

Merula®

Application: Fill the Merula Cupscup up to the marking line with clean water. If necessary, add a splash of vinegar to prevent limescale deposits from forming in the menstrual cup and the Merula Cupscup. Place your prewashed menstrual cup on the blue insert with the opening facing down. Close the lid and open the steam valve. Heat the Merula Cupscup in the microwave at 750 watts for 5 minutes. If the wattage is different, adjust the heating time accordingly. Make sure the water in the Merula Cupscup does not evaporate completely. After the heating process, the Merula Cupscup and its contents are extremely hot, and hot water or steam can escape from the cup.