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## Best Heating Pads of 2024

By [Corey Whelan](#)



Reviewed by [Marlo Jappen Porto](#)

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Heating pads increase in temperature quickly and evenly, supplying relief to aching muscles and joints. No matter what your age or activity level, having one in your self-care arsenal is bound to come in handy.

These devices work by increasing blood flow to aching muscles and improving the elasticity of connective tissues. Studies show that heat therapy is beneficial for reducing lower back pain, muscle soreness, and menstrual cramps. Heating pads have lots of other uses, too. In the list below, we've identified the best heating pads, keeping budget in mind and including input from medical experts.

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## Best Overall

### Pure Enrichment PureRelief XL – King Size Hea...



#### PROS:

- ✓ Automatic two-hour shut-off

#### CONS:

- ✗ Expensive for some budgets

[Buy From Amazon](#)

- ✓ Six heat settings
- ✓ Machine-washable

- ✗ Doesn't have vibration massage

The length and width of this heating pad make it easy to use on most areas of the body, from stiff necks and shoulders to aching legs and feet. Despite its large size, it's lightweight at 1.25 pounds. Its large size makes it adaptable for other uses, too. In reviews, a customer mentioned using this heating pad to warm bread dough while it was rising.

This heating pad has six temperature levels. You can adjust the heat settings from 101 to 140 degrees Fahrenheit. A cushy covering will protect your skin from burning. However, when using a heating pad, hotter isn't necessarily better. "The temperature against your skin should feel comfortably warm, not hot," says Dr. Ingrid Allstrom Anderson, P.T., holder of a doctorate in physical therapy and owner of Intown Physical Therapy in Atlanta, Georgia.

Different parts of your body may be more sensitive to heat than others, so use your judgment when determining which setting to use. Also, take extra caution if your child is using the heating pad. Whether it be for growing pains or aches of any kind, only set the pad to its lowest setting during use.

This heating pad warms up quickly. It comes encased in a plush, machine-washable cover, which can be dampened to provide a moist-heat option. If the feeling of warmth lulls you to sleep, it has an automatic two-hour shut-off that protects both you and the pad from overheating.

It features an extra-long cord and an easy-to-read liquid-crystal display (LCD) on a handheld controller. It comes with a five-year warranty. You can use your health savings accounts (HSA) or flexible spending account (FSA) dollars to pay for this heating pad.

## Specs

**List Price:**

\$34.99

**Dimensions:**

12 in. W x 24 in. L

Material(s):

Microplush and polyester

Cord Length:

9 ft

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[Buy From Amazon »](#)

Best Budget

Conair Moist/Dry Heating Pad »



PROS:

- ✓ Affordable
- ✓ Has moist- and dry-heat options
- ✓ Portable and lightweight

CONS:

- ✗ No automatic shut-off
- ✗ No heat settings

Buy From Conair

This budget-friendly heating pad may be low on frills, but it does offer both moist- and dry-heating options. Dr. Anderson mentions that moist heat penetrates deeply and is long-lasting.

The smaller size of this heating pad may make it a good choice for targeted pain relief. It may also be the right size for alleviating tension headaches. “Heating pads promote relaxation and reduce stress in the body,” says Lauren Thayer, RN, a registered nurse at HealthCanal.

There are no heat setting options to choose between, but users say this heating pad provides a feeling of moderate heat. One customer mentioned that she uses it to warm her cats. The device is covered by a limited three-year warranty.

Specs

List Price:	\$22.99
Dimensions:	11.5 in. W x 13.5 in. L
Material(s):	Cotton cover and absorbent sponge
Cord Length:	6 ft

EXPAND LIST ▾

[Buy From Conair »](#)

Best for Back Pain

Pure Enrichment WeightedWarmth Weighted ...

**PROS:**

- ✓ Three temperature settings
- ✓ One-hour automatic shut-off
- ✓ Delivers 6 pounds of weighted pressure

**CONS:**

- ✗ Not machine-washable (spot-clean-only)
- ✗ Expensive for some budgets

[Buy From Pure Enrichment](#)

Back pain is a common complaint with a wide variety of causes. In some instances, a heating pad may be beneficial for short-term back pain relief. "Heating pads can be helpful for back pain," says Dr. Robert Biernbaum, chief medical officer at [WellNow Urgent Care](#). He adds, "They work by decreasing pain signals and increasing blood flow to the injured area. This can lead to muscles relaxing and decreasing spasm."

The Pure Enrichment WeightedWarmth pad combines the benefits of a heating pad with those of a weighted blanket. Weighted pads produce gentle pressure, which reduces pain and anxiety, and can enhance sleep. The

combination of heat and weight in this 6-pound heating pad may feel pleasant and comforting, soothing aching back muscles.

It features three temperature settings, ranging from low (113 degrees Fahrenheit) to medium (122 degrees Fahrenheit) to high (131 degrees Fahrenheit). It’s large enough to cover your entire back. If you have sciatica pain, you can also adjust it to cover your lower back, buttocks, and upper thighs. This device comes with an alternating current (AC) adapter and a five-year warranty.

