

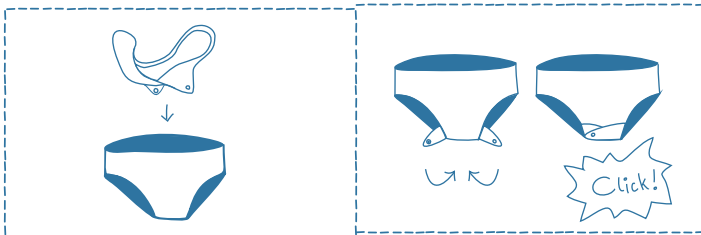
Care instructions & tips



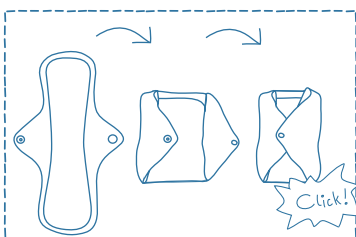
Important:
Wash before first use

CARE INSTRUCTIONS

- Washable cloth pads are worn just like disposable sanitary pads. Wear pad with solid color side facing upwards and fasten press buttons beneath underwear. Change pad as frequently as you need to feel comfortable.



- After use, soak pad in cold to warm water for at least 30 minutes. Do not soak pad in hot water, as this will set stains. You may add some detergent or a few drops of sanitizer if you wish.
- Wash in washing machine (Max. 40°C) along with other clothes, or hand wash by rubbing fabric against itself - **do not use a brush!**
- Dry by hanging on the clothes line in direct sunlight or in a tumble dryer.
- You can carry used pads by folding them as shown and then placing them in a pouch or carry bag. This will enable you to carry a soiled pad until you can wash it at home.



- For more details, watch our demonstration video: <https://www.youtube.com/watch?v=70hD56WXJ38>

TIPS

- Cloth pads should be soaked in water and then washed by hand or machine. They should be totally dry before re-use or storage. Beyond that, there is no 'right' way to wash them! You can collect used pads and wash them all at once when your period is over, wash them one by one, or whatever works best for you. Take some time to experiment and create a rhythm and routine for yourself.
- You don't need to make a complete switch to washable cloth pads all at once; start out wearing an Eco Femme pad at home for a few hours, when your flow is light. Once you feel comfortable to wear them during heavy flow and for a longer time, go for it!
- If the pad seems to move, consider wearing a tighter pair of underwear; this just might do the trick to help keep the pad in place.

Customer satisfaction is important to us. If for any reason you are dissatisfied with your kit, let us know and we will gladly replace it.