

a little
booklet about
menstruation



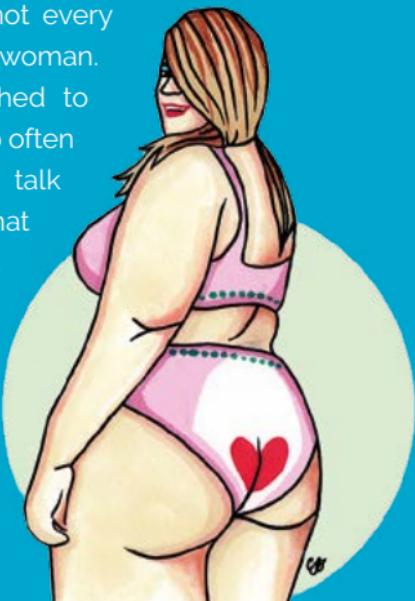
lunette

Foreword

The m-word: menstruation. What is this mysterious process that happens monthly, how will it affect me, and why does it matter? In this pocket-sized booklet, you will find a wealth of information, answers to these questions and more.

Team Lunette has written this booklet primarily for YOU: young girls becoming women, ready to begin an exciting new phase of life. We also want our little book to be 'parent-friendly' and welcome feedback. We hope to encourage easy and open discussions about this new, exciting, and sometimes confusing part of a young girl's life.

It's important to keep in mind that not every woman menstruates and not every person that menstruates is a woman. There are misconceptions attached to genders and sexualities that are so often tied to our bodies. Although we talk about girls and women we hope that you will find this booklet helpful even if you don't identify as a woman. What are we waiting for? Let's get started.



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Puberty

Puberty begins with girls on average between ages 8 and 13, usually one to two years earlier than boys. Is it any wonder that in almost any classroom across the world boys are being boys, and girls are rolling their eyes in exasperation?

WHAT WILL HAPPEN TO MY BODY DURING PUBERTY?

The signs of puberty are: growth spurts, hips become wider, breasts begin to develop, and hair begins to grow on legs, underarms and genital area. What comes next? Every girl is different and the signs of puberty also vary, so there is no point in comparing yourself to your classmates. Everyone develops at their own rate.

WHAT TO EXPECT?

As breasts begin to develop they may feel tender or sore and one breast may grow quicker than the other. This is completely normal and nothing to worry about. Some girls may develop acne and oily skin.

Discharge from the vagina is a sign that the body will soon be ready for menstruation to begin. It plays an important role in maintaining and cleaning the vagina. Later the color and appearance will vary depending on the phase of the menstrual cycle. (See section menstrual Cycle on page 16)

PERSONAL HYGIENE

Many girls sweat more during puberty and it's normal that the skin and the hair will get greasy more frequently. Personal hygiene is key here, starting with fresh underwear and a daily wash of the vulva with water. No need to clean the vulva with soap or intimate washing lotion. Water is the best cleanser, but don't overdo it. It's not recommended to wash the vagina. Discharge cleans the vagina and washing, especially with cleaning agents can damage the healthy environment of the vagina. Over washing often leads to dryness and itching. Puberty lasts several years and during that time a girl becomes a woman.

Puberty is much more than just changes in the body — the mind changes as well. Thinking and perceptions change as well as the ups and downs of growing up. Mood swings are normal, and even though they aren't easy to live through will soon pass. Adults aren't immune to mood swings either.

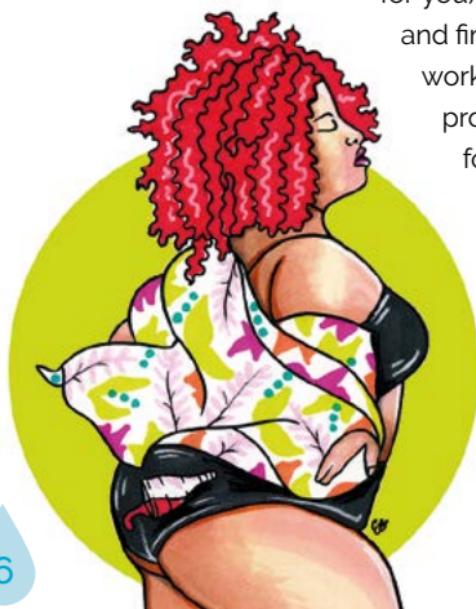


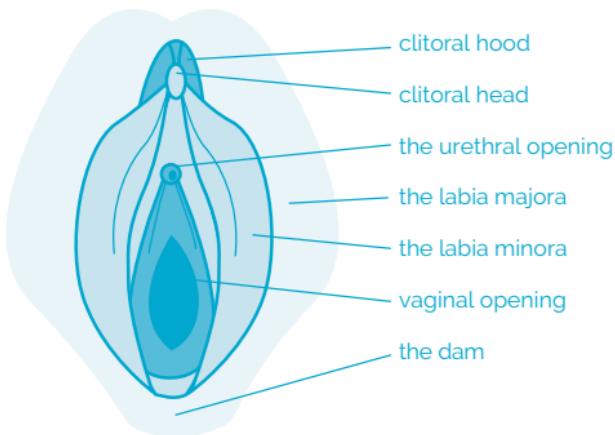
Anatomy

Team lunette believes that every woman should take the time to get to know herself and her body. A deeper understanding of how the two are connected will lead to a more rewarding life. We seek to set aside superstition, myths and taboos about womanhood and get to the heart of the matter — what it means to be a woman in every aspect.