Specs

List Price:	\$54.99
Dimensions:	21 in. W x 32 in. L
Material(s):	Quilted micromink velvet
Cord Length:	6 ft

EXPAND LIST ▾

[Buy From Pure Enrichment »](#)

Best for Menstrual Cramps

Slimpal Cordless Heating Pad Lite »

**PROS:**

- ✓ Offers three heat levels and three massage levels
- ✓ USB rechargeable device provides up to seven hours of power
- ✓ Heats fully in five seconds

**CONS:**

- ✗ Emits faint sound during use
- ✗ Expensive for some budgets

[Buy From Amazon](#)

The Slimpal Cordless Heating Pad Lite is worn like an elastic belt. It's designed to alleviate menstrual cramps so you can go about your day in relative comfort. The 52-inch adjustable belt can also be worn against the lower back to alleviate back pain.

"Heating pads can provide relief from menstrual cramps by relaxing the uterine muscles and increasing blood flow to the area," explains Sam Tejada, president and founder of Liquivida, a wellness center that offers vitamin IV therapy, and author of "How to Win at Modern Wellness." He cautions that

severe or debilitating cramps and those accompanied by heavy bleeding, dizziness, or fainting should be assessed by a healthcare professional.

This heating pad combines three heat levels with three levels of vibration massage. [Data](#) indicates that massage can reduce the pain caused by menstrual cramps, including severe cramping caused by endometriosis.

For charging, this heating pad is compatible with USB-C ports. It utilizes a graphene chip and far infrared technology to provide nonelectrical heat. “Infrared heating pads use infrared radiation to increase the temperature of the skin,” explains Dr. Anderson, who says she prefers this type of heating pad. “Their big disadvantage is cost, with most costing in the \$200+ range. I would only recommend these for someone who has already tried one and knows that it works for them, due to the cost,” she adds. The Slimpal Cordless Heating Pad Lite is less expensive than some other devices that utilize this technology.

Specs

List Price:	\$39.99
Dimensions:	3.6 in. W x 7.5 in. L with a 52-inch belt
Material(s):	Elastic belt
Cord Length:	N/A

[EXPAND LIST](#) ▾

[Buy From Amazon](#) »

Best for Neck and Shoulders

Max Kare Heated Neck and Shoulder Wrap »

**PROS:**

- ✓ Can be used as a heating pad or cold pack
- ✓ Designed specifically to target the neck and shoulders
- ✓ Contains lavender and chamomile, which may provide aromatherapy benefits

**CONS:**

- ✗ May be too large to heat evenly in smaller microwaves
- ✗ No temperature settings

[Buy From MaxKare](#)

Traditional heating pads can be cumbersome to position on certain areas of the body. This heating pad is designed to be worn on the neck and shoulders. It eliminates the need for straps or constant readjusting of the pad.

The Max Kare Heated Neck and Shoulder Wrap can be heated in a [microwave](#) or cooled in the freezer, delivering either hot or cold muscle pain

relief. Dr. Anderson typically recommends heat over cold unless there’s swelling. However, she does mention that ice is great for preventing tissue death and, for some people, temporary pain relief. The best rule of thumb is to experiment with both temperatures and see which one works best for you.

The interior fill of this heating vest is made from an herbal mixture that includes lavender, lemon granules, and chamomile. These ingredients are often used in aromatherapy and may provide more than simply a lovely fragrance. Some [studies](#) indicate that aromatherapy has benefits for reducing pain.

Specs

List Price:	\$39.99
Dimensions:	11.2 in. W x 19.7 in. L, 4.7 in. H (behind-the-neck piece)
Material(s): Dacron outer shell with herbal mixture interior	Dacron outer shell with herbal mixture interior
Cord Length:	N/A

EXPAND LIST ▾

[Buy From MaxKare »](#)

Best Cordless

Sunbeam GoHeat Cordless Heating Pad »

**PROS:**

- ✓ Removable battery allows you to machine-wash the heating pad
- ✓ Three heat settings
- ✓ Two-hour automatic shut-off

**CONS:**

- ✗ May move around slightly when worn, according to reviews
- ✗ Some users say the battery takes a long time to charge

[Buy From Amazon](#)

At 1.5 pounds, this cordless heating pad is portable and wearable. It has three heat settings that go from Low to High-Level. If you prefer moist heat, spray the outside of the pad before or during use.

It's powered by a removable lithium-ion battery. For easy maintenance, the flexible pad can be [machine-washed](#) once the battery is removed. The unit heats up in 30 seconds and provides long-lasting heat for up to four hours when it's kept on the Low setting. The removable and washable 55-inch strap can be adjusted to fit around your waist, leg, or shoulder.

This heating pad is a Food and Drug Administration (FDA) registered Class II Medical Device. It's also Underwriters Laboratories (UL) certified, which means that it meets strict safety standards. It's intended for adult use only. You can purchase it with your HSA/FSA account. It comes with a one-year limited warranty.

