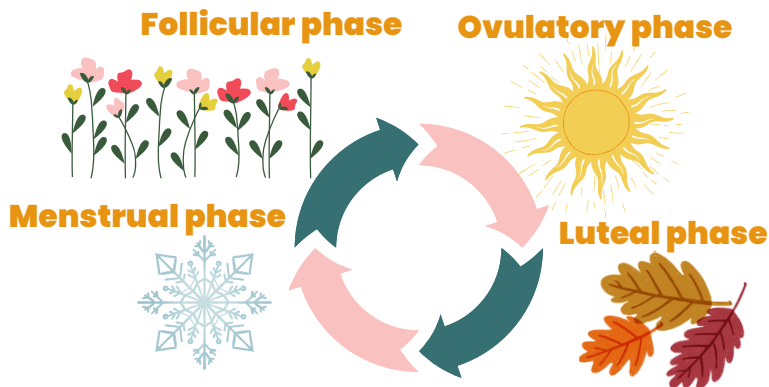


LET'S TALK ABOUT REUSABLE PADS

DIVINE
DR PS

A menstrual cycle has 4 parts or stages. They are roughly as follows:



During the **menstrual phase** you'll need a menstrual product which makes you feel comfortable and let you do your normal life while menstruating. Reusable pads are one of those options, but...

What are the Reusable Menstrual Pads?

They look like disposable pads made of cotton, chemicals and fragrances that women use to manage their period and once they're used they finish in the trash. Reusable menstrual pads also help to manage our period, but, instead of finishing in the trash, they could be used for years!



How to use my Reusable menstrual pads.

Using a reusable pad is a powerful thing because it is better for the body, the period, and the earth. This helps us to connect with our bleed and even use the blood for things other than to be seen as "garbage". Let's review their correct use:

1

Underwear:

The one thing that is needed to successfully use a reusable pad is to have a comfortable pair of underwear that fits you, so you can attach the pad.

2

Attach the pad:

You always put the design or colorful side down and the absorbent side up. Use the buttons to snap the underwear underneath your panties so that the pad can stay secure while you are moving around.

3

Remove the pad:

The same way you put the pad on is the same way you will remove it. Each pad will absorb 10-15 ml of blood lasting most 6-8 hours. Remove the pad and fold it, you can then place it in your bag.

4

Attach the pad:

Rinse with cold water, then once you are ready to do your washing you can wash properly only with soap and let air dry. **DO NOT** use harsh chemicals and do not use the electric dryer. This will reduce the life of the product.

Let's learn how to make the **DiVINE DR PS** reusable pads.

A reusable pad is made of three layers

Top layer

Need to be soft because it'll be in contact with your skin. Also, the material should be super absorbent in order to let blood pass from the top to the middle layer.

Absorbent layer

Here occurs most of the absorption. The material of this layer needs to be strong, thermal and of course, super absorbent.

Final layer

It will be in contact with your underwear. The material of this layer needs to be waterproof so nothing could pass through your reusable pad.

Additionally, you'll need:

- A sewing machine (in case you have one available).
- A needle.
- Thread.
- A button.
- Scissors.

Now that we have our materials and our layers, let's start building our new best friends:

1

Cut your layers. We suggest to pin the pattern into the fabric so you can easily cut and have the same measurements on all your layers.

2

Join the absorbent layer to the top layer by sewing the entire edge of the absorbent layer except for a part of 3 inches, this is a part we need to save for a future step.

3

Join the final layer to the other layers by sewing the entire edge except for the part of 3 inches we previously chose. It is necessary that the top layer and the final layer are facing each other.

4

once all the layers are joined, trim all the excesses, excess threads so that your towel is perfectly accommodated. Insert your fingers into the 3-inch part that we left without seam and turn the reusable pad over, so that all the part that contains the seams and layers is on the inside. After that, sew the missing part.

5

With your scissors make a hole in one of the wings, in the other wing place a button with the help of the needle. With this, you could place your pad in your underwear.

And that's it, now you have your own reusable pad!

Cut this sample and save it to make your own reusable pads!

The pink part is for
the top layer and
the final layer, of
course, including
the wings.



The gray part is
for the absorbent
layer.



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**Do you have more
questions?
check our
educational video**

