

TAKING CARE OF YOUR REUSABLE PADS

Did you know in a lifetime a woman uses 11,000 disposable period care products?

Many of these are incorrectly flushed and can reach our beaches and seas. As most are made of up to 90% plastic, they are very harmful to wildlife.

We want to show women there is another option – reusable period care products!

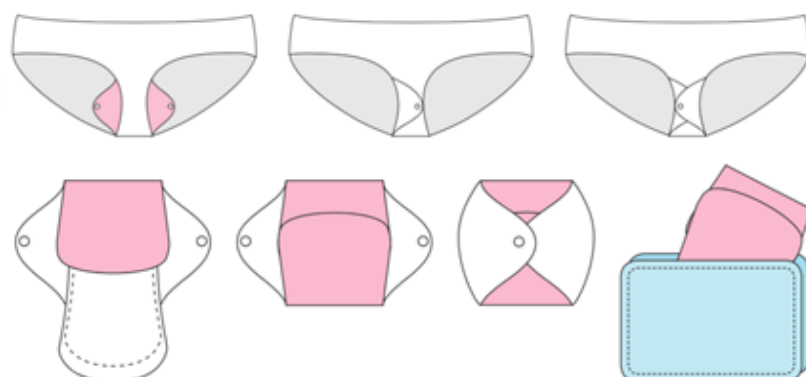


If you switched to reusable sanitary pads you could save over £1,000 during your menstruating years, whilst helping the oceans and marine life each month!

Reusable sanitary pads work in a similar way to disposable pads and are just as comfy and absorbent! Reusable pads don't contain any nasty chemicals or plastic like commercial products, meaning they are better for your body, the environment and wildlife!

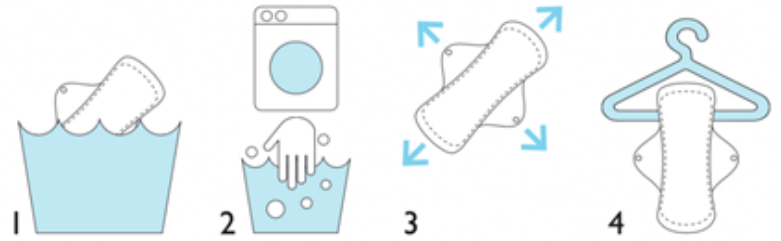
HOW TO WEAR & STORE

The patterned side sits in your knickers, with the wings buttoned together outside your knickers and the soft side touching your body. If you need to change the pad whilst out and about you can fold it up and bring it home in the washbag.



HOW TO WASH

Once your pad needs replacing, rinse and then soak it in **cold water**. Stains will stick if you use hot water straight away.



After this, you can either wash your pads by hand or in a washing machine – just don't use too much fabric conditioner and use a 30 or 40°C cycle. After washing, stretch the pad back to its original shape and hang to dry. Don't put them in a tumble dryer!

We hope you love your reusable pads and feel good about reducing plastic and helping our oceans, beaches & marine life!

They can take a little bit of getting used to, so please stick with it if they don't feel perfect in the first month. We're sure you'll soon get used to them and notice how much money you can save!

Want to buy some reusable pads instead of making them? Check out Hey Girls:



www.heygirls.co.uk

Not keen on reusable pads? No worries! There are some sustainable, plastic-free options on the market. Many supermarkets now stock plastic-free products and you can also check out companies like TOTM:



www.totm.com