Get comfortable with getting to know your own anatomy. Every girl and woman is unique and knowing your body (and what's normal

for you) is the key to knowing yourself and finding what works for you. What works for you - choice of sanitary protection, coping mechanisms for cramps and mood swings, and more - is part of knowing yourself.





External anatomy

As the term implies, the external female anatomy includes the genitals that are outside the body.

THE MONS PUBIS

The mons pubis, or mons veneris is the slight elevation above the female pubic bone which protects and cushions the bone during sexual intercourse. After puberty, this area is covered with pubic hair.

THE LABIA MAJORA

Also called the outer lips, the labia majora are the outer folds of skin surrounding the vaginal opening. They are usually larger than the labia minora, but it is not uncommon for the inner lips to be the same size or larger than the outer lips. The labia majora can vary in color—pink, crimson, reddish brown – all of which are considered normal. They can also vary in length from short to long and may appear smooth or wrinkled. The outer lips serve as a protective layer to shield the genitals from dirt and bacteria.

THE LABIA MINORA

The labia minora, or inner lips, are the thin folds of skin within the labia majora. The inner lips cover the vaginal and urethral openings. This area within the labia minora is called the vestibule. The inner lips of the labia are multi-purpose: they are another layer of protection to keep bacteria from entering these openings and they contain nerve endings that enhance sexual pleasure.

THE CLITORIS

Located just above the urethral opening, the clitoris is a highly sensitive part of the genitals located at the top of the vulva. The clitoral hood (prepuce) protects the visible tip of the clitoris. The only purpose of the clitoris is to create sexual pleasure.

THE URETHRAL OPENING (URETHRA)

The urethral opening is located just below the clitoris. The urethra is a tube connected to the bladder through which urine passes from the body.

THE VAGINA / VAGINAL OPENING

The opening to the vagina is located below the urethral opening. You can find out more about the vagina in the next section discussing internal anatomy.

THE DAM (PERINEUM)

The dam is the region between the anus and the vulva.

THE ANUS

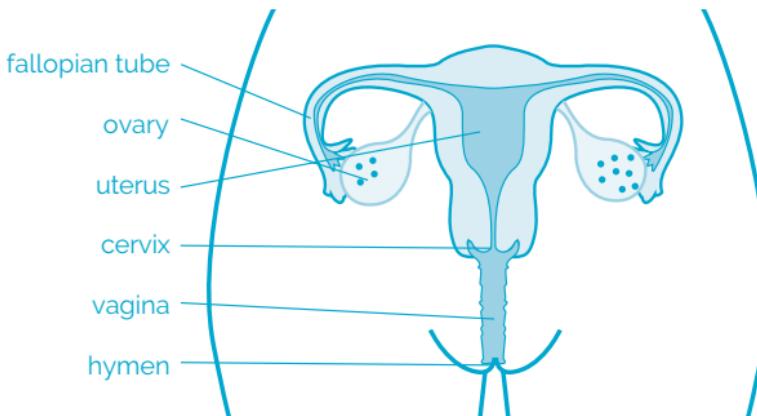
The anus is the opening through which the feces leaves the intestine. This area can also be covered with pubic hair.

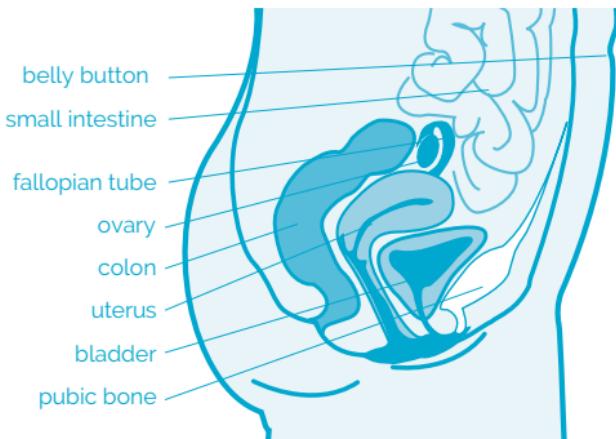
Internal anatomy

The internal female anatomy includes the parts you can't see, but where all the reproductive action happens with the vagina, cervix, uterus, fallopian tubes and ovaries. Whether or not a baby is present, the hormonal functions of these organs impact a woman's daily life.

VAGINA

This is the muscular tube that connects the external genitals to the cervix of the uterus. The vagina is approximately 2 to 4 inches long and can double in length when a woman is aroused. The walls of the vagina can be described as layers of wrinkles or folds of muscular tissue. Menstrual blood flows from the uterus through the





cervix, and exits the body through the vagina. Mucus is generated to keep the vagina moist, enable lubrication for sex, trap semen for conception, and to cleanse the vagina after menstruation. How much mucus the vagina creates during a cycle varies; it usually increases about two weeks prior to menstruation. The discharge is a natural occurrence and helps maintain the health of the vagina by removing bacteria that may have entered through the vaginal opening. The characteristics of discharge amount, color, even texture also vary from woman to woman.

HYMEN

Located just inside the opening to the vagina, the hymen — also known as the vaginal corona — is a thin membrane of tissue that partially covers the vaginal opening in many young girls. The absence of a hymen is not a sign of lost virginity since it can be broken during many nonsexual activities, like sports. The hymen tends to erode over time due to hormones, natural discharge, and vaginal sex.

