

How Switching to a Menstrual Cup can Save You Money!

It's that time of the month again, and you're faced with the usual dilemma: which feminine hygiene product should you use? On average people spend \$13.25 a month on feminine products, which amounts to approximately \$200 a year, or over \$6000 from ages 12-52.

Are you looking to save some money? Then a [Client] menstrual cup is a great option!

In this article, we'll discuss the cost-effectiveness of [Client] menstrual cups and why they are a more affordable choice than traditional pads or tampons. We'll also provide advice on how to make the switch to menstrual cups if you're apprehensive about using them.

So read on for all the information you need on menstrual cups and their cost-saving benefits!

What Is a Menstrual Cup?

A menstrual cup is a fantastic alternative to traditional female hygiene products!

Did you know they have been around since the '30s? Crazy right? They are not well known or used and we want to change that!

So, what are they?

They are a menstrual cup that is inserted into the vagina to collect menstrual blood and are great at preventing leakage.

They can be worn for up to 12 hours, which means you don't have to change as often. They come in a variety of sizes and offer a range of fun colors and designs.

The material they are made from is silicone, latex, rubber, or TPE (thermoplastic elastomer). These materials allow them to be reused for up to five years!

Menstrual Cups Are Just as Good as Pads and Tampons

Different menstrual products provide different levels of protection and comfort.

Pads are often chosen for their leak-proof protection. Tampons are convenient and can be worn while swimming or playing sports.

Well, [Client] menstrual cups offer the same level of protection as pads and tampons, with the added bonus of being reusable!

They also provide the same discrete convenience traditionally provided by tampons. That's a win!

Menstrual cups are even more comfortable than other products as they don't cause dryness or irritation. And, because they sit lower in the vjayjay than a tampon, and gathers blood rather than absorbs it, they are less likely to cause Toxic Shock Syndrome.

Who doesn't want their feminine hygiene products to be effective AND safe?

Menstrual Cups Will Save You Money

The initial cost of [Client] menstrual cups starts at around \$30 depending on the type of cup you choose.

While the initial cost may seem expensive, the overall savings menstrual cups offer are significant.

Let's break this down.

The [Client] menstrual cups can be reused for 5 years, so they provide ongoing savings compared to disposable pads and tampons that you have to purchase every month.

In fact, in as little as four months, you will have paid for your cup. AND if we take a look at the life of a [Client] menstrual cup, at the end of five years you'll have saved over \$700.

That's a lot of money that can go towards other things - like a vacation or new clothes.

Using a Menstrual Cup Is Environmentally Friendly

Menstrual cups save you money and are also environmentally friendly.

A life cycle assessment was done on feminine hygiene products in November 2019. This assessment evaluated all the materials, energy, and processes associated with the raw materials in each product.

This included how the materials were extracted, manufactured, used, and disposed of. The impacts to the environment that were taken into consideration included: climate change, natural resource depletion, human toxicity, and ecotoxicity.

The assessment proved the reusable menstrual cups had a 99.6% lower total impact score compared to maxi pads. Tampons averaged a 40% lower impact.

Maxi pads have the highest impact score due to the weight of the product and the raw materials required to make them.

How cool is that? You can use a product that is safe for you and the environment!

How to Switch to a [Client] Menstrual Cup

There may be a learning curve in switching to a [Client] menstrual cup but it is definitely worth it.

If you are apprehensive about using menstrual cups, these tips can help make the switch easier.

Start by reading about menstrual cups and watching instructional videos online. This will give you a better understanding of how they work and how to insert them correctly.

You could try a menstrual cup at home before using it during your period. This will help you become more comfortable with the product and how it works.

Menstrual cups also come in a variety of sizes, so find the size that is right for you. There are even petite menstrual cups for those with a smaller vjayjay.

It may take some trial and error before you find the menstrual cup that is right for you.

Types of Menstrual Cups

There are several types of [Client] available. They are separated by the material they are made of and their shape.

Material

The most popular menstrual cups are silicone. They come in a variety of colors and sizes.

There is even a cup made from the highest quality medical-grade thermoplastic elastomer. These are both hypoallergenic and recyclable.

These cups from [Client] do not contain silicone, rubber, or latex. They are also free of heavy metals and BPA's.

Make sure you do your research to find the menstrual cup that is right for you.

Shape

[Client] offers menstrual cups in different shapes such as bell-shaped, cone-shaped, and flat.

The bell-shaped menstrual cup is the most popular type. It has a flared rim and stem which makes it easy to grip and remove.

The cone-shaped menstrual cup is for those who have a high cervix.

They also come in different sizes. They offer extra small for teenagers or those who prefer smaller tampons, small/medium for the average "one size fits most", or large for those who have had a baby.

The menstrual disc is more of a flat shape and is good for those who have a low cervix. They are safe if you have an IUD as they are not held in place by suction.

They are also great for those who want a more compact menstrual cup. You can even keep it in when having sex to avoid messy period sex!

Storing Your Menstrual Cup

Storing a menstrual cup is easy. You can keep them in a cloth bag or box that is specifically designed for menstrual cups.

Make sure to wash your menstrual cup before and after each use.

Save Money and Find Comfort by Trying a Menstrual Cup

We hope you found this article helpful in understanding the many benefits of menstrual cups. And how switching to one can save you money.

Have more questions? Check out our FAQ section where we have the answers!