

# HOW TO USE A MENSTRUAL CUP.

Using a menstrual cup is a journey, here we're giving you all what you need to start.

Be patient with yourself and hear your power.

## 1. CLEANING.

**Clean your hands:** Use warm water and soap, making sure you scrub for at least 20 seconds before rinsing

**Clean your cup:** At first use boil your cup during 5 minutes. Before the start of every cycle, washing it is enough.



## 2. PRACTICE.

Practice different ways to fold your cup, once you start trying to insert it'll be easier find the best for you.

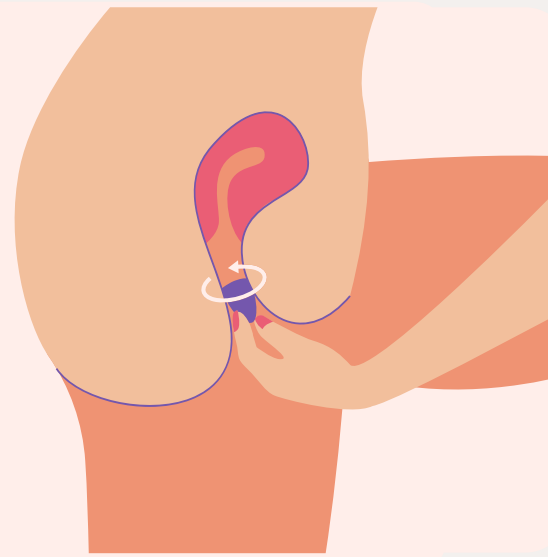
Choose the position that you feel would work best for you. Understand that your fingers are the applicator so find a position you can have access to.



## 3. INSERTION.

Relax your body and be patient, some tips are: Use water lub, try to insert after taking a shower and if the first time you can't, take a moment and try later.

Twist the cup to make sure it seals. Grab the base of the cup by the sides and turn it at least 1 full rotation.



## 4. REMOVAL.

Grab the base of the cup just above the stem and pinch the sides together. That should break the seal enough for you to pull it out.

You can put your blood whenever you want, we recommend it dissolve in water and return it to the mother earth.

Be sure we're sharing this from love and knowledge, we bet the menstrual cup will be your best friend.