PUBIC BONE

The pubic bone is actually the joint where the two halves of the pelvis meet and is inside the vagina about 1 to 2 inches. Being able to identify the curve of the pubic bone from within the vagina is important for the proper placement of a menstrual cup. A menstrual cup needs to be positioned just beyond the pubic bone for proper placement.

CERVIX

The cervix is the narrow, neck-like passage that forms the lower end of the uterus. If you search for it with your finger, it feels a bit like the tip of your nose. Menstrual blood leaves the uterus through the cervix where it passes through the vagina. Semen travels through the cervix to enter the uterus. And in pregnant women, the cervix stretches or "dilates" to allow the baby to pass through during vaginal delivery. The position of the cervix varies for every woman and its position can change during the menstrual cycle as well as throughout a woman's life.

THE UTERUS

The uterus is a pear-shaped, muscular structure where a fetus develops during pregnancy. If an egg enters the uterus and is not fertilized by sperm, the inner lining of the uterus sheds and passes from the body during menstruation.

THE FALLOPIAN TUBES

The fallopian tubes extend from either side of the uterus. It is through these tubes which an egg released during ovulation must travel to the uterus. If an egg is not fertilized, it passes through the cervix and vagina as part of the menstrual period.

OVARIES

Ovaries are positioned on either side of the uterus. They produce and store eggs. The ovaries are approximately the size of a grape and have a lumpy appearance.

PELVIC FLOOR

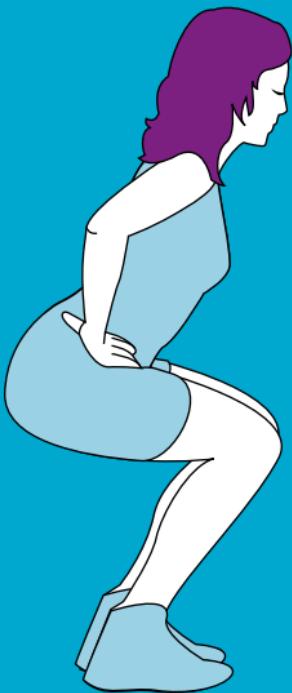
The pelvic floor, or pelvic diaphragm, is located underneath the pelvis and can be described as a sling of muscles and connective tissue spanning the pelvic opening. The pelvic floor provides support for the uterus and vagina as well as other organs in this area of the body, including the bladder, intestines and rectum. The muscles and tissue hold these organs in place and allow them to function correctly.



The following exercises will strengthen your muscles and improve your pelvic floor function:

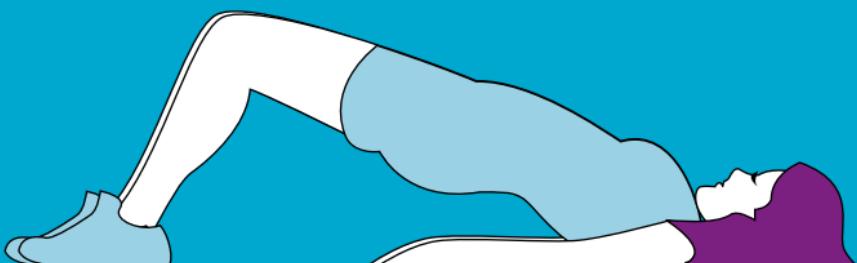
1. SQUATTING

Stand with your feet shoulder wide apart. Gently contract your pelvic floor and abdominal muscles. Squat as if you were sitting on the top of the back of a chair. Then stand. Repeat. This will strengthen your pelvic floor, glutes and thigh muscles.



2. HIP RAISES

Lie on the floor, on your back, and gently contract your pelvic floor and lower abdominal muscles. Using muscles in your abdomen, lower back and thighs, lift your hips as high as you can. At the highest point, tighten your pelvic floor muscles. Then slowly lower your hips to the floor. Repeat.





Menstruation

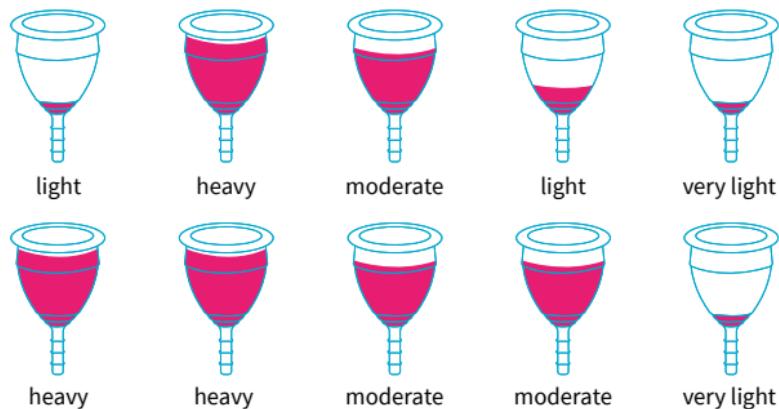
Menstruation, also called your period, is a normal occurrence in the life of a healthy woman. Having a period will not limit your life if you have a positive attitude towards your period. Nowadays, there is a large choice of menstrual hygiene and sanitary protection, which will allow you to continue with your everyday activities during your period. Some girls and women report suffering from irritability before or during their periods. This is known as PMS or PMT premenstrual tension. If you suffer from very bad PMS or pain during or before your period speak to your doctor. There are treatments available. However, every woman's experience of menstruation is different and some women don't get any PMS symptoms at all. Menstruation begins within 1-3 years after the beginning of puberty, after the growth spurt and breast development.

In Central Europe, girls experience their first period on average around 13 years, some as early as 8.

