How to Clean Your Vitalist Health Band

Inas B. - 2026-11-16 - Charging & Everyday Care

Cleaning your Vitalist Health Band regularly helps keep it comfortable to wear and prevents dirt, sweat, and residue from building up.

Clean the band at least once a week and after heavy sweating.

What you will need

- A soft, lint-free cloth.
- A small amount of clean water.

A lint-free cloth is a soft cloth that does not leave small fibres behind.

Clean the band

1. Remove the band from your wrist.
2. Lightly dampen the cloth with water. Do not soak it.
3. Gently wipe the outside and underside of the band.
4. Pay attention to the sensor area and charging contacts.
5. Use a dry, soft cloth to remove any remaining moisture.
6. Let the band dry completely before wearing or charging it.

What should I avoid?

Do not:

- Submerge or soak the band in water.
- Use bleach, harsh cleaning products, solvents, or other strong chemicals.
- Put the band in a dishwasher or washing machine.
- Put the band in a clothes dryer.
- Scrape the sensors or charging contacts with sharp objects.
- Use abrasive materials that could scratch the band.

Before charging

Make sure the band and its charging contacts are completely dry before connecting the charging cable.

If you notice damage, corrosion, or unusual changes to the band, stop using it and contact Vitalist Support.