

GEL LINER CARE

Wash the liner every day.

Hold the liner on your hand gel side out, and run it under tap water.

Squirt a small amount of liquid soap (preferably anti-bacterial) into your hand.

Rub it all over the gel side of the liner.

Rinse THOROUGHLY! Soap residue can cause skin irritation or blisters.

Dry with a lint free cloth.

Turn it cloth side out and put it aside.

Rotate your liners every day. Wear one while you are washing the other then switch the next day.

Switching liners every day helps prolong the life of the liners, and helps restore their cushion effect.

Once a month, spray isopropyl alcohol onto the gel side then wash normally.

Always turn the gel side out and roll the liner onto your skin. Pulling the liner on like a sock can actually rip your skin. After the liner is on correctly, slide your hands from the bottom to the top to work out any air bubbles.