Menstrual cramps can be relieved by proper diet and exercise. If playing sports or going out for a walk is the last thing on your mind when you have cramps, remember that moving your muscles helps stimulate the production of the happiness hormone, serotonin. Eat plenty of green vegetables, which are rich in magnesium and drink plenty of water.

Getting a good night's sleep helps with the 'crankiness' associated with menstrual mood swings, as does watching your caffeine intake.

For most women menstruation lasts in average a few days and follows one of these patterns:

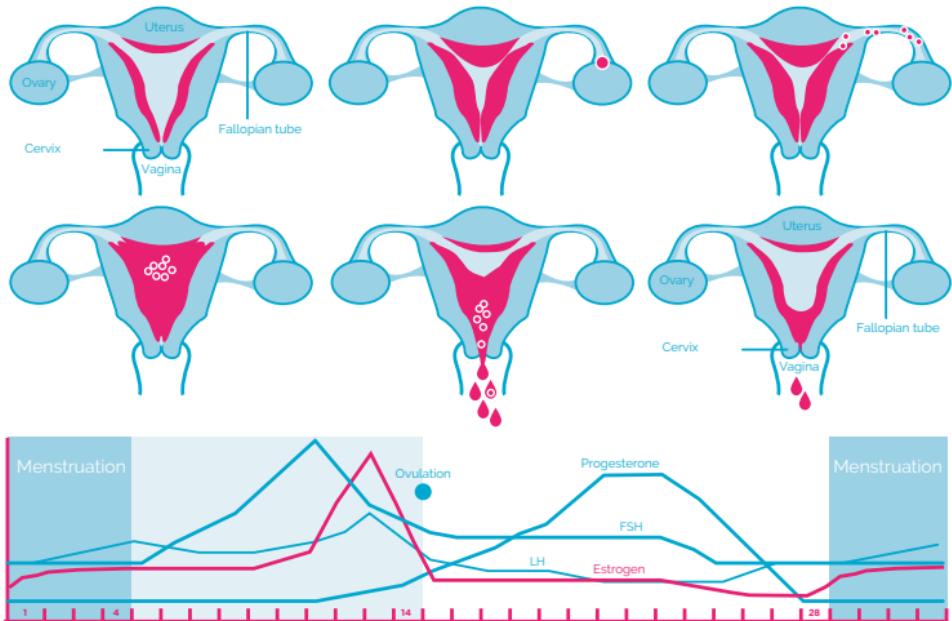


Periods usually begin from the ages of 9 and even as late as 16. In the early 20th century, girls got their first period on average at 17. If you have not gotten your period by age 16, it's a good idea to go and see your doctor.

Often the first signs of the early onset of menstruation is a growth spurt and vaginal discharge. In rare occasions, some girls experience discharge years before the onset of their first period. In the first 1-3 years, periods may be irregular.

Menstruation lasts on average 3-7 days. The total amount of blood that is lost during an average period appears to be so much more than it actually is; it's usually only about 4 teaspoons. But the range is between 1 and 4 tablespoons.

The consistency of the blood is usually thick and bright red during the heaviest days of the period though it is not unusual to see clots during this time. At the beginning and end of the period, the colour of the blood may be brownish. This is normal.



Menstrual cycle

The menstrual cycle begins on the first day of your period and ends on the first day of the next period. The cycle lasts for an average of 28 days, though anywhere from 21 to 45 days is considered normal. Every woman has her own individual cycle. Few women have their period regularly - it is normal that the cycle is a couple of days shorter or longer. Lifestyle choices such as stress, smoking and nutrition control the regularity of the menstrual cycle. Also, it is normal for your periods to be irregular for the first couple of years.

As an embryo, it is already clear how many eggs a woman can produce during her life. At birth, a girl bears in her hundreds of thousands of unripe eggs. From puberty on, they mature. One

Menstrual calendar

On the following pages, you'll find a menstrual calendar. With this specially designed calendar, you can calculate and follow your cycle. Three rows of icons are available for every month, and on the back, there's a list of symbols that you can use.

On the first line of the month, you mark the first day of your period: under the appropriate month and the corresponding day your period starts. On the first line, you can put comments on your period or discharge. This information will help you assess what's happening in future periods and anticipate when your next period will begin.

On the second line, you can also make comments on changes in your body, or in your life. Did you know that, for example, stress, or even a plane trip, etc. might cause your period to be late? On the third line, you can mark how you feel emotionally and physically. Many women feel sexually attractive during ovulation and irritated during the days before menstruation. These characters can serve as a guide for exciting self-discovery. After a few months, you'll notice that certain similarities between your cycles exist. Maybe you'll have a severe headache on the first day of your period or even desire for chocolate before your period.

It's possible that you may be fearful in certain phases of the cycle or even have intense dreams. If you pay attention to the consistency of the discharge, you can learn about your fertility: when ovulation happens and when the next period begins. If you are using hormonal contraceptives, such as the pill, when you get your period depends on the particular type of pill you're taking. Hormonal contraceptive methods such as the pill, patch etc will affect the hormonal balance of your body, the vaginal discharge, and your mood.

