

How can HEALI Bump help?

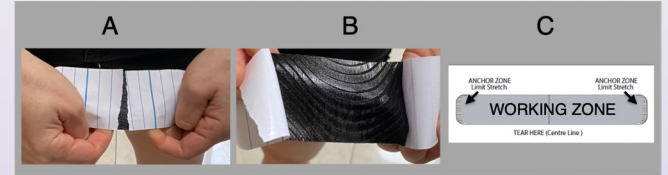
- ❖ Pregnancy can often cause pressure on the sciatic nerve which can lead to weakness, numbing or tingling in the leg
- ❖ Heali Bump's Magnesium infusion can help to promote healing and the tape can help with stability and a decrease in swelling

What do you need?

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

How to Tape

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



Form an X with the two strips of tape. Apply the first strip starting near the tailbone and place on a downward angle in the direction of your buttocks. Repeat with the second strip in the opposite direction.

