



Reusable period products Better for you and the planet



Plus 15% discount
for Dorset Council
residents
(see back page)

Making periods better!



Cost
less



Save
waste




Reduce
plastic




Feel
great

Reusable period products are...


Better for your bank balance

 Each period can cost on average £5; that's £65 a year and £2400 over a lifetime.


 In comparison, a menstrual cup costs up to £23, and can last up to 10 years!


Better for the environment

 Disposable period products can contain up to 90% plastic.

 Switching to reusables reduces waste, avoids plastic and significantly lowers your environmental impact compared to single-use period products.

Better for your health

 Disposable period products can contain chemical fragrances which can potentially lead to irritation.

 Reusable period products don't contain any chemicals that may cause your skin to react.

What are your options?



Period Pants - Simply a pair of pants with an absorbent inner panel. They come in all shapes, styles, sizes and absorbencies. At the end of your day just rinse with cold water, pop into your washing machine and then hang out to dry. Easy, comfy, and convenient.

Pads - A shaped pad with wings that popper around your pants similar to a disposable period pad. Spare pads fold up discreetly and used pads can be stored in a small stylish wet bag. Pads can be washed in the same way as period pants, and there are lots of sizes and absorbencies to suit your needs.



Menstrual Cups - A soft silicone cup which is used internally as an alternative to a tampon – but this catches the blood rather than absorbs it. Fold to insert, then it opens up to create a seal. After 6-12 hours, empty and rinse before reinserting. Supplied with a discreet pouch to store it in. At the end of your period, give it a sterilising wash and you're all set for next time.

Menstrual Discs - A disc sits higher up and is flatter in shape than a menstrual cup. Use, wash and store in the same way as a menstrual cup.



Reusable tampon applicators - If you're not quite ready to make the switch to reusables but want to move away from disposable tampon applicators, reusable applicators are available to wash and reuse.

Please ensure you read the care and use instructions which come with each product as they may vary between suppliers.



Save even more with your exclusive discount!

We have teamed up with some suppliers to offer Dorset Council residents an exclusive 15% off a range of reusable period products. Anyone who lives in the Dorset Council area can use our discount code, so please feel free to share it with local family and friends.

More information about which suppliers are offering this discount and the discount code can be found online at

dorsetcouncil.gov.uk/reusable-period-products