

How can HEALI Bump help?

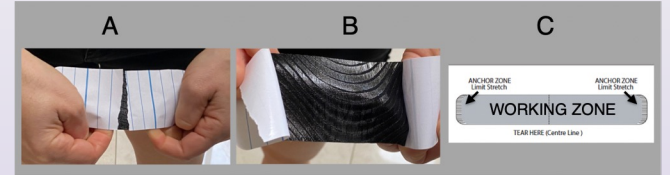
- ❖ During pregnancy, the additional weight places increased stress on your muscles, leading to muscle tightness
- ❖ This causes the compression of the lateral femoral cutaneous nerve
- ❖ Heali Bump's magnesium infusion enhances muscle flexibility, potentially preventing nerve entrapment and reducing related discomfort.

What do you need?

- ❖ Prepped skin that has been cleaned with water or alcohol to get rid of oil or residue
- ❖ 1 Strips of HEALI tape for your outer thigh
- ❖ 2 Strips of HEALI tape for your quadriceps

How to Tape

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



Outer Thigh Taping: Apply one strip vertically starting from the top of the outer thigh and extending in the direction of your knee.



How to Tape

Quadricep Taping: Apply the first strip of tape vertically on the front of your left upper thigh, angling it toward your knee in a slight "C" shape. Repeat the process on the right side of your upper thigh.



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

*** Only remove tape when fully dry*