



Get the Most Out of Your Sea Sponge

Before using your sea sponge, you'll want to squeeze it under warm water to soften. Sea sponges are stiff when dry, but become very soft when wet.

To extend the life of your sponge:

Soak the sponge for an hour every few weeks in 1 cup of warm water and 1 Tablespoon of baking soda (increase solution accordingly for larger sponges). Then rinse and let dry. In addition to thoroughly cleaning the sponge, baking soda revitalizes its cellular structure for increased durability.

Please allow sponges to dry completely after each use.

Sea sponges naturally inhibit the growth of bacteria, but do not prevent it. To disinfect your sponge, you can also soak it in:

- 1/4 cup of hydrogen peroxide and 1 cup of water. This will clean and re-bleach the sponge if it becomes discolored from use.
- A few drops of Tea Tree Oil in 1 cup of warm water. Tea Tree Oil is a very effective germicide and will also eliminate any odor on your sponge.
- 1 Tablespoon apple cider vinegar or white vinegar in 1 cup of warm water.
- 1 Teaspoon Colloidal Silver in 1 cup of warm water. There is no pathogenic organism known that is not killed by Colloidal Silver in 6 minutes or less.

Never place a sea sponge in boiling water, microwave, or dryer. This will harden your sponge. Never use strong bleach. This will weaken your sponge. Squeeze but do not twist or pull your sponge.

The Many Uses of Sea Sponges

This list does not include all the ways sea sponges have historically been used, but here are some popular and current uses:

- Apply or remove make-up
- Apply facial toner, cream, or oil
- Exfoliating with facial and body scrubs
- Apply natural or homemade deodorant powder
- First-aid applications
- Safe, comfortable alternative to tampons
- Bathing infants, children, and adults
- Bathing pets
- Washing your automobile
- Painting or "sponging"
- Cleaning your artistic tools
- Shining leather (shoes, boots, and saddles)
- Household cleaning (dishes, countertops, tubs, and sinks)
- Tile and grout work
- Finger sea sponges or vase sea sponges for household and office decorations

Directions for Vaginal Hygiene Suppositories

Use vaginal hygiene suppositories with a silk sea sponge to help alleviate:

- Vaginal dryness
- Vaginal itching
- Vaginal odor
- Vaginal irritations
- Vaginal ph imbalances

You may use one suppository daily for 6 consecutive days or until symptoms subside to control minor irritations. May be used daily for up to 28 days in severe cases. Refrigerate or store in a cool area to prevent melting. Separate and peel open the suppository shell to remove suppository, and then insert vaginally.

After inserting your natural tea tree oil vaginal hygiene suppository, we recommend inserting a pre-moistened Sea Cloud Silk Sea Sponge for maximum effect, comfort, and hygiene. This will keep the essential oils inside for a mess-free and effective experience.

To use with a premium Mediterranean Silk sea sponge:

1) Squeeze the sea sponge under warm running water to soften. **2)** Squeeze out excess water from the sponge. **3)** Insert suppository vaginally. **4)** Squash and insert sea sponge vaginally, pushing in until it feels secure.

Once in place, your sea sponge should be very comfortable and unnoticeable. If you sit down and it feels like you're sitting on a lump, you may need to push the sponge further in. If any discomfort is felt, remove the sea sponge and trim around the edges until you reach a more comfortable custom fit for your body. If desired, you can thread waxed dental floss through the center and tie the end to make it more like a regular tampon. Tug gently when removing your sponge to avoid tearing.

Leave your Sea Cloud Silk Sea Sponge in place for 6-8 hours or overnight.

In most cases, a single suppository will be enough to relieve vaginal irritation, itching, dryness, and odors. However, this process may be repeated once a day for up to 6 days consecutively if needed.

Directions for Sea Sponge Tampons

We love sea sponges as a natural, biodegradable, and more comfortable alternative to tampons! Did you know that the average woman uses about 17,000 disposable pads and tampons throughout her lifetime? In North America alone, an estimated 20 billion bleached pads and tampons end up in our landfills and sewage systems every year. Because sea sponges are reusable, we don't have to worry about filling up our own trash cans, sewer systems, and the world with used, non-degradable feminine hygiene products.

Sea sponge tampons are considered healthier and safer than traditional tampons, which generally contain cotton grown and processed with pesticides, chlorine, and other dangerous chemicals. Traditional tampons have been linked to increased menstrual discomfort, skin irritation, and even cervical cancer. It is also believed that the microscopic cuts from dry traditional tampons and the synthetic fibers they leave behind may contribute to the risk of Toxic Shock Syndrome. Sea sponges contain no chemicals or synthetic fibers. They are

wholesome, natural, and have a super soft texture that is similar to the vaginal canal.