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Menstrual calendar



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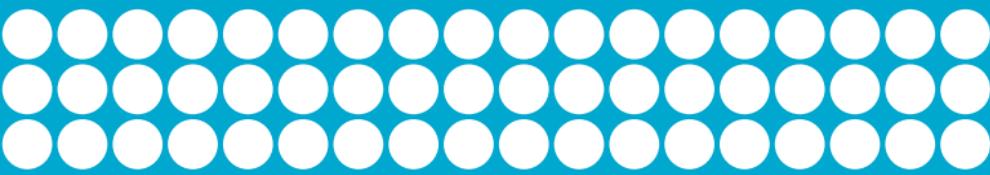
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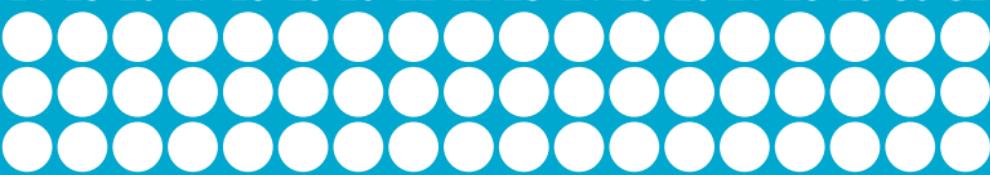
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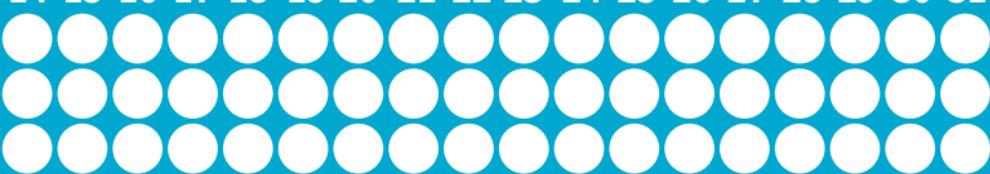
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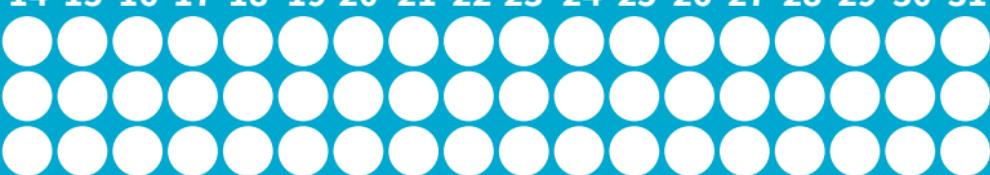
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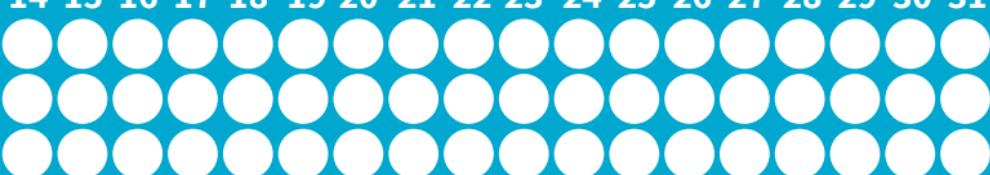
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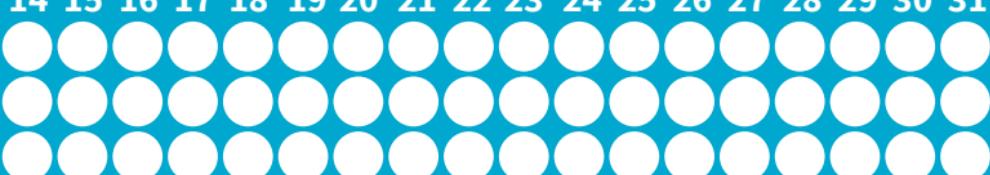
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A vertical column of 20 numbered circles, numbered 1 through 20 from bottom to top. Each circle contains a different icon: 1. lightning bolt, 2. briefcase, 3. umbrella, 4. asterisk, 5. briefcase, 6. lightning bolt, 7. briefcase, 8. umbrella, 9. asterisk, 10. briefcase, 11. lightning bolt, 12. briefcase, 13. umbrella, 14. asterisk, 15. briefcase, 16. lightning bolt, 17. briefcase, 18. umbrella, 19. asterisk, 20. briefcase.

the how

Fill in
the
blanks

PERIODS

YOUR BODY

- swelling
- sore breasts
- food craving
- loss of appetite

OTHER

-  new moon
-  full moon
-  sleep
-  stress
-  travel
-  illness

MOOD

► Add your own

or sometimes several eggs are released during ovulation. In her fertile years, a woman has an average of 520 menstrual cycles.

The menstrual cycle is governed by hormonal changes throughout the body. The cycle can be split into two main phases: the (ovarian) follicular phase and the luteal (corpus luteum) phase. The follicular phase is the first phase of the menstrual cycle. The follicular phase will take 10 to 14 days. The endometrium, the inner lining of the uterus, thickens at this stage in preparation for ovulation. Hormones stimulate the maturation of the follicle or egg (ovum).

The luteal phase begins with the release of the ovum from the ovary into the fallopian tubes. The endometrial lining is now prepared for the implantation of the fertilized ovum. If the ovum has not been fertilized, the levels of estrogen and progesterone decrease and the breakdown of the uterine lining begins. The unfertilized ovum is about the size of a grain of sand; it is shed as part of the menstrual fluid.

The luteal phase lasts until the beginning of the next period. In the days following the period there is usually no discharge.

As the hormones stimulate the growth of the follicle the cervix produces a thick mucus plug to prevent bacteria and sperm from entering into the uterus. This may be observed as a thick, white, sticky, odourless vaginal discharge. Vaginal discharge near ovulation is typically very stretchy, slippery, and clear (looks and feels like egg whites). This fertile fluid helps the sperm move toward the ovum and protects sperm from the acidity of the vagina, which would normally kill them. After ovulation, before the period, there is little to no vaginal discharge.

