

## ALLERGY TEST, HOW TO CUT & REMOVE CORRECTLY

Before you start to work with kinesiology tape, you need to do an allergy test. Cut a little piece of kinesiology tape with sharp scissors and apply on your cheek bone. Remove the tape in 30 minutes- 2 hours. Very slow and carefully, step by step remove tape from the skin. No waxing movements!

Attention! Applying kinesiology tape, avoid big moles. Do not overstretch your skin and not stretch tape. In 15-20 minutes after the application, if you still feel tape uncomfortably lifting your skin, remove your application and apply another one. It means you overstretched skin or tape.

Kinesiology tape has elasticity which equates to the elasticity of the human skin. KT has elasticity in only one direction- **lengthwise**. After you cut your application, please, always pay attention if your application was cut correctly and tape has elasticity after you remove the backing paper.

### POSSIBLE SKIN REACTIONS:

- Bleaching or redness- this is normal reaction of blood and lymph circulation improvement.
- Small red itching rash- allergic reaction. Remove the tape, wash this place with antibacterial soap, do not use tapes for a week. Do not use this tape on your face (use it on your body). Try another product for your face, like Gentle tape for allergic people or baby skin.



**NIGHT KINESIOLOGY TAPING** works on the relaxation of the muscles in hypertonicity and activating muscles in hypotonicity. First, you need to use night kinesiology taping for a month every day. After the muscle memory starts to work, you can use tapes 1-2 times a week.

**LYMPHATIC DRAINAGE KINESIOLOGY TAPING** you can use during the day from 30 min to 2 hours 1-2 times a week.

## WHERE TO BUY FACE TAPE

My favorites now:

- KINESIO TEX GOLD LIGHT TOUCH +(USA) for face
- KINESIO TEX GOLD (USA) for body
- NITTO DENKO GENTLE (JAPAN) for face

All kinesiology tapes are available at my website <https://faceworkoutco.com/shop>

## WHAT TYPE OF KINESIOLOGY TAPE TO USE ON THE FACE

### FACE TAPE

- Cotton blend. Not synthetic.
- Latex free
- Hypoallergenic glue.
- Tapes marked GENTLE or FOR SENSITIVE SKIN
- One day wear

### BODY TAPE

- Cotton blend or synthetic.
- Latex free acrylic glue
- Multiple day wear
- Water resistant

### CONCLUSION

Body tape we wear usually 3-7 days and it's stick to your body better. It was designed for long wear and it have more aggressive glue. If you will use it on your face- you can get allergic reaction like redness and itchiness plus peel with it upper layer of your facial skin.

Face tape was invented for those who have sensitive skin- for use in pediatrics (for baby skin) or allergic people. Because hypoallergenic glue is very gentle on your skin, you can wear it only for a day. I do not recommend to use this type on your body because this tape will start to peel off the next day.