

Care Information

How to apply a patch

1. Gently clean and dry the desired area of skin with soap and water.
2. Avoid using oily or moisturising products.
3. Press and hold down the patch for about 10 seconds, ensuring the edges are well adhered.
4. **Important note:** Exposure to sweat or moisture can compromise patch adhesion. If a patch falls off, clean the area and reapply a new one.

How long can I wear a patch

Apply one patch for 8 hours per day to support consistent results and proper absorption of ingredients.

How to clean adhesive from skin

Apply a small amount of Vaseline to a flannel or cotton pad. Gently rub onto the desired area.

Alternatively, you can use body lotion, baby oil, baby wipes, rubbing alcohol or even cooking oil for effective cleaning.

Patch Placement Advice

Apply patch to a 'pulse points' to improve absorption and enhance results.

