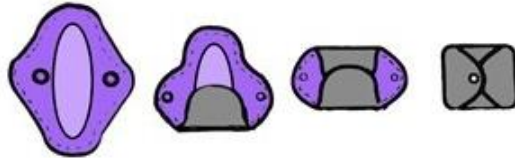




How to Use and Care for Cloth Menstrual Pads

How to Fold Pad for Discreet Carrying



How to Wear a Cloth Pad



How to Clean Cloth Pads

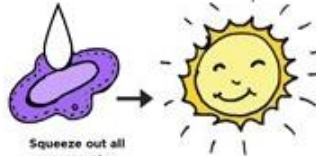


Soak in cold water with soap and a little bit of vinegar if you have it. Soak overnight for strong stains.



Scrub pads with soap.

Rinse thoroughly.



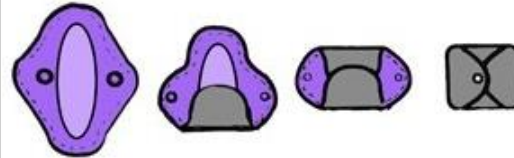
Squeeze out all excess water.

Hang to dry in the sun.



How to Use and Care for Cloth Menstrual Pads

How to Fold Pad for Discreet Carrying



How to Wear a Cloth Pad



How to Clean Cloth Pads

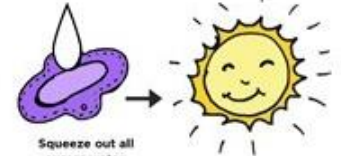


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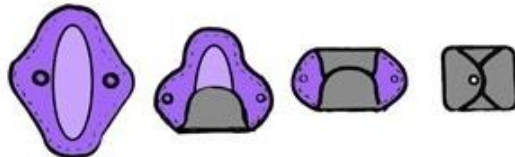
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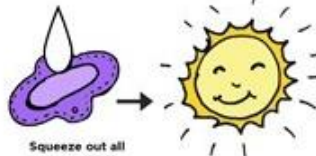


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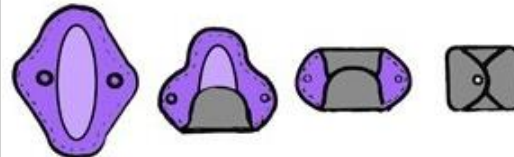
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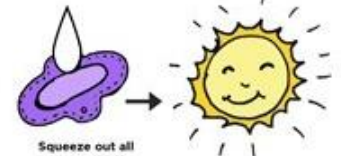


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