

Organic Care Menstrual Cup Size M

EAN: 8432984001131 FABRICANTE: MASMI



The menstrual cup is a natural alternative to the use of tampons and pads. Its function is to collect the fluid from your period and its application is very similar to that of tampons.

DESCRIPTION

What are the characteristics of Masmi menstrual cups?

- Rounded edges for smooth insertion and removal.
- Patented system of conical-shaped suction holes: they prevent leaks and facilitate vacuum extraction and cleaning.
- Cup base with non-slip relief.
- Specially shaped extraction handle that makes it easy to hold

Why use the masmi menstrual cup?

- Comfortable. You won't notice that you're wearing it and you can use it for day, night and sports.
- Reusable and Recyclable.
- Protection up to 12 hours. You can wear the menstrual cup for up to 12 hours before emptying it, always depending on your flow.
- Made with Medical Grade TPE.
- Hypoallergenic.

Made without silicone, latex, BPA and phthalates.

How to place the menstrual cup?

The menstrual cup may seem complicated at first, but we recommend taking the time to learn. Practicing proper insertion and removal is essential, but once you perfect the technique, you will find it to be a very easy and comfortable option.



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- Wash your hands well and get into a comfortable position.
- It's time to fold the cup. There are 2 options:

A ? Press the sides of the glass together and then fold the glass in half to form a 'U' shape.

B ? Place a finger on the top edge of the cup and press inward to form a triangle.

- Fold the cup and hold it with one hand, with the other hand separate the vaginal lips and insert the cup towards the tailbone or base of the spine.
- To check that the glass is properly positioned, rotate it 360°, holding it by the base (above the handle). The cup should rotate completely easily if positioned correctly.

How can I know my size?

Getting the size of the menstrual cup right is something that worries those who try it for the first time, but finding it is the easiest thing in the world! The Masmi menstrual cup is available in 3 sizes that adapt to the different stages of women:

• Menstrual cup size S

For women under 18 years of age and who do not regularly have sexual relations.

- Capacity: 17 ml.
- Diameter: 40 mm.
- Total length: 63 mm.

• Menstrual cup size M

For women under 25 years of age who have not had children by vaginal birth.

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- Capacity: 25 ml.
 - Diameter: 43 mm.
 - Total length: 67 mm.

- **Menstrual cup size L**

For women over 25 years of age or who have had children by vaginal birth.

- Capacity: 30 ml.
- Diameter: 46 mm.
- Total length: 67 mm.

