

**How to Safely Remove RockTape™**

1. **Get it off GENTLY:** RockTape™ sticks well, but it does come off quite easily if you are careful. PLEASE DON’T USE THE “BAND-AID” TECHNIQUE OF “GRIP AND RIP”. When using any type of adhesive tape on skin, most skin irritation occurs when the skin is subject to traction force with an aggressive removal technique.  RockTape™ comes off more easily when it is wet, and we recommend peeling the tape back on itself SLOWLY, rolling in the direction of hair growth (to avoid a waxing effect), and if possible, whilst supporting the skin behind the tape as it is gently eased away.
2. **Removal of residual adhesive:** If you have any residual adhesive on the skin when you remove your RockTape™, you can remove residual adhesive quickly and easily by rubbing skin with the adhesive side of the recently removed RockTape™.
3. **Keep it on as long as possible:** RockTape™ comes off easiest when it has run its course. As long as you are not experiencing irritation or discomfort, keep RockTape™ on for its recommended 3-5 days or until it starts peeling off on its own.
4. **Pro Tip!**: Use an oil to break down the adhesive property of the tape. Baby oil, coconut oil, even olive oil can help to dissolve the adhesive. Apply liberally and let sit for 20-25 minutes then follow safe removal protocol.