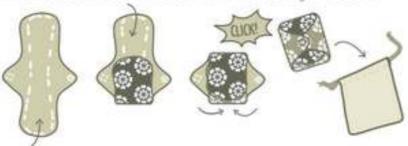
## eco • femme

## INSTRUCTIONS \* Wash before first use!

- Wear pad with the plain colour fabric facing up and the patterned side facing your underwear.
- Second Faster the buttons around your underwear.
- O Change pad as frequently as you need to feel comfortable.
- Soak in cold water with soiled side facing down for min. 30 minutes (avoid hot water to avoid staining).
- Wash by hand, rubbing the fabric against itself (do not brush), or in washing machine (max. 40°C) along with other clothes. Best use natural soap.
- Pull into shape and then
- Ory on clothesline, best in sunlight, or in tumble dryer on low heat.
- Carry used pads by folding inward as shown and store in a clean, dry environment such as the Eco Femme Carry Pouch.



Take some time to experiment and create a rhythm and routine for yourself!

Note: \* the cotton will become more absorbent after 2-3 washes \* initial shrinkage is normal to natural cotton material

- Find more tips on how to care for your pads in the FAQ section on our website. -