



## Washable Cotton Menstrual Pads

### BEFORE USE

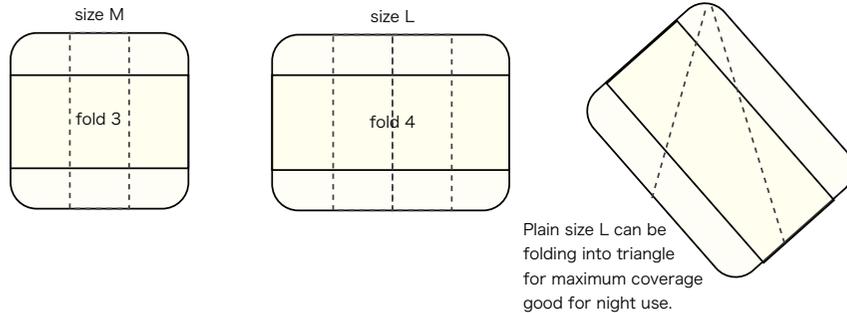
Please wash before use.

Use hot water to wash out oil residue in the fabric to maximise absorbancy, except leak-proof liners which should not be washed in hot water at all.

### HOW TO USE THE PLAIN PAD

fold the pad in to three (M size) or into four (L size) and place directly on your underwear or place it on the holder. It does not matter which side of the pad comes on top/bottom. You may use two pieces at once for heavy-flow, or change top layer with second instead of changing the whole pad when light-flow.

### basic way of folding (or be as creative as you like!)



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### HOW TO WASH

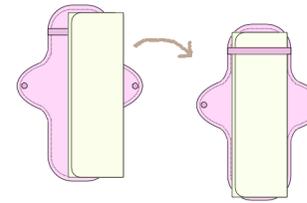
Rinse off the blood roughly with cool water first, then soak for a few hours or over-night. You may add soap or baking soda in the soaking water for better result, as well as a few drops of tee tree oil or kayu putih oil as a mild sanitizer. Then wash with soap by hand or in a washing machine with other clothes, ideally in a mesh bag.

Dry outside, under direct sunshine if possible for its natural sanitising effect.

Do not use hot water as it causes blood to coagulate and stain, and do not use softener because it makes the cloth less absorbent.

If you are going out and need to bring around used pads, wet the pads by rinsing or spraying water (with baking soda if possible) and put in a sealable plastic bag to prevent them from drying, bring them home and wash.

### USE with THE HOLDER



Place a folded pad on a plain side of a holder and slide in one side under the cotton tape, then put them on your underwear, fold down the wings and close the snaps together underneath the underwear.

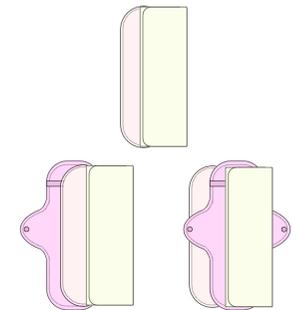
The holder does not have absorbent layer so it should always be used with the pad.

### USE LEAK-RESISTANT INSERT

This insert is useful especially on a heavy-flow day or when going out.

Place the insert under the folded pad on the pad holder or directly on your underwear with pink-colored side down (the white side up).

Do not wash the insert in very hot water or it will damage the leak-proof material.



### \*CAUTION\*

Do not use hard chemicals such as chlorine bleach for washing.

### \*MATERIAL LIST\*

**Plain Pad**  
100% cotton flannel (unbleached)

**leak-resistant insert**  
100% cotton knit  
100% linen  
inside layer : polyester & polyurethane

**Pad Holder**  
100% cotton flannel (unbleached)  
100% cotton fabric (print)  
inside layer : 100% linen

**rungu**

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