

How can HEALI Bump help?

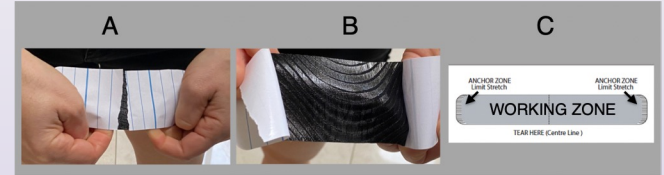
- ❖ Helps to add support and relieve pain by lifting your bump
- ❖ Assists to relieve pressure in lower belly
- ❖ Reduces irritation of itchy skin/stretched out skin
- ❖ Preventing diastasis recti (common condition in pregnancy causing the splitting of central abdominal line)

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

Using the two additional strips: place one end of the tape under the belly and to the right side of the centerline. Repeat on the left side of the centerline.



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

*** Only remove tape when fully dry*