Can I Wear the Band If I Have Sensitive Skin?

Inas B. - 2026-11-14 - Health, Safety & Support

The Vitalist Health Band is designed to be worn against your skin throughout the day and night. However, some people may experience irritation or discomfort from wearing a wearable device.

The band contains materials including nylon, zinc-aluminum alloy, and polycarbonate. If you have a known allergy or sensitivity to any of these materials, speak with your doctor before using it.

How can I help prevent skin irritation?

- Keep the band and the skin underneath it clean and dry.
- Clean the band regularly, especially after heavy sweating.
- Wear it snugly but comfortably. You should be able to fit one finger underneath the band.
- Avoid fastening it so tightly that it causes pressure or discomfort.
- Check your skin regularly, especially if you wear the band overnight.

For cleaning instructions, see **How to Clean Your Vitalist Health Band**.

What if my skin becomes irritated?

Remove the band if you notice:

- Redness or a rash.
- Itching or burning.
- Pain or tenderness.
- Numbness or tingling.
- Changes in skin colour.

Do not put the band back on while the irritation continues. Speak with a healthcare professional if symptoms persist or you are concerned.

If the band itself appears damaged, contact Vitalist Support at **support@vitalist.ca**.

Your comfort and safety are more important than keeping the band on continuously.