

HOW TO USE PERIOD PANTIES.

Experience worry-free comfort and eco-conscious convenience with period panties – your ultimate partner in hassle-free menstrual care.

1. PUT THEM ON.

This is the easiest thing! just put it on as your usual underwear, you don't need anything else, it includes the absorbing material.



2. USE.

You can move, dance, exercise, etc. It's designed to absorb all the blood. You'll feel it when it's full and time to change because it will feel heavier..

3. REMOVE.

Once you feel it's full or after 12 hours, it's just like taking off your regular underwear.



4. WASH.

Immediately after removal, rinse it in cold water and hang it to drip dry (for washing later). When you wash, run without bleaches or softeners (preserves natural absorbency) and hang to dry! .



Elevate your menstrual routine with period panties, making every cycle a confident and sustainable experience.

And Remember

Your panties and pads are meant to be used by you and ONLY YOU. It is important to not share them as this can lead to infections.

If you notice anything abnormal such as discomfort or any yellow or green discharge stop use and switch to disposable pads.

Make sure the reusable menstrual product is completely dry before using and try to dry your pantie in the sunlight to kill any remaining bacteria