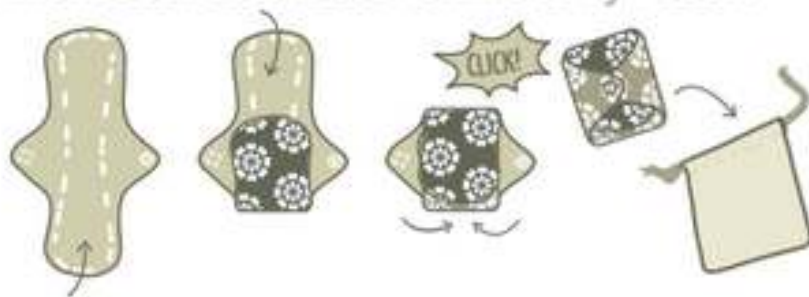


# eco ♻️ femme

## INSTRUCTIONS

\* Wash before first use!

- 🌀 **Wear** pad with the plain colour fabric facing up and the patterned side facing your underwear.
- 🌀 **Fasten** the buttons around your underwear.
- 🌀 **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
- 🌀 **Dry** 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. -