Reusable sea sponge tampons are also much more affordable than traditional feminine hygiene care products, saving their users an average of \$50 per year. The typical woman will spend \$60-\$65 per year on tampons alone, and upwards of \$75 to \$80 if she chooses healthier, organic cotton tampons. Sea sponge tampons cost only \$14-\$28 a year.

As a wonderful bonus, silk sea sponges can be worn safely during intercourse to stay mess-free while on your period. Many women even choose to use sea sponges with a spermicide of choice as contraception.

Which Sponges to Use

We recommend only the Sea Clouds Mediterranean Silk Sponges for tampon use, as these are the softest, most absorbent, and most thoroughly cleaned and trimmed sponges, optimally processed for vaginal use.



Inspect Your Sponge

Sea sponges intended for tampon use are carefully hand-processed and cleaned of sea debris and coral. However, because this is a natural product from the sea, we recommend moistening and inspecting your sea sponge

tampon yourself to ensure they are thoroughly cleaned and ready for internal use. Like regular cotton tampons, sea sponges are cleaned but not considered "sterile."

Sanitize Your Sponge

You can sanitize your sea sponge tampon using 3-4 drops of tea tree essential oil to a cup of warm water for one hour. Diluted apple cider vinegar or white vinegar is another effective, natural way to sanitize your sea sponges. 1/8 cup of hydrogen peroxide to a cup of warm water will naturally whiten a sea sponge tampon that has been discolored by blood.



Instructions for Using Your Sponge

1) Before inserting vaginally as your choice of tampon, wash your hands thoroughly. **2)** Then wet your sponge with warm water to soften and squeeze to remove excess water. **3)** Next, squash your sponge with your fingers and carefully push it upwards into your vaginal canal

until it feels secure and comfortable.

If you sit down and it feels like you're sitting on a lump, your sponge is not in far enough. If the sponge feels large or uncomfortable after being properly inserted, remove and trim around the edges to create a smaller, more custom fit.

4) Generally, sea sponge tampons should be removed every 3 to 4 hours, or whenever they feel full, to rinse and then place back into the vagina again. To remove your sponge, simply feel for the perimeter and tug gently. Rinse thoroughly with warm water, squeeze out the excess water, and push it back in. A sea sponge may be left in place safely overnight.

For days when bleeding is heavier, two sponges may be comfortably used at the same time.

Getting comfortable and confident with using your natural, reusable tampon may take a few tries, but we're sure you will love this amazing alternative once you get the hang of it!

Sometimes, particularly during intercourse, sponges can get pushed back out of reach. Don't worry; your sponge has nowhere to go and will not get lost. To prevent this, you can thread string or waxed dental floss through the center of the sponge, tie a loop at the end, and gently pull on that until you can reach the sponge with your fingers. You can also try squatting or lying on your back with your knees to your chest to reach the sponge. Or get a warm bath or use a very gentle douche to fill the sponge with water, which will make it heavy and travel back downward.

Directions for Bathing Use

While showering or bathing, simply squeeze your sea sponge under water to soften, pour a small amount of your favorite body wash onto the sponge, and lather generously.

When you are done bathing, be sure to rinse out all soap from your sponge and squeeze out excess water to enable it to air dry. Sea sponges contain natural enzymes that inhibit the growth of bacteria, but this will help as well!

We recommend taking the time once a month to soak your bathing sponge in a mixture of 2 Tablespoons of baking soda to 2 cups of water to revitalize the cellular structure and get the most life out of your sponge. Increase the solution as needed for larger sponges.

Directions for Cosmetic Use

Many women enjoy the very gentle and mildly exfoliating texture of sea sponges for the purpose of cleansing their faces. Simply soften the sponge with water, pour a small amount of wash or scrub onto the sponge, massage with your fingers to lather, and apply in circular motion to cleanse the face and improve your skin's circulation.

Premium silk sponges can also be used to apply creams and oils to the face. Moisten and squeeze out excess water before using to apply creams and oils. Application is silky smooth and will not tug your sensitive skin, which is important in the prevention of wrinkles.

Another favorite use is the application of make-up with a silk sea sponge for a perfectly airbrushed finish. When you're ready to apply your foundation, first wet your sponge to moisten it and squeeze out any excess moisture. You don't want your sponge to be dripping wet, just damp. Not only does it make your sponge softer, but it will also not soak up as much foundation.

Next, pour about a dime-sized amount of foundation onto the back of your hand. If you need more, you can add more later, but start out with small amounts so you don't waste your foundation.

Dip the edge of your sponge into the foundation using a stippling motion (pat, pat, pat) to get a small amount of product on your sponge. Start at the center of your face and apply your foundation in short, downward strokes, re-dipping your sponge into the foundation when needed. Try your best to evenly coat the skin using this method. Add more foundation to areas that seem blotchy or uncovered.

Once you've applied your foundation, flip your sponge over, and use the clean side to gently blend away any buildup or uneven areas. Finish off your foundation with your favorite powder.