

# Sanitary Revolution

Many of us have heard of menstrual cups, but research shows that most of us will keep using the menstrual products we were first introduced to during puberty. That means if you didn't hear about menstrual cups from your mum or carer, or through school, chances are you've never tried using one.

Susan Johns from Canterbury began using a menstrual cup in 2008, and she's loved the results so much, she's taken on the job of bringing Lunette menstrual cups to New Zealand.

"Everyone has a different 'wow' moment when they switch to a menstrual cup," says Susan. "For me, it was the lack of rubbish. I grew up very conscious about the environment, and when I had my first baby I was horrified when I saw the wheelie bin full of disposable nappies – I changed to cloth straightaway. So when it came to sustainable sanitary options, a menstrual cup was a natural step."

Susan says that many people know very little about the benefits of using menstrual cups, but the women who try it describe it as 'revolutionary'. "We have customers who are amazed by the health benefits," explains Susan. "Freedom from bleaches, dioxins and fibres means women are reporting less period pain, cramping, irritation and dryness. Many women tell me that switching to a menstrual cup is life changing."



encourage period positivity. Every high school in both countries will receive a free resource kit containing reusable and sustainable menstrual products, including menstrual cups, cloth pads, period underwear and organic biodegradable pads and tampons.

## Educating the Next Generation

Lunette Australia and New Zealand launched the Sustainable Period Project in February 2018 to educate young women about menstrual hygiene options, allowing them to make informed decisions and

## How do I use it?

If you're trying a menstrual cup for the first time, allow a few cycles to familiarise yourself with it. Practice different folds, and the best insertion and removal techniques.

- 1.3 million Kiwi women are of menstruating age
- Women spend over 6 years of their lives menstruating
- New Zealand women spend an average of \$15 per month - \$2000 in a decade – on disposable sanitary items
- One Lunette menstrual cup lasts years. It comes in two sizes and five colours
- A menstrual cup holds 2-3 times more than a tampon and can be worn for up to 12 hours or overnight



SAVE \$15

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- 1060 mg omega-3s; 1000 IU Vitamin D3
- Supports bone, mood & immune health
- Made exclusively from 100% wild Arctic cod
- Natural lemon flavour



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