

# ALL DAY HEELS™



## Instructions

**Proper positioning is important so make sure you read all the instructions.**

### 1. Preparation - Expose Adhesive for Placement

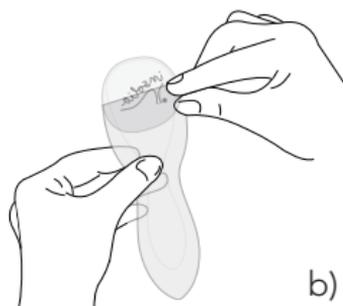
Insolia Inserts have a thin, clear backing film. You need to separate a little of the backing film from the insert to start so you can position them in the correct place before fully adhering them to your high heels



**Select an insert** – there is no difference between right and left.

**Peel some of the backing strip off.**

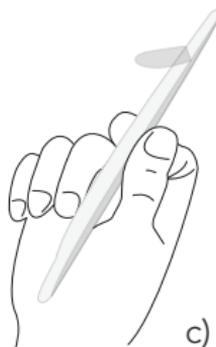
It's easiest to start with the side of the insert as shown in diagram a) and then at the rounded top edge shown in diagram b).



If you have difficulty, try flicking the edge with your thumb or fingernail to loosen the backing film.

**Don't remove the backing film yet.**

**Fold back the backing film** from the rounded end of the Insolia Insert to expose just enough of the adhesive to hold the Insolia Insert in place during the initial positioning, as shown in diagram c). Folding down to the middle of the logo as shown in the drawing should be enough.



**Ensure your shoe is clean and dry** before proceeding to the next step or the adhesive will not stick properly.

## 2. Positioning

Place the Insolia Insert, sticky side down, about 3 mm from the back of the shoe with the pointed end towards the toes.



Repeat steps 1 - 2 with other insert and shoe.

Note: If your shoes have narrow arches, angle the pointed end slightly towards the big toe side of the shoe, like shown.



## 3. Testing

Put both shoes on and stand up. If you feel an uncomfortable bump you need to make adjustments. Feeling "different" is OK, feeling pain is not.

## 4. Adjustments

Make small adjustments (3mm at a time) until the uncomfortable bump is gone – this can make a big difference to your Insolia experience so take the time to get it right.

- If you feel a bump under your heel, move the insert toward your toes.
- If you feel a bump under your arch, move the insert toward your heel.
- You may need to rotate or angle the insert slightly to find the best position.
- Don't worry if the left and right inserts differ in position.



## 5. Final Placement

Remove the remaining backing film, peeling from the heel to the toe. Press down firmly.

**You are now ready to enjoy All Day Heels with Insolia!**



**Important:** Insolia Inserts are intended for use in high-heeled shoes solely to make them more comfortable. They are not intended to treat medical conditions, nor should they be a substitute for custom foot orthotics. Consult your healthcare professional if you have any questions about your specific condition and whether Insolia Inserts are right for you.

Insolia Inserts should not be moved from shoe to shoe. Do not install Insolia inserts into shoes that already have Insolia built in. Insolia may not adhere to all shoe surfaces. Insolia® is a registered trademark of HBN Shoe, LLC US Patent 7,322,132. Other patents issued and pending. Insolia inserts are distributed in Australia by Yaya & Sky Pty Ltd T/A All Day Heels™. 30 day money back guarantee.