

Lunette – Menstrual Cups

A bell-shaped cup that gives you a comfortable, safe, odourless and eco-friendly period for up to 12 hours a day. It's also reusable and lasts several years meaning less time, money and stress!

- Medical grade silicone which is BPA free and no chemicals
 - FDA Approved
- Registered with the TGA or 'Australian Register of Therapeutic Goods'

How to Use



WASH HANDS

Check that the air holes at the top of your cup are open. Wash your hands.

Wash your Lunette with Feelbetter Cup Cleanser and rinse it carefully.



FOLD + HOLD

Get comfy: you can insert the cup while sitting, standing or squatting. Spreading your legs will help with a successful and comfortable insertion. Relax.

Fold the cup in on itself to make flat, then in half to form a C shape.



INSERT

Keep it rolled up and guide it rim first into the vagina. To check that the cup has fully opened, slide a clean finger up to the cup bottom and feel it - it should be round. Lunette can be used any time in your menstrual cycle, from heavy to light flow days.



WEAR + LEARN

Lunette is emptied about 2-4 times a day, can be used for up to 12 hours, also overnight. The measuring lines on the cup help monitor your flow and easily learn your rhythm.



REMOVE + EMPTY

Wash your hands and relax your muscles. Grasp the bottom of the cup. To break seal, squeeze the bottom of the cup.

Be sure not to pull it out by holding the stem alone. Tip contents into the toilet. Rinse & Reuse.



CLEAN + SANITIZE

Lunette should be cleaned before and after your cycle, and after emptying. To avoid odor and discoloration, rinse first in cold water, and then wash with hot water and Lunette Feelbetter Cup Cleanser designed for silicone cups.

Model 1

Is recommended for light to medium flow or for ladies who have never had sexual intercourse. The diameter is 41 mm (1.6 inches) by 47 mm (1.9 inches). The stem measures 25 mm (1 inch). The volume of the cup is 25 ml (0.85 fl oz). Model 1 is made from softer silicone than model 2.

Model 2

This cup is our bestseller, it's recommended for medium to heavy flow. The diameter is 46 mm (1.8 inches) by 52 mm (2 inches). The stem measures 20 mm (0.8 inches). The volume of the cup is 30 ml (1.0 fl oz). Made from a firmer silicone than model 1.

For More info: <https://lunette.com.au/pages/sizing-guide>





Colours: clear, purple, blue, coral, lemon

Cost: \$29

ModiBodi – Menstrual Underwear

Period-proof underwear that can hold up to 2 tampons worth
Moisture wicking, absorbent, external layer is waterproof (stops leaking), whilst being super slim (only 3mm)

Reusable & Sustainable: Rinse after use, then cold machine wash

 <p>UP TO 5mL = ½ TAMPON OR 1 TEASPOON</p> <p>MODIFIER LIGHT LINING</p> <p>Up to 5ml = ½-1 tampon or 1 teaspoon</p> <p>For: Light period days, sneezy leaks and snort laughs</p> <p>Feels: Fresh, protected, sassy and classy</p>	 <p>5-10mL = 1½ TAMPONS OR 2 TEASPOONS</p> <p>MODIFIER LIGHT-MODERATE LINING</p> <p>5-10ml = 1½ tampons or 2 teaspoons</p> <p>For: Light-medium period days and for pelvic floor back up from sneaky leaks</p> <p>Feels: Liberating, your new lifesaver! It's safe to go panty liner free, to use alone on light-medium period days and nights, or as back-up on heavy period days</p>	 <p>10-15mL = 2 TAMPONS OR 2½ TEASPOONS</p> <p>MODIFIER MODERATE LINING</p> <p>10-15ml = 1½ tampons or 2½ teaspoons</p> <p>For: Medium period days and moderate leaks, you're pelvic floor training</p> <p>Feels: Uber comfy and care free, you'll never fret about leaks. Use alone on medium period days, or as back up on heavy period days</p>	 <p>15-20mL = 2 TAMPONS OR 3 TEASPOONS</p> <p>MODIFIER HEAVY LINING</p> <p>15-20ml = 2 tampons or 3 teaspoons</p> <p>For: Medium-heavy period days and overnight leaks</p> <p>Feels: Sustainable and super safe! Use these babies solo on medium-heavy period days and keep snug as a bug for overnight leaks</p>
---	--	---	---

Style	Absorbency	Cost
Classic Bikini	Light	\$17.65
	Moderate	\$20.15
Seam-free Bikini	Moderate (tan/black)	\$21.15
Seam-free Full Brief	Moderate (beige/black/coral)	\$23.10
	Heavy (Over-night)	\$25.10
Sensual High Waist Bikini	Light (periwinkle/black)	\$19.5
	Moderate	\$22.10
	Heavy	\$24.10

Colours: All items come in black unless otherwise specified

Size: 6-18

SIZE	WAIST (CM)	HIPS (CM)
AU/UK/NZ 2 USA GIRLS 8-10		
AU/UK/NZ 4 USA GIRLS 10-12		
AU/UK/NZ 6 USA GIRLS 12-14	58-62cm	86-90cm
AU/UK/NZ 8 USA 4	62-66cm	90-94cm
AU/UK/NZ 10 USA 6	66-70cm	94-98cm
AU/UK/NZ 12 USA 8	70-74cm	98-102cm
AU/UK/NZ 14 USA 10	74-78cm	102-106cm
AU/UK/NZ 16 USA 12	78-82cm	106-110cm
AU/UK/NZ 18 USA 14	82-86cm	110-114cm
AU/UK/NZ 20 USA 16	86-92cm	114-118cm
AU/UK/NZ 22 USA 18	92-98cm	118-122cm
AU/UK/NZ 24 USA 20	98-104cm	122-126cm
AU/UK/NZ 26 USA 22	104-110cm	126-128cm