The fluctuating levels of hormones during the menstrual cycle cause many physical changes. Your body temperature might rise and fall during the cycle. You'll experience vaginal discharge,

- and sometimes abdominal cramping during ovulation or at the onset of menstruation. While some women have an increased appetite before their period, some are irritated or depressed. These symptoms are known as PMS or 'Pre-menstrual syndrome.'
- Menstrual headaches and stomach cramps are also a potential side-effect. For many women, these symptoms are minimal, but for some women these symptoms can be quite severe.

The more you get to know your own body, the more you can learn about your own unique cycle and better understand your monthly rhythm.

History of Feminine Hygiene

It's hard to believe that the history of feminine hygiene products is quite short although women have had periods since the beginning of time. Our great-grandmothers could not purchase sanitary pads in stores. Previously, women had to somehow cope with whatever materials they had at hand: cloth, moss, wood or natural sponges. Today there is a wide selection of products for feminine protection. There are all kinds of pads, tampons, panty liners and menstrual cups. But even today, there are still countries where girls and

women for religious or cultural reasons are isolated from the community when they have their periods. Conversely, there are also cultures where the girl's first menstruation is celebrated.

Over the years there's been significant development in the materials used to create sanitary protection products. On the following pages, we present a few developments, which have, in our opinion, had a great impact on the wellbeing of women and on the attitudes towards menstruation.

Egyptian women used soft Papyrus as a tampon. In Greece, women wrapped gauze strips around a piece of wood and used it as a tampon. In Rome tampons and pads of wool were produced. In other parts of the world also paper, moss, wool, animal skins or grasses were used as absorbent materials.

Since the **Middle Ages**, the natural healer Hildegard von Bingen (1098 - 1179 D) emphasized the great benefits of the menstrual period. She championed the concept that the female body undergoes a natural detoxification and cleansing.

In rural Europe, it was normal to use no protection at all. Menstrual bleeding was considered toxic and would cause inflammation if you prevented the flow. Women wore long shirts or layers of skirts to absorb some of the menstrual blood.

Many women used homemade pads, often using the same cotton material that was used in baby diapers. The pads were fastened on underwear or on homemade gauze belts. In the **USA** women could mail order aprons made out of latex. Their purpose, however, was to protect

the clothing and not to absorb the menstrual blood. For the same purpose women used thick petticoats.

Nurses in **France** recognized the absorbing capacity of the cellular bandages that were used for the wounded soldiers. They used these bandages as menstrual products.

The first mass-produced disposable pads came on the market in the USA and were a great step forward. But as they were 56 cm long and 9 cm wide they could not be used without a reusable sanitary belt. There was also a revolution in fashion: the underwear became tighter and fitted and held sanitary pads and sanitary belts in place.

Leona Chalmers patented and started to produce **the first reusable menstrual cup** made out of natural rubber. The women, however, were not ready. Disposable products were considered a sign of higher standard of living and women were not willing to face their menstrual blood so directly.

In 1931 Dr. Earle Haas filed a patent for the **first tampons with applicators**. That was the "tube in tube" system, which is still today in use. Gertrude Tendrich bought the patent for \$ 32,000 and the company Tampax was founded in **1933**. First she made tampons at home with her sewing machine and Dr. Haas's compression machine.

"The future of feminine hygiene" proclaimed the O.B. ad in the **1950s**. The novel tampons without applicators quickly became very popular. In the first German television advertisements for tampons women were whispering the secret "Tampax". In **1959** Tassette brought the menstrual cup back on the market in the United States, this time



with a large advertising budget. The demand, however, was not large and the Tassette disappeared.

The first pads with adhesive backings came on the market and finally put the era of belts and safety pins to an end.

The first perfumed tampons and pads and the tampon Rely ("we'll even absorb the worry") appeared on the market. Proctor & Gamble took Rely tampons off the market in **1980**, when the new material used in them was associated with the deadly Toxic Shock Syndrome.

The first pads with wings appeared on the market. Also, progress was made on the materials and the first thin pads were launched towards the end of the decade.

In a television campaign from the **1990s** O.B. wanted to discuss the taboo of menstruation. For the first time, the actual product was shown and the word "menstruation" said out loud. "Clean and discreet" it was to be. Even as recently as in **2010** two major network channels in the USA banned a menstrual product ad that had the word "vagina" mentioned in it.

Silicone, a new well-tested material from the medical field was used for the first time to manufacture a menstrual cup. This ultra hygienic material made it possible for latex allergy sufferers to use the menstrual cup. Through the Internet, many women from around the world were exposed to new alternatives in menstrual protection.

Different menstrual products

Today there is a wide range of disposable and reusable menstrual products. There are products that are used internally and externally as well as products that absorb blood and collect it.

Disposable products are disposed of with normal household waste; compostable products can be put into the home compost. We believe that disposable items shouldn't be flushed down the toilet. Reusable products are cleaned after use. When they come to the end of their life span, cloth pads can be disposed of through normal household waste. Menstrual cups made of silicone can be burned.

