

USAGE

1. SQUEEZE THE CUP IN ANY CONVENIENT WAY (SEE PAGE 2).
2. INSERT THE CUP INTO THE VAGINA. FOR A COMFORTABLE INSERTION, YOU CAN PUT A LITTLE LUBRICANT ON THE RIM. THE CUP WILL OPEN INSIDE. YOU SHOULD NOT FEEL THE CUP OR DISCOMFORT. IF IT IS FELT, EXTRACT IT AND RE-INSERT IT.
3. WEAR UP TO 12 HOURS.
4. REMOVE THE CUP AFTER 12 HOURS OR AS NEEDED. SQUEEZE THE BOTTOM OF THE CUP SLIGHTLY TO DISRUPT THE VACUUM AND SLOWLY TAKE IT OUT USING A LOOP.
5. RINSE OR BOIL THE CUP. PUT IT IN A CLEAN DRY PLACE.

CARE

BEFORE AND AFTER EACH USE, CLEAN THE CUP IN WARM SOAP WATER AND DRY. YOU CAN BOIL IT FOR BETTER STERILIZATION FOR 2-5 MINUTES.

STORAGE

KEEP THE TOY OUT OF THE REACH OF CHILDREN IN A SPECIAL BAG (INCLUDED IN THE KIT). REMAINING IN THE BAG, THE TOY IS PROTECTED FROM DIRECT SUNLIGHT, DUST, AND ALSO NOT SUBJECT TO EXTERNAL DAMAGE IN THE FORM OF SCRATCHES AND RUBBING OF THE DEVICE.

**MANUAL
NATURAL
WELLNESS**

HOW TO USE NATURAL WELLNESS?



Rinse the cup before first use. (The cup can be boiled for best disinfection)

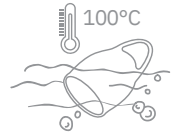
Wash your hands before inserting or removing the bowl.



Roll up the cup and insert it into the vagina. Inside, it should open up.



Remove the cup after 12 hours or as needed: slightly squeeze the bottom of the cup to break the vacuum and slowly pull it out.



Pour out the discharge and rinse the cup. At the end of menstruation, rinse the cup thoroughly and put it in a storage case. (You can boil the cup for 2-5 minutes for better sterilization)

WAYS OF FOLDING CUP



VARIANT 1



VARIANT 2



VARIANT 3