

## How can HEALI Bump help?

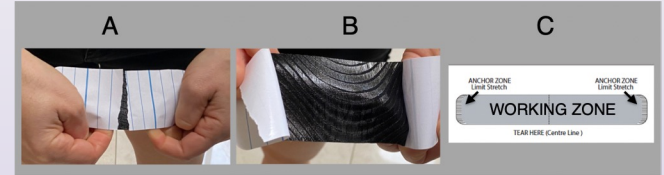
- ❖ Can also help if the rectus abdominus (the “six pack” muscle) is stretching over your expanding baby by pushing the two parts of the muscle closer together
- ❖ Reduces irritation of itchy skin/stretched out skin
- ❖ Preventing diastasis recti (common condition in pregnancy causing the splitting of central abdominal line)

## What do you need?

- ❖ Prepped skin that has been cleaned with water or alcohol to get rid of oil or residue
- ❖ 3 Strips of HEALI tape

## How to Tape

Tear the center of the paper backing and slowly peel back the paper



Apply one strip horizontally across the lower belly underneath your belly button



## How to Tape

Use 2 more strips to make an X over your belly button.

Make sure to apply these starting from the hip bone and use slight tension to pull up and across your belly button.



*\*\*Rub in the tape to activate the ingredients*

*\*\* Only remove tape when fully dry*