

How can HEALI Bump help?

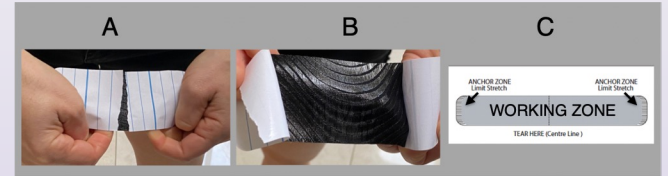
- ❖ The increased weight of your bump adds extra pressure on your lower back which can cause pain and discomfort
- ❖ Heali Bump's Magnesium infusion helps prevent and support low back pain by providing additional muscle flexibility, pain relief and accelerated recovery

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 back and align the center of the strip with your spine



## How to Tape

Using the two additional strips: place one end of the tape starting just below your horizontal tape strip and to the right side of your spine. Repeat on the left side of your spine.



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

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