

MENSTRUAL CUP FOR BEGINNERS

Simple steps. Safe use. Total comfort.



Relax. Take your time. You've got this!

WHY CHOOSE A MENSTRUAL CUP?



Up to 12 hours protection



Reusable & eco-friendly



Perfect for active lifestyles



Safe medical-grade silicone

HOW TO USE



FOLD

Fold the cup using:

- C-fold
- Punch-down fold
- 7-fold



INSERT

- Gently insert into the vagina
- Aim slightly backward, not straight up



LET IT OPEN

- Twist the cup slightly
- This helps create a seal



WEAR

- The cup collects menstrual fluid internally
- Can be worn for: (depending on flow)



WEAR TIME

- Up to 12 hours depending on your flow.

HOW TO USE THE MENSTRUAL CUP

DURING YOUR PERIOD



Empty the cup



Wash with mild soap & water



Rinse properly before reinserting

AFTER YOUR PERIOD



Sterilize the cup in boiling water



Dry completely



Store in a clean, breathable pouch

ANYA SAYS

Message **“Menstrual Cup Guide”** for tips and support.

