How to Saalt: Before first use

Remove & reinsert those in need. Thank you. For every purchase, Saalt helps provide improved period care to importantly, it works—it’s Saalt. It’s simple, it’s sustainable, and most importantly, it works—it’s Saalt. Thank you! You did it. You chose the best option for you and your body. Bravo! Cheers to you!

Inserting your cup

1. FOLD

• First, let’s do a little origami. Make a 7-fold: Fold the cup so the rim makes a 7-shape by flattening the cup and then folding the top right corner of the rim into a 7-shape. The Saalt Cup folds before you insert it. Here are three of the most common ways to fold your cup. They all work! • C-Fold: Fold the cup into a C-shape by bringing the cup together in the middle to bring the two ends together. • Push-down fold: Use your index finger to press down on the rim to collapse the cup. Pinch to hold in place. • Frizz: Fold the cup in the rim makes a 7-shape by flattening the cup and then folding the top right corner down, so rim forms the number 7.

2. INSERT

• With your cup folded, you are ready to insert. • Inserting your Saalt Cup is easier when using water as a natural lubricant. • Position your cup lower than a tampon, but feel free to move it up a little if that’s more comfortable. • If you notice the cup, it will pop open. • With one hand, gently separate your labia and with the other, insert your cup slowly, rim-first into your vagina. • Slide it up and back at an angle (towards your tailbone, not straight upward), until the body of cup is completely inside. • Your Saalt Cup is ready to reinsert! Double check to make sure the cup has opened by running a finger around the body of the cup. If you feel any folds, rotate the cup again until it has fully opened. • No folds? You’ve successfully inserted your Saalt Cup! Feel free to do a neat click or summerault and go enjoy up to 12 hours* worry free! • You can check the seal by hugging lightly on the stem. If you feel resistance as you softly pull down, you have a good seal!

3. POSITION

• Position your cup lower than a tampon, but feel free to move it up a little if that’s more comfortable. • As you release the cup, it will pop open. • When inserting your cup, it’s important to open one inside the vaginal opening but before it’s completely inserted. • To make sure it has fully opened, creating a seal against the vaginal wall, rotate your cup by pinching the base (not just the stem) and turning it. When the cup is fully open, it will prevent leaking. • Your cup is in the right place when the rim is below or around your cervix. • Your Saalt Cup is ready to reinsert! Double check to make sure the cup has opened by running a finger around the body of the cup. If you feel any folds, rotate the cup again until it has fully opened. • As you release the cup, it will pop open. • No folds? You’ve successfully inserted your Saalt Cup! Feel free to do a neat click or summersault and go enjoy up to 12 hours* worry free! • You can check the seal by hugging lightly on the stem. If you feel resistance as you softly pull down, you have a good seal!

4. SECURE

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Cup every day to simplify their period care and keep toxins out of their body.

If you need more insertion coaching, please visit us online at Saaltco.com. If you need more insertion coaching, please visit us online at Saaltco.com.
Tips & troubleshooting

Healthy Use
- Empty at least twice a day (12 hours’), or as needed between periods.
- Wash thoroughly using hot water and a mild soap, or Saalt Wash. Avoid strong cleansers (like vinegar, bleach, or hot water) they may irritate your vagina.
- Never use your Saalt Cup in a public toilet or on the beach.
- Make sure the stem of your Saalt Cup is trimmed to fit inside your vaginal canal (or another breathable container). If leaking persists or you cannot obtain a good seal, consider changing to a different size or shape.
- If your cup is ripped or torn, it may be useful to replace the cup.
- If you feel symptoms of general pain, swelling, discharge or pus, and muscle pain. You should see a doctor right away.  

IMPORTANT: Menstrual cups have been associated with Toxic Shock Syndrome (TSS). TSS is a rare serious disease that may result in death. Toxic Shock Syndrome (TSS) include fever, abdominal cramps, black vaginal discharge or pus, and muscle pain. Read and keep this information. If you experience these symptoms, contact your doctor right away.

Use Saalt

For many people, their Saalt Cup is love at first sight, but for others it takes some getting used to. Please trust, and feel free to ask for more information. When you first get your Saalt Cup, it may feel a little strange. When you first insert it, you may feel a little bottom heaviness. This is normal, as the cup is designed to sit naturally in your vaginal canal. If you experience discomfort when wearing your cup, please email us at info@saaltco.com.

Your vagina has a natural slant, so make sure the cup is inserted at the right angle to match it. Leaking can also be caused by a too low position. Make sure your cup is low enough that it doesn’t pop open when you’re in the shower or while sitting on a toilet.

We love engaging with our customers, which is why you should follow us on social media. Join the conversation to break taboos and educate. We’re constantly adding to our socials and want to know what you like best! Follow us on social media to stay up to date with new products.

Love Saalt

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