



Package 1: A washable sanitary pad pack + a menstrual cup.

1. A mixed washable sanitary pad pack

The reusable sanitary pads from Bambaw are made for women, by women to make sure they cover all your feminine hygiene needs.

What's in the pack?

- A mixed pack (3 sanitary pads for light flow, 2 for medium flow and 1 for heavy flow)
- A black, leakproof pouch with two compartments, which enables you to easily separate used and unused pads.
- A digital user guide with a chapter on how to harness the power of your period.

Washing instructions for sanitary pads

1. The sanitary pad should be washed before the first use.
2. Rinse: Clean the pads with cold water after each use. Soak in cold water for 30 minutes or rinse under cold running water. It is advised to not use hot water, otherwise long-lasting stains may occur.
3. Washing : The pads can be washed by hand or in the washing machine at 40°C. Don't worry about stains, the machine will wash the pads just like any other piece of clothing.
4. Drying: Always air dry pads as they can shrink in the dryer. The pads are made of a quick-drying material and can be used again within a few hours.

Tips:

- Baking soda is a natural stain remover. It can help remove stubborn stains while rinsing.
- Vinegar is ideal as a fabric softener. Just add a little vinegar during soaking, the dressing will become even softer.

2. A menstrual cup

The Anaé menstrual cup is made of medical platinum silicone, with no latex components and is therefore hypoallergenic. It can be worn during swimming and other sports or just at home, in the office, without any problems.

What's in the box?

- Inside the box you will find the cup, which is available in three different sizes;

1. Menstrual cup size S (16 ml): Suitable for women with a light flow. Size of the cup without the grip: 46 x 38 mm.
2. Menstrual cup size M (21 ml) : Suitable for women who have already given birth vaginally and have a normal flow. Size of the cup without the grip 49 x 41 mm.
3. Menstrual cup size L (28 ml) : Suitable for mothers with a heavy flow. Size of the cup without the grip: 52 x 44 mm.

- A detailed manual explaining the easy use of the cup.
- A cotton pouch made of 100% organic material for the cup, so that wherever you are, you are always well prepared.

A mixed washable sanitary pad pack



A menstrual cup



- **Package 2: A washable sanitary pad pack + two reusable panty liners.**

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2. Reusable panty liner (X2)

Bambaw reusable panty liners all have wings to fit and clip to your underwear easily. There are three different types of sanitary pads, but we offer you the light flow one (layer of microfiber).

A mixed washable sanitary pad pack



Reusable panty liner (X2)

