

Safe & Sustainable Menstruation *With Pihu*



Meet Pihu!

Hello! I am Pihu and I am Himachali, just like you!
I love to play around my village and do you know who is my best friend?
My cloth pad!





I stopped using disposable pads because they pollute our holy rivers and harm our innocent animals.



Pihu, I got rashes from wearing plastic pads that are irritating my skin.

Don't worry, Roma! I can help you. Did you know plastic pads can be harmful and toxic to your skin?

The other day, my pad overflowed when I went out to play. What should I do?

Try this cloth pad. I'm sure you'll love it! It's soft, breathable, biodegradable, and recycles easily. It absorbs blood really well and you feel fresh!

What are Cloth Pads?

They are layered cloth-based menstrual pads that can be washed and reused multiple times for every menstrual cycle.

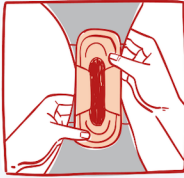
5 easy steps for using a cloth pad!



Step 1: Take your pad out.



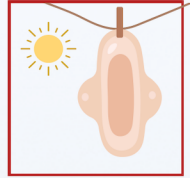
Step 2: Place it on your underwear.



Step 3: Lock it into place.



Step 4: Wash it after use.



Step 5: Dry under the sun.

How should I take care of it?

Start by soaking the used pad in cold water for 20 - 30 minutes to keep it stain free, followed by washing it by hand. And using a gentle soap and drying it in open under the sun.

How many times do I need to change the pads?

Similar to a disposable pad, it needs to be changed every 4 - 6 hours.

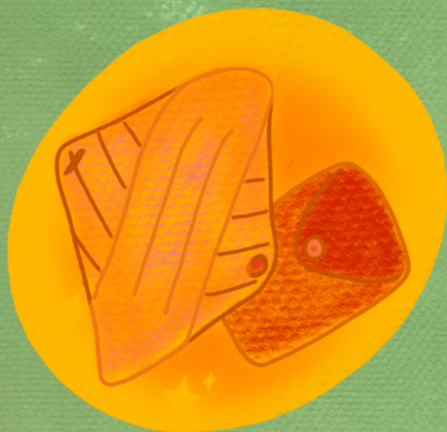
How long does it last?

It can be used for 1 to 3 years with proper care.

Let me show you how I take proper care of my cloth pad.



Reusable Cloth Pads



Menstrual Cups



Organic Disposable Pads



Reusable Period Underwear



Wow! This cup would really help with my heavy flow!



Yes. And there are other eco-friendly options you can choose as per your comfort. Come let's go to the village meeting.



Environmentally Friendly Alternatives

Alternative	What does it do?	Made of?	Durability
Menstrual Cup	a small, bell-shaped cup inserted inside the vagina to collect menstrual blood during a period.	Silicone/ Latex Rubber	3 to 5 years
Reusable Cloth Pads	are available in different shapes and sizes, material, absorbencies and colours. They can simply be soaked after use, washed and dried in the sun.	Organic Cotton	1 to 3 years
Organic Disposable Pads	are single-use, entirely biodegradable and contain no chemicals	Cotton, Bamboo, Wood pulp	One time use
Reusable Period Underwear	designed like conventional underwear but it is made up of highly absorbent fabrics to soak up menstrual blood.	Combination of cotton & polyester	6 months to 2 years



Menstrual Cups Organic Disposable Pads Reusable Period Underwear



Our bodies are precious and connected with the nature that nourishes and provides for us. And menstruation is one such natural process that is important to sustain life. To take care of our bodies and feel love towards our environment is a great act in itself and can only take place when we take an individual effort in the direction that is rooted in kindness and compassion.

To speak for and about menstruation becomes important to learn more about ourselves and share this knowledge with everyone in our community for the benefit of all.

This menstruation booklet serves the purpose of providing support on your menstruation journey to help you make an informed choice for your body and the environment that is not rooted in fear, shame or silence around periods but rather celebrates our bodies, blood and the vibrancy of life.

Help is here! If you would like to try using the substitutes or purchase any period product, please get in touch with us.

For more info email at: info@wastewarriors.org

An initiative by:

