



Step 1: Clean the skin:

Clean the skin thoroughly to remove oils, lotions, or sweat.

Step 2: Peel and Apply Anchor:

Start with an anchor: Peel the backing from a small strip of tape and apply it with little to no stretch. This provides a base for the rest of the tape.

Step 3: Stretch and Apply:

For the main pre-cut strip, stretch the tape to the desired tension (usually 20-75% stretch, depending on the goal) as you apply it. Lay it down smoothly without wrinkles, allowing the ends to be applied with no tension.

Step 4: Rub and Activate Adhesive:

Rub the applied tape with your hands to activate the adhesive. The heat generated helps the tape adhere better to the skin.

Step 5: Removing the Tape:

- **Peel Gradually:** When removing the tape, peel it off gradually, pulling parallel to the skin to minimize discomfort.
- **Use Oil:** Applying a small amount of oil to the tape edges can help reduce adhesive resistance and make removal more comfortable.
- **Skin Care:** After removal, cleanse the skin to remove any adhesive residue and moisturize if necessary.

TIPS FOR BETTER RESULTS:

- **Body Hair:** If applicable, consider shaving the area to improve tape adherence.
- **Avoid Overlapping:** Try to avoid overlapping the tape directly onto itself, especially at the ends.
- **Smooth Application:** Smooth out the tape with your hands to ensure proper adhesion and reduce the risk of peeling.
- **Activation:** Rub the applied tape gently to activate the adhesive and enhance adherence to the skin.
- **Consider Tension:** Be mindful of the desired tension in the tape, as different tensions can achieve various therapeutic effects.

