Washing instructions

Menstrual pads, tampons and reusable diapers

General washing instructions

- Wash the products a few times before first use to remove any dirt from storage and transport. This also helps make the fabric more absorbent.
- Do not use fabric softener. It reduces absorbency and may irritate the skin (vaginal area). You can use a little natural vinegar as an alternative.
- Always follow the maximum washing temperature indicated for your products.
- Use a mesh laundry bag for small products, such as tampons. This prevents them from getting lost in the washing machine.
- Diapers can also be washed in a mesh laundry bag or wet bag, but make sure to leave it open so the diapers can come out and move freely during washing.
- Avoid using a tumble dryer if possible.
- Hang or lay your laundry flat to dry. Are there any stubborn stains left? Hang the items in the sun. Sunlight (UV) acts as a natural stain remover.

Menstrual pads and tampons

After use

There are several ways to care for reusable menstrual pads after use. Choose whichever method works best for you:

- Store them in a wet bag or bucket until you are ready to wash them. If you prefer, rinse them with cold water immediately after use. Or:
- Soak them in a bucket of cold water with a little salt for 24 hours before washing. Make sure to rinse them with cold water first. Otherwise, the water will become very bloody, and the blood may stain other pads and tampons.

Washing

- If needed, stains can be treated with a stain remover before washing.
- Place the products in the washing machine and wash them at the recommended temperature. No special detergent is needed.
- Always use a mesh laundry bag for tampons to prevent them from getting tangled.
- You can wash reusable menstrual pads and tampons together with your regular laundry. However, avoid washing them with white laundry only.
- If some stains remain after washing and you want to remove them, soak the products in cold water with salt for 24 hours before the next wash. Alternatively, hang them in the sun to dry or use a stain remover again. You can place a reusable tampon in boiling water for a few minutes to remove stains.

Reusable diapers

- Wash the diapers three times before first use to improve their absorbency.
- Avoid detergents containing enzymes. The enzyme cellulase can cause premature wear by damaging the cotton fibres.
- Always check the care label on the product. Many diapers can be washed at 60°C–90°C, but washing at 60°C is often sufficient (and more energy-efficient).
- Diaper covers should be washed at lower temperatures than the absorbent diapers.
- Make sure the diapers are open in the washing machine so the inside can be thoroughly cleaned.
- Fasten all velcro closures to prevent them from sticking to other laundry.
- Do not overload the washing machine. Start with a rinse cycle to remove the initial dirt.
- Then run a prewash followed by a long wash cycle. Avoid short wash cycles, as they may not rinse away the dirty water properly, leaving the diapers insufficiently cleaned.
- Once the wash is finished, hang the diapers on a clothesline, preferably over two lines at once. This helps them dry faster and is gentler on the elastic.

