

Why use reusable pads?

1- They are better for your body.....

Studies carried out by respected women's health organisations in the United States have found a range of toxins, dioxins and carcinogens present in tampons, and according to US Congresswoman Carolyn Maloney, there is no research that actually declares tampons unequivocally safe! Reusable sanitary pads are completely Oekotex certified which means there are absolutely no harmful chemicals in the product or next to your bits.



2- They save you money....

Did you know that you can save up to £2000 compared to the cost of using throwaway sanitary products? Think about how many periods you will get in your life time and look at the cost of a pack of sanitary products.

3 - They are kind to our environment....

The time it takes for a tampon or pad to degrade in a landfill is centuries longer than the lifespan of the woman who used it, particularly when wrapped in a plastic wrapper or bag. During her menstruating year one woman can use up to 15,000 products most of which end up in landfill. Considering that they will still be around 500 years from now, it's really quite alarming. To make matters worse, the ones that don't end up in landfill, often end up on our beautiful shores. In 2013 the Marine Conservation Society held a beach clean across 96.7km of UK coast-line. They collected 428 tampons and tampon applicators per 4.4km and 1291 sanitary pads, panty liners and backing strips per 13.3km!

