

Let's get you perfectly fitted!

Team Lunette knows that women are like snowflakes: no two are the same. But we've made it our goal to find your perfect fit at the precise time in your reproductive life so you can enjoy all the benefits of Lunette.

Lunette Cup Model 1

is our choice for women with light to moderate flow, younger, or have not yet experienced intercourse. The diameter is 1.6 inches by 1.9 inches. The stem measures 1 inch. The volume of the cup is 0.85 fl oz.

Lunette Cup Model 2

is recommended for women who have a normal or heavier flow. The diameter is 1.8 inches by 2 inches. The stem measures 0.8 inches. The volume of the cup is 1.0 fl oz.

All Lunette menstrual cups are soft and pliable, however, Lunette Cup Model 1 is made of softer silicone than Lunette Cup Model 2.

No strings attached,
we promise...

Love,
Lunette



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Lunette

A Menstrual Cup



The Lunette menstrual cup is the future of periods, period. It's your user-friendly, safe, reusable, and eco-logical alternative to pads and tampons. Plus, using Lunette helps you rack up good karma points by protecting the environment and your purse strings offering peace of mind and a stress free cycle.

Why use the Lunette Menstrual Cup?

Lunette Liberates!

Say hello to a healthy, easy-to-use alternative to tampons and pads: Lunette can handle whatever Mother Nature's got in store for you, from light, medium to heavy flow. Lunette is user friendly and travels with you, or in you – so you'll never 'run out' of protection, (or have your protection 'run out' on you!).

Easy

The Lunette menstrual cup is as easy-to-use as a non-applicator tampon: simply fold and insert. Lunette is in charge: it can hold much more liquid than a tampon, it only needs to be emptied 2 to 4 times per day during normal flow, so you can take care of business on your schedule.

Hygienic & Safe

Lunette is your periods' super heroine (and here to protect you): it doesn't disrupt the vagina's lubricating ability, or interfere with the natural process of shedding menstrual blood, dead cells, and bacteria. The upside? There have been no reported cases of Toxic Shock Syndrome (TSS) in connection with the use of menstrual cups.

The Votes are in....

Everyone loves Lunette – this genius device has received approval from international government health agencies including the FDA in the USA, and the TGA in Australia. In her homeland of Finland, Lunette is a crown jewel, and recipient of the prestigious Key Flag Emblem which certifies only the highest quality products.

Stop the Cash Flow

The average woman spends between \$48 – \$84 per year on disposable tampons and pads. The Lunette is a one-time cost that will last for years, and put the money you save right back into your purse.

Eco-Heroine

Lunette is eco-logical – with tender, loving care, it will last for years. Saving the planet while saving money is now something to celebrate every month (and is sure to make you less irritable!) Lose the monthly protection purchase, plastic applicators, wrappers, and bio-waste from used tampons and pads and free up your 'footprint.' Lunette was built with an eco-minded soul: from the recycled box and enclosed informational material, to the environmentally friendly factory that makes it in Finland – Lunette is an eco-heroine!

Lifestyle Friendly

Give up nothing with Lunette – it can be worn during sports and other physical activities, just like a tampon, but with no strings attached! Sleep nude (and no one will be the wiser), no peek-a-boo strings at the beach (unless it's your string bikini), and so discreet that your partner won't notice a thing during oral sex. Yay you!

Designed with You in Mind

The lining of the Lunette menstrual cup is smooth which makes cleaning a snap. Because the tab of the Lunette menstrual cup is flat, it doesn't collect bacteria. You can disinfect the cup by boiling it briefly in water, using the Lunette disinfecting wipes, or rubbing alcohol.

How to use the Lunette menstrual cup

1. Wash **2.** Fold **3.** Hold **4.** Insert **5.** Remove and Rinse **6.** Re-use

Get set with Lunette

Getting started is easy once you know the basics. Lunette is designed to work with your schedule and cycle, so using it and reusing it is becomes second nature. As a rule, the Lunette should be emptied on average of two to four times a day and can be safely used at night -- just be careful not to exceed 12 hours of continuous use.

Wash your hands with soap and hot water. Get comfortable: you can insert the cup while sitting, standing or squatting; spreading your legs a tad will help with a successful and comfortable insertion.

Fold + Insert the Lunette menstrual cup in on itself to make flat, then in half. Keep it rolled up and guide it rim-first into the vagina. The cup is now nice and snug, held in position by the seal formed with the walls of the vagina and pressure from the vaginal muscles. Your interior is superior and does all the work -- you'll barely feel a thing!

Remove the cup (wash your hands first please!) and relax your muscles. Break the seal by squeezing the bottom part of the cup, until you feel or hear the suction release. Gently rock the cup from side to side while pulling down. Pull the cup out slowly, while pinching the ridged bottom of the cup. Tip the contents into the toilet. Neat, clean and easy!

Empty the cup, and rinse in cold water first to keep it odor and stain free. Afterwards, clean the cup with hot water and the Lunette Feelbetter Liquid Wash or a mild, perfume-free soap. Simply reinsert Lunette and you're good to go. See how easy that was?