

Green the Red

Sustainable Menstrual Hygiene

SAAHAS



What do you use to manage your PERIODS?

Disposable Pads: Health



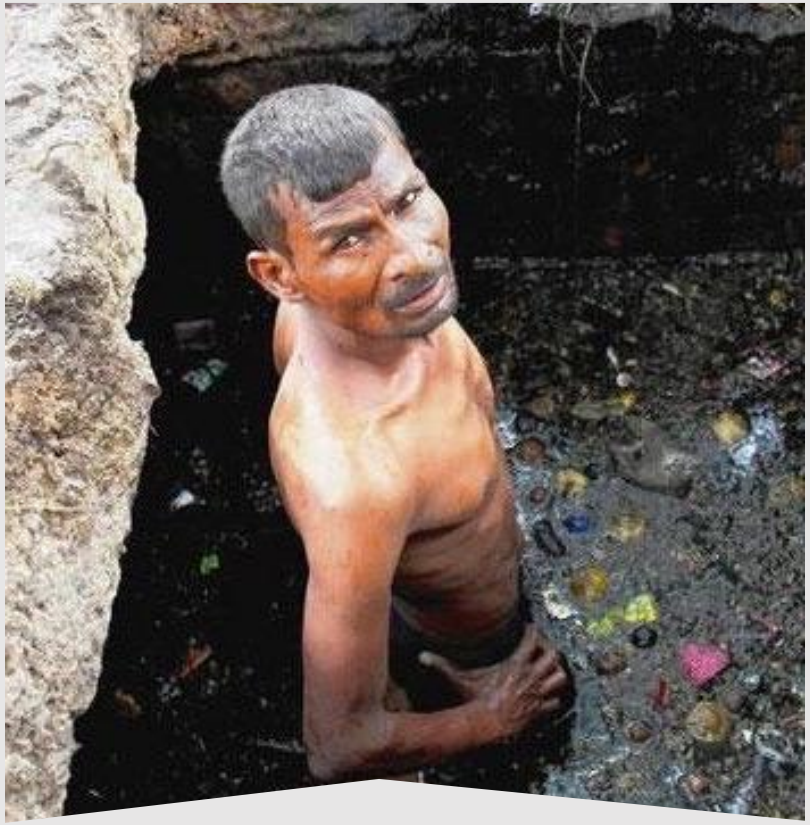
How to dispose the DISPOSABLE PADS?

How to dispose Pads/tampons?

Waste Bin

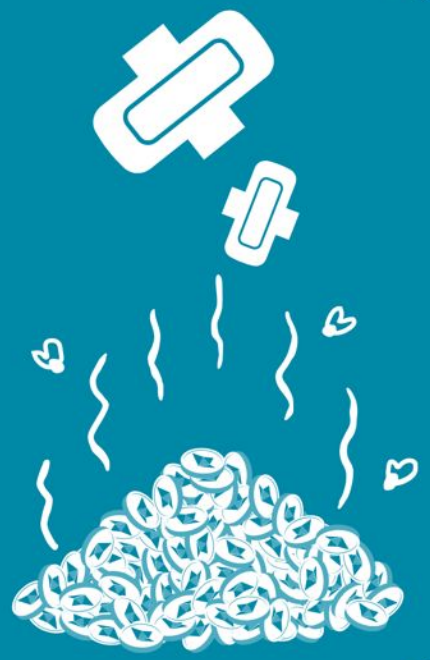


Flush



Burn





Trash Forever

Each pad takes 500 years to decompose - pollutes soil, ground water and air.

