

honestpād

Which Period Product

is best for you?

#learnwithhonestpad



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Pad

Pads are your best choice if,

- You're scared to insert anything up there.
- You don't want the risk of Toxic Syndrome.
- You wear tampons but want back up protection against leaks.

What to watch out for?

- Look out for any pad that is perfume or scent free.
- 100% Cotton made.
- Absorbs better and longer.

**Honestly, you should try
The 8 hour pad, we bet you'll love it.**



Tampons

✓ PRO:

- They're available to buy in different sizes and absorbencies.
- You can't feel them when they're in properly.
- You don't have to worry about the visibility, Also you can swim with them.

⚠ CON:

- The risk of toxic shock syndrome (TTS), rare though.
- Inserting them can be uncomfortable, especially when trying a new one.
- They can sometimes irritate and dry out your vagina, making it itchy and uncomfortable.



Menstrual Cups

A lot of women swear by menstrual cups.

✓ PRO:

- For starters, most cups are reusable: just rinse and wear them again!
- Saves a lot of money.
- You can swim, jump, bathe and do anything in them.
- Most importantly, you can't feel them inside you.

⚠ CON:

- Using fingers, pull out and get messy.
- Cleaning process is hectic.
- Inserting cups are painful for most women.
- Some cups cause allergies and infections for sensitive vagina.



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Embrace Your Freedom FOR 8 HOURS



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