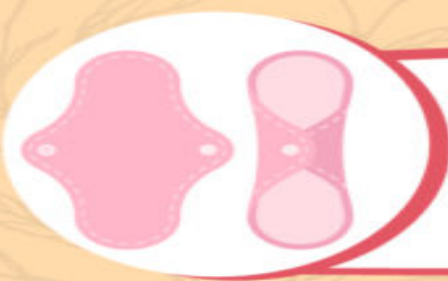




Tips To Wash And Care For Cloth Menstrual Pads



Wash the pads within 24 hours of use

Soak the pad in cold or warm soapy water to lift the stains.



Place the pad in the water facing downwards for quicker stain removal.

Avoid soaking it in hot water to prevent stains from setting in.



Give the pads a gentle scrub to remove tough stains.

Hold back from using a harsh scrub to prevent pilling.



Wash the pads in the washing machine.

Stretch the pad from all directions to keep it from disfiguring.



Dry the pads under the sun to remove germs and odors.

Store the pads flat to prevent creases.