10 pads per month **X** **12** months in a year **X** **10** years **X** **36,00,00,000** menstruating women in India **= ??**

False Solutions…

Micro-incinerators





Bio-degradeable Pads









Real Solutions…

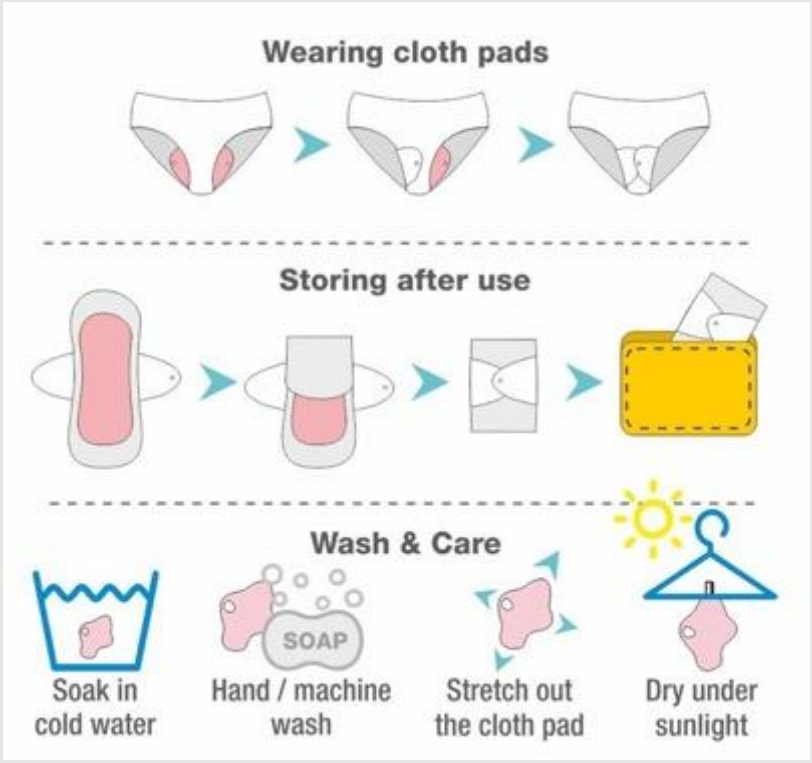
Cloth Pads



Menstrual Cups



Cloth Pads


Wearing cloth pads
Storing after use
Wash & Care
SOAP
Soak in cold water
Hand / machine wash
Stretch out the cloth pad
Dry under sunlight



