

Femicup menstrual cup n 1 size S

EAN: 8437009881972 **FABRICANTE:** SILVESTRE



Femicup is a menstrual cup that was born to be the natural and healthy alternative to pads and tampons, in addition to being environmentally friendly by not producing waste after the period of use.

DESCRIPTION

What is FemiCup?

Femicup is a menstrual cup that was born to be the natural and healthy alternative to pads and tampons, in addition to being environmentally friendly by not producing waste after the period of use.

The FEMICUP menstrual cup is an easy, safe, ecological and economical alternative to using tampons. Lasts up to 7 years. Made of 100% medical silicone. It is hypoallergenic and can be used by all women.

The way to use Femicup is simple: you introduce Femicup during flow days. It does not permeate, it only retains it inside and then eliminates it. It does not affect the mucosa, nor does it leave any type of residue after use that could alter the urinary system.

Menstrual cups have been used for more than 75 years and have never been associated with cases of toxic shock syndrome (TSS).

FemiCup is savings, cleanliness and comfort.

These are some of the advantages of Femicup menstrual cup

- Save money.
- The FemiCup guarantees perfect use for at least 5 years. Imagine all the savings of buying pads and tampons during that time.
- Easy to use. You can use femicup anywhere when necessary, since once introduced, it is completely no longer visible.
- Fury.
- Prevents dryness and candidiasis. Regular use of the Femicup menstrual cup has beneficial health effects by preventing dryness associated with tampons.



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How to use Femicup menstrual cup

- Before first use, sterilize the cup in boiling water for 2-3 minutes.
- Before handling the FEMICUP cup, wash your hands carefully. To facilitate insertion, lubricate with water or water-based lubricant.
- Fold the cup to reduce the volume, and orient it with the opening facing up towards your vagina. You can introduce it sitting, standing or squatting.
- Your internal muscles will keep the FEMICUP cup in the correct position, you will find the right position by practicing and knowing your anatomy. Unlike a tampon, the cup stays at the bottom of the vagina, not so low as to be uncomfortable, not even sitting down.
- To fit the cup inside, twist it carefully or run your finger around it.
- Tilt your vagina back, so just pushing the cup back in and moving it up and down will help you find the right position.

During the period

- Clean your hands before removing the cup. If you cannot grasp it completely, carefully pull the appendage and press the lower part to break the vacuum, bending it in the same way as when inserting it. Do not try to pull only the appendix.
- Empty the cup 2-4 times a day. It can be used at night, but not more than 12 hours in a row.
- It is not necessary to remove the cup when going to the bathroom, but it is advisable to check its position after relieving yourself.
- If the FEMICUP cup is at the top of the vagina, relax your muscles and try to pick it up with your fingers. Squatting will slide more easily.
- Pour the contents into the toilet bowl. Wash the cup with hot soapy water and reinsert. Use a mild, alcohol-free soap.

After the period

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- Wash the cup thoroughly after the last use of the period. Sterilize in boiling water for 2-3 minutes.
 - Keep the FEMICUP cup inside its bag in a ventilated place. Do not store in an airtight container or plastic bag.

