10% menthol and 30% methyl salicylateAvailable in 1.25-ounce and 3-ounce tubesApply and massage inRepeat up to four times a day Icy Hot Advanced Cream Contains 11% camphor and 16% mentholAvailable in a 2-ounce tubeApply and massage inRepeat up to four times a day Icy Hot Lidocaine Cream Contains 4% lidocaine and 1% mentholAvailable in 1.75-ounce and 2.7-ounce tubes Icy Hot PRO Cream Contains 16% menthol and 11% camphorMassage into the affected area every six to eight hoursUse up to four times a day Icy Hot is a topical pain reliever that comes in multiple strengths, formulations, and combinations of ingredients. Some store brands are similar to Icy Hot, such as Walgreens's store brand Cool N Heat products. Pricing and ingredients may differ between brands and products. Be sure to follow the instructions on the product label. Talk to your healthcare provider before trying new medicinal products. Possible concerns include allergies and sensitivities, drug interactions, and effects on other health conditions. Icy Hot causes the skin to feel cool and then warm with active ingredients like menthol and methyl salicylate (wintergreen oil). These ingredients simultaneously stimulate nerve receptors in the skin and block pain signals to the brain, dulling minor aches and pain. Some formulations also contain lidocaine. Icy Hot's cooling and warming sensations kick in immediately when applied to the skin. Depending on the formulation and the severity of your pain, the pain relief can last anywhere from a few hours to up to 12. IAN HOOTON / Getty Images Icy Hot topical pain relievers use counterirritants, which act on pain receptors to dull minor aches and pains. Conditions Icy Hot products may help with pain relief include: Minor arthritis painSimple backacheMuscle sorenessStrains and sprainsBruisesCramps, including period cramps Icy Hot may work for neuropathic pain. However, there is weak evidence to support this claim. Icy Hot may provide pain relief via counterirritation for inflammatory conditions, but it does not reduce inflammation. The active ingredients in Icy Hot vary from product to product. Some common compounds include:MentholMenthol and methyl salicylateMenthol and camphorMenthol and lidocaine (a topical anesthetic) Icy Hot is for external use only. The ingredients cause a cool sensation followed by warmth. So first it feels "icy," and then it's "hot." Few studies have investigated the effect of pain patches like Icy Hot's. Most of them have been of poor quality. A prior version of Icy Hot contained capsaicin. This line of products has been discontinued in the United States. Always follow the instructions on the label of Icy Hot products. Each product has its own instructions. Some forms are stronger than others. All Icy Hot products say they're for adults. They shouldn't be used by children under 12 unless a healthcare provider approves. To use Icy Hot safely:Use only as directed.Avoid contact with eyes or mucous membranes.Do not apply to wounds or irritated, broken, or damaged skin.Do not bandage tightly or use it with a heating pad.If you're prone to aspirin or salicylate allergies, ask a doctor before using methyl salicylate products.Do not apply to skin folds.Do not expose the treated area to direct sunlight or heat.Stop use right away if you have a severe burning sensation. If you experience significant burning with any Icy Hot products, stop using the product immediately and flush the area with cool water for 15 minutes. Then, wrap the burn with a sterile bandage to protect it.Topical pain relievers may cause first-to-third-degree chemical burns, the U.S. Food and Drug Administration (FDA) warns. This applies to topical pain relieverscreams, ointments, lotions, and patchesincluding menthol, methyl salicylate, lidocaine, or capsaicin. You can buy a wide range of over-the-counter (OTC) products under the Icy Hot brand. They include: PatchesSleevesBalmsRoll-onsDry spraysGelsCreams These products come in various strengths and combinations of ingredients. FormDosageIngredientsFrequencyBack Patch5%MentholUp to 8 hours each, up to 3 patches per dayAdvanced Relief Patch7.5%MentholUp to 12 hours each, one only per dayLidocaine Patch4% 1%Lidocaine MentholUp to 12 hours each, only one at a timeSleeve16%MentholUp to 8 hours each, up to 3 sleeves per dayBalm7.6% 29%Menthol Methyl salicylateUse up to 4 times per dayNo Mess Roll-On16%MentholUse up to 4 times per dayLidocaine No Mess Roll-On4% 1%Lidocaine MentholUse up to 3 times per day, every 6-8 hoursDry Spray16%MentholUse up to 4 times per dayLidocaine Dry Spray4% 1%Lidocaine MentholUse up to 3 times per day, every 6-8 hoursPower Gel16%MentholUse up to 4 times per dayVanishing Scent Gel2.5%MentholUse up to 4 times per dayCream10% 30%Menthol Methyl salicylateUse up to 4 times per dayAdvanced Cream11% 16%Camphor MentholUse up to 4 times per dayLidocaine Cream4% 1%Lidocaine MentholUse up to 4 times per day Icy Hot offers three patches: Icy Hot Back Patch, Advanced Relief Patch, and Lidocaine Patch. 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