Toxic Shock Syndrome (TSS) is a bacterial infection, which can enter the body through a wound or the mucous membranes. TSS symptoms include sudden high fever, sore throat, vomiting, diarrhea, dizziness, solar-dermatitis like rash, a low blood pressure, muscle pain, fainting or coma. TSS is very rare but can be fatal. Both women, men and children can be affected. The majority of reported cases are young girls and women under 30, so TSS is connected with the use of very absorbent tampons. Early disease detection and treatment is critical. If you have some of the above-mentioned symptoms, remove the tampon or menstrual cup immediately, contact your doctor and explain that you suspect a TSS infection.



PADS

It's a good idea to get used to your period with a pad, which adheres to your underwear. Some pads are provided with wings so they sit better and insure that there's no leaking. The pad absorbs the blood flow and it is changed according to need. At night you can use larger and more absorbent pads.

There are disposable pads, which are mostly made of cellulose and plastic. The reusable cloth pads are washed after use in the washing machine at 140-194 degrees Fahrenheit. Then you can use them again. The cloth pads are soft and since they do not contain any plastic they are not sweaty like disposable pads can be.

PANTY LINERS

The panty liner's function is very similar to a pad but they are thinner and narrower. They don't absorb as much blood as the pad as they are actually not meant for your period but for discharge and spotting on lighter days. For light bleeding, they are also

suitable if you feel that a normal pad would be too bulky.

Since disposable panty liners include plastic, they may be sweaty and cause problems with the PH balance of the vagina so it's good sense to take breaks with their use or start using cloth panty liners.

TAMPONS

A tampon is worn inside the body, specifically near the cervix, and there it absorbs blood. Tampons are usually made of cotton or rayon. There are tampons with applicators and without. The tampon is inserted with clean hands into the vagina, a string remains outside the body. With this withdrawal string, you can remove the tampon. There are tampons with different absorption capacities. It is important to always choose the right size because if they are too absorbent, they will dry out the mucous membranes. Absorbent tampons are also associated with TSS, a rare but very dangerous disease.

You should change the tampon every few hours. Tampons should not be used at night. You should not use tampons for discharge.

MENSTRUAL CUP

The menstrual cup is a reusable menstrual hygiene product that is worn internally. Most menstrual cups are made of medical grade silicone. With proper care, you can use the menstrual cup for years and thus it is an economic and environmentally friendly alternative to conventional menstrual products. According to studies, the menstrual cup does not change the natural environment of the vagina, nor does it dry you out. Many menstrual cup users have noticed that they get less irritation and yeast infections compared to when they used tampons or pads.

The menstrual cup is inserted with clean hands into the lower part of the vagina where it collects the blood. If it is properly in place, it won't leak and you won't be able to feel it. The menstrual cup is emptied 2-4 times a day and at every emptying rinsed. The menstrual cup can be used even at night (up to 12 hours without emptying), and you can use it while swimming and sports. The menstrual cup made of silicone can be disinfected by boiling or cleaned with rubbing alcohol.

The Lunette menstrual cup is available in two sizes, the smaller cup is suitable for light flow and the larger one is better for a heavy flow. Lunette menstrual cups are available in online shops, well-stocked pharmacies and health food stores.

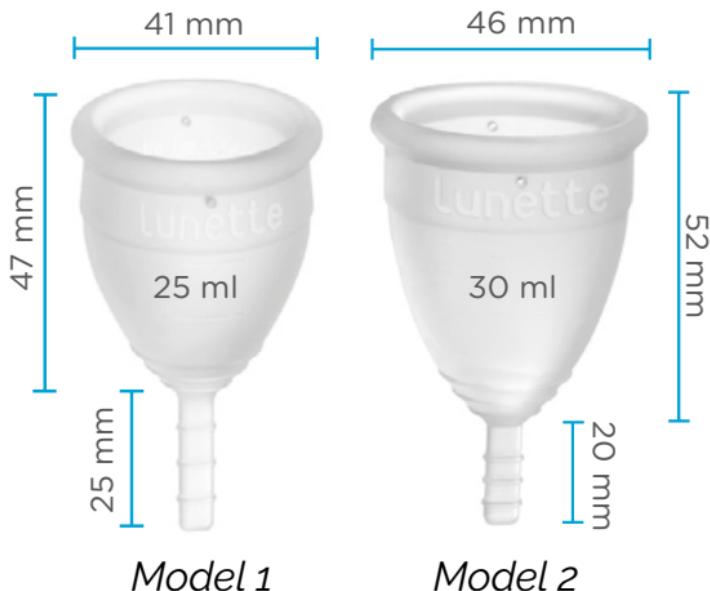
Differences between products

What is the difference between the tampon and the pad? The principle is actually the same. Both absorb blood but the pad is attached to the underwear and the tampon you wear internally in your vagina.

HOW DOES THE MENSTRUAL CUP DIFFER FROM THE TAMPON?

Both are internal menstrual protection. The menstrual cup collects the blood and the tampon absorbs it. The tampon can be used only once whereas the menstrual cup can be used for many years. The absorbing capacity of the tampon is given in grams and the capacity of the menstrual cup in milliliters. One ml of menstrual blood is comparable with a gram and so the capacity of

tampons and menstrual cups is comparable. The capacity of the Lunette menstrual cup is 25 ml (model 1) and 30 ml (model 2). The absorbing capacity of a tampon is 6-18 g.



Choosing the menstrual cup

Model 1 is the smaller menstrual cup. It is designed for light flow and for young women. The smaller Lunette menstrual cup is made of a softer silicone than the larger one.

Model 2 is the larger menstrual cup for normal to heavy flow and for women who have a strong pelvic floor.

How do I know if my flow is heavy or light?