Cloth Pads



Leak-proof



Hypo-allergenic



Machine-washable



Trash-free

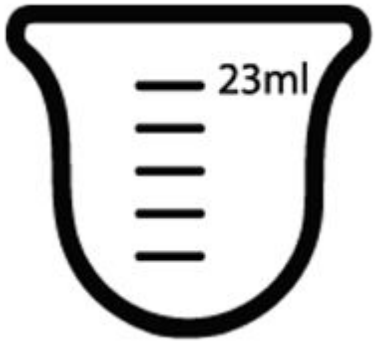


No monthly expenditure



Menstrual Cups

Menstrual Cups



Long Hours



No Chemicals



Trash-free

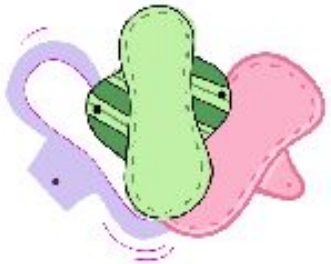


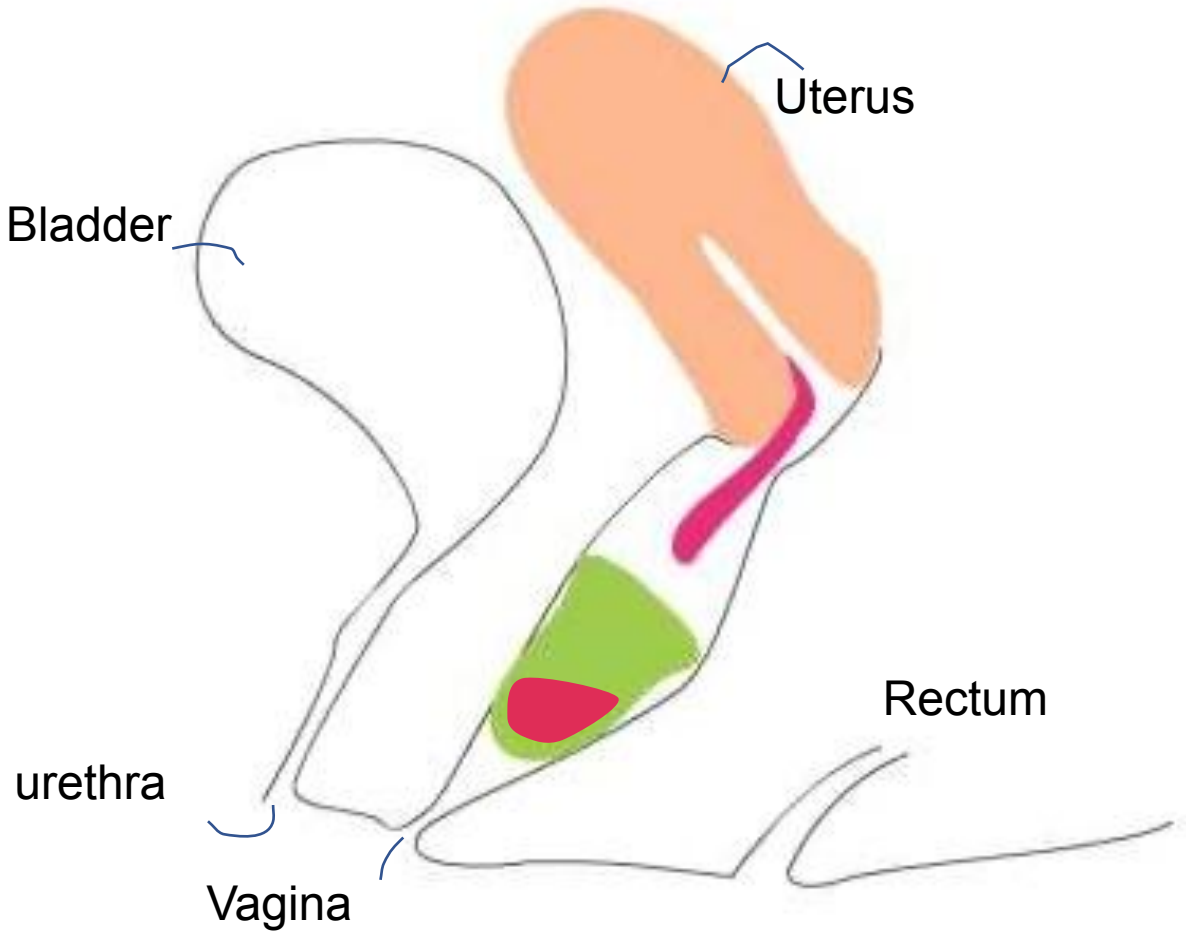
No monthly expenditure



Ideal for active women

Period Care Products

	Menstrual Cup	Cloth Pads	Disposables
			
HEALTH	Medical grade silicone is safe	Hypo-allergenic, no chemicals	Loaded with many harmful chemicals
MONEY SPENT IN 10 YEARS	Rs 500	Rs 4,500	Rs 30,000
WASTE GENERATED PER WOMAN	3 cups	132 cloth pads	6120 disposable pads
COMFORT	ceakproof, no smell, can swim, travel, pursue sports	Feels soft, natural, easy-to-use	Prone to itchiness, rashes


Uterus
Bladder
Rectum
urethra
Vagina

Comfort beyond imagination, solution that works for all













Which CUP to buy?

- Material : Medical Grade Silicone
- Design : Stem/ring/knob/none
- Price
- Country of Origin: India
- Size: Small, Medium, Large
- Hardness : Soft, Regular, Hard

Menstrual cups ₹300 to ₹950

Available on:

- Stonesoup.in
- Amazon.in
- Nykaa.com
- Health and Glow stores

Good brands:

Stonesoup, Shecup, Boondh, Diva, Meluna, Moon cu

Which Cloth Pads to buy?

Cloth Pads: ₹1500 for one set

Available on:

- Stonesoup.in
- Amazon.in
- Nykaa.com
- Health and Glow stores

Good brands:

Stonesoup, Ecofemme, SochGreen, Uger



Which Cloth Diapers to buy?

Cloth Diapers/Nappies: ₹150 -₹250

Available on:

- FirstCry.com
- Amazon.in
- Nykaa.com

Good brands:

Bumberry, SuperBottoms, KiddieHug, Ecofemme





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