Specs

List Price:	\$79.99
Dimensions:	9.5 in. W x 12 in. L
Material(s):	Micromink polyester
Cord Length:	N/A

EXPAND LIST ▾

[Buy From Amazon »](#)

The Bottom Line

Heat is recommended by healthcare providers as an effective at-home treatment for alleviating or reducing musculoskeletal pain, joint pain, and menstrual cramps. We chose the Pure Enrichment PureRelief XL – King Size Heating Pad as our top pick because it's lightweight while still offering a large coverage area. It has six heat settings, so there are lots of options for customization. Plus, it has an extra-long cord and an easy-to-read display, making it convenient for users.

Heating pads vary in size, temperature level, and features. If you have chronic body pain, consider getting a heating pad that comfortably covers the area where you typically have discomfort. Also, think about add-on features that might be beneficial or enjoyable like massage or aromatherapy.

Remember that heating pads are a treatment and not necessarily a cure. If you have pain that persists or is accompanied by other symptoms, talk to your healthcare

provider about additional treatment options.

## Things To Consider When Buying Heating Pads

**Size:** The width, length, and shape of the heating pad will all affect your ease of use. Pads that are too large may be hard to position on your neck, hand, or forehead. Heating pads that are too small won't easily accommodate large body parts like your legs or back.

When purchasing this type of device, think about how you anticipate using it. Heating pads often aren't high-ticket items so, if necessary, consider buying multiple pads to accommodate multiple areas of your body.

**Materials:** Look for a flexible material that will be soft to the skin and comfortable to use. If you have sensitive skin, search for a heating pad made from natural fabrics.

Also, keep maintenance in mind. Not all heating pads can be machine-washed. If you're getting a wearable device, consider how you will launder or spot-clean it.

**Temperature Settings:** Many heating pads come with multiple temperature options. Never place a pad that isn't covered in fabric directly on your skin. You can easily burn or scald your skin at high temperatures or with sustained use.

Make sure the temperature is comfortable and not too hot. There's no data indicating that hotter temperatures are more effective for pain relief.

**Safety:** Children should only use heating pads at low settings, and it's not a bad idea to check in with your child's pediatrician before use. Remember that things like straps can pose a hazard to children.

Heating pads are safe for adults, provided that they're used correctly and at an appropriate temperature. Of course, if you're using an electrical pad, don't immerse it in water during use.

**Care:** Always follow the manufacturer's instructions for cleaning and storing your heating pad. If your pad comes with a warranty, note the specifics so you can return it if it malfunctions or breaks during the warranty period. Fill out and mail the

registration card that comes with your pad. This will ensure that you're contacted in case of a recall.

**Additional Features:** Features like automatic shut-off can be beneficial, especially if you think you may fall asleep while using a heating pad. Temperature controls and massage are other features that may make your heating pad more effective.

## How We Chose the Best Heating Pads

To choose the heating pads on this list, we consulted with the following healthcare professionals, who have extensive knowledge about the safety and efficacy of at-home pain treatment products:

- [Dr. Ingrid Allstrom Anderson, P.T.](#), holder of a doctorate in physical therapy and owner of Intown Physical Therapy in Atlanta, Georgia
- [Lauren Thayer, RN](#), a registered nurse at HealthCanal
- Dr. Robert Biernbaum, chief medical officer at [WellNow Urgent Care](#)
- [Sam Tejada](#), president and founder of Liquivida, a wellness center that offers vitamin IV therapy

Additionally, we thoroughly researched heating pads for important attributes like safety, temperature control features, comfort, ease of use, and product longevity. We read and reviewed hundreds of customer reviews on multiple sales sites to look for red flags (like poor product workmanship or bad customer service), and we kept budgets in mind. Heating pads may not be a "splurge," but we still wanted our readers to get maximum benefits for the least amount of money.

## WHY SHOULD YOU TRUST US?

At U.S. News 360 Reviews, our contributors and editors have years of experience researching, testing, and reviewing products. [Corey Whelan](#), the author of this piece, has more than a decade of experience reviewing health products. She also has chronic back pain and has personally sought at-home pain relief treatments. Heating pads were first recommended to her by a physical therapist. They've provided her with short-term relief for years.

## FAQ

**How do heating pads help with pain?**



**How long should you use a heating pad?**



**What's the ideal temperature range for a heating pad?**



**Can you use a heating pad while pregnant?**



**Are there any risks associated with using a heating pad?**



## About Our Team



### Corey Whelan

Contributor



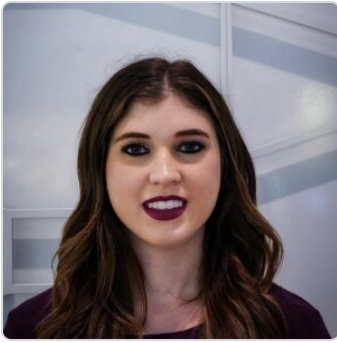
Corey Whelan is a patient advocate, freelance health writer, and small business owner based in Brooklyn, New York. She specializes in reviewing consumer products that make people healthier, happier, and safer. Whelan contributes content to a wide range of sites including Verywell Health, Healthline, and Well+Good.

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Marlo Jappen Porto is a former editor for U.S. News 360 Reviews, focusing on home goods. Prior to joining the team, she was a researcher at NBCUniversal, where she gathered compelling and relevant archival content for live broadcasts. In addition, she has spent years working as an editor and community journalist.

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