The dividing line between normal and heavy flow is 80 ml during your periods.

MODEL 1

SPOTTING

A drop or two of blood, not even requiring sanitary pad though you may prefer to use one.

VERY LIGHT BLEEDING

Needing to change a low-absorbency tampon or pad one or two times per day, though you may prefer to change them more frequently.

LIGHT BLEEDING

Needing to change a low or regular absorbency tampon or pad two or three times per day, though you may prefer to change more frequently.

MODEL 2

MODERATE BLEEDING

Changing normal absorbency pad or tampon every three to four hours.

HEAVY BLEEDING

Needing to change a high-absorbency tampon or pad every three to four hours, though you may prefer to change more frequently.

VERY HEAVY BLEEDING OR GUSHING

Protection hardly works at all. You would need to change the highest absorbency tampon or pad every hour or two.

Use of the menstrual cups

The Lunette menstrual cup is your reliable friend but first, you have to get to know it properly. Each Lunette menstrual cup comes with an extensive instructions leaflet. Here is how you use the Lunette menstrual cup.

WASH First, wash your hands with a mild, unperfumed soap and water. When using the cup for the first time, you can lubricate it with water or a water-based lubricant to aid insertion.

FOLD Squeeze the cup flat then fold it in half so that the rim makes a 'C' shape.

HOLD Hold Lunette firmly in its folded position and guide it rim-first into the vagina.

INSERT You can insert Lunette while sitting, standing or squatting; spreading your legs will facilitate insertion. You'll find the correct position in the vagina by practicing and getting to know your own anatomy. Unlike a tampon, the cup is positioned in the lower part of the vagina, but beyond the pubic bone. In order to avoid leaks, make sure that the cup has opened properly by rotating the cup after insertion. If the stem comes out from the vagina, trim the stem shorter.

REMOVE To remove Lunette, first, wash your hands in clean water and relax your muscles. Break the seal by squeezing the bottom part of the cup until you feel or hear the suction release. Now gently rock the cup from side to side while pulling down. Be sure not to pull it out by the tab alone – this will cause the contents to spill and may cause discomfort. Always pull the cup out while pinching the ridged bottom of the cup. Be careful not to damage the tab or cup with your nails. Tip the contents into the toilet.

RINSE AND RE-USE Lunette should first be rinsed in cold water so that menstrual blood does not stain the cup or cause odors. Then, wash Lunette carefully in warm water and soap to clean it before reinsertion. Use mild, perfume-free soap with low pH for washing or try our Lunette Feelbetter Cup Cleanser. The wrong kind of soap can cause irritation or even an infection. When water is not available you can use Lunette Cupwipes or carry a water bottle with you.

CARE When your period is over, wash Lunette carefully and store it in its own satin bag for proper ventilation, and never store it in an airtight plastic container or bag. Lunette should be cleaned before and after your cycle, and after emptying. You can also sanitize the cup by boiling it for 10 minutes in plenty of water.



FAQ

I am 14 years old and have only recently started my periods. I would like to use the Lunette menstrual cup. Am I too young?

Even young girls can use the Lunette menstrual cup. We recommend the smaller Lunette menstrual cup model 1.

Younger girls, you may need a little more practice at the beginning to get familiar with your own anatomy. We recommend that you take lots of time to practice, especially during your period, because at that time the vagina is more elastic than normal and the menstrual blood also acts as a lubricant. The Lunette menstrual cups come with a detailed instruction leaflet.

Does the menstrual cup break the hymen and then I am not a virgin anymore?

The hymen at the entrance of the vagina consists of a thin tissue, which partially covers the entrance. Most women have a hymen as a young girl but in some women, it is difficult to detect. The hymen can be torn in many activities such as sports and over time it dissolves through discharge, hormones or sexual intercourse. It is possible for a menstrual cup to break the hymen because it is internal protection.

In many Western countries, the opinion is that the presence of the hymen is not a sign of virginity nowadays. In our opinion, a virgin is a woman who has not yet had sexual intercourse. Simple isn't it.

Do I have to remove the menstrual cup when I go to the toilet?

No. You can go to the toilet as normal when you're wearing your Lunette. After a bowel movement, you might want to check that the menstrual cup is still sitting properly. Please do not forget your hand hygiene here!

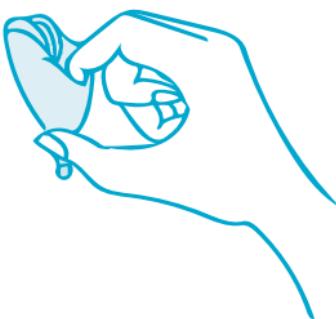
I have my period and at school, we have a swimming class. Can I go swimming with the menstrual cup?

Yes. With the menstrual cup, you can swim as usual and take a shower without a string hanging out.

Are there different folding techniques?

Yes. On the right, you'll find three different folds for the insertion of the menstrual cup. Every woman has her favorite folding technique. It is worthwhile to try them all!

Three different folding techniques





Lunette mission

Lunette is a Finnish company with the mission of revolutionizing periods. Straightforward and honest about menstruation, Lunette is open and free about a basic human function that is critical to the cycle of life. Eco-conscious Lunette is powered by renewable energy, creating sustainable and eco-friendly products. Engaged in many charitable initiatives, Lunette believes that it is important to change the world into a place where everyone has access to safe and comfortable period care.

Lunette is more than a menstrual cup.

It's a lifestyle.

It's a community.

It's the future.

Join us and find the power within!

lunette®
the power within



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