

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.



DiVINE
DR  **PS**

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questions?
check our
educational video**

