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› Lunette Period Cup Instruction Manual - Size 1 Violet

lunette Lunette Menstrual Cup

Lunette Period Cup Instruction Manual - Size 1 Violet

Model: Lunette Menstrual Cup | Brand: Lunette

INTRODUCTION

This manual provides detailed instructions for the safe and effective use of your Lunette Period Cup, Size 1 Violet. The Lunette cup is a reusable menstrual cup made from soft, medical-grade silicone, designed to offer up to 12 hours of leak-free protection. It serves as an eco-friendly alternative to traditional pads and tampons.

PRODUCT OVERVIEW

Your Lunette Period Cup package includes one menstrual cup, a linen storage pouch, and an informational bookmark. The cup is designed for comfort and ease of use, featuring a smooth rim, air holes for suction release, volume markings, ridges for easy pinching and removal, and a flat stem for grip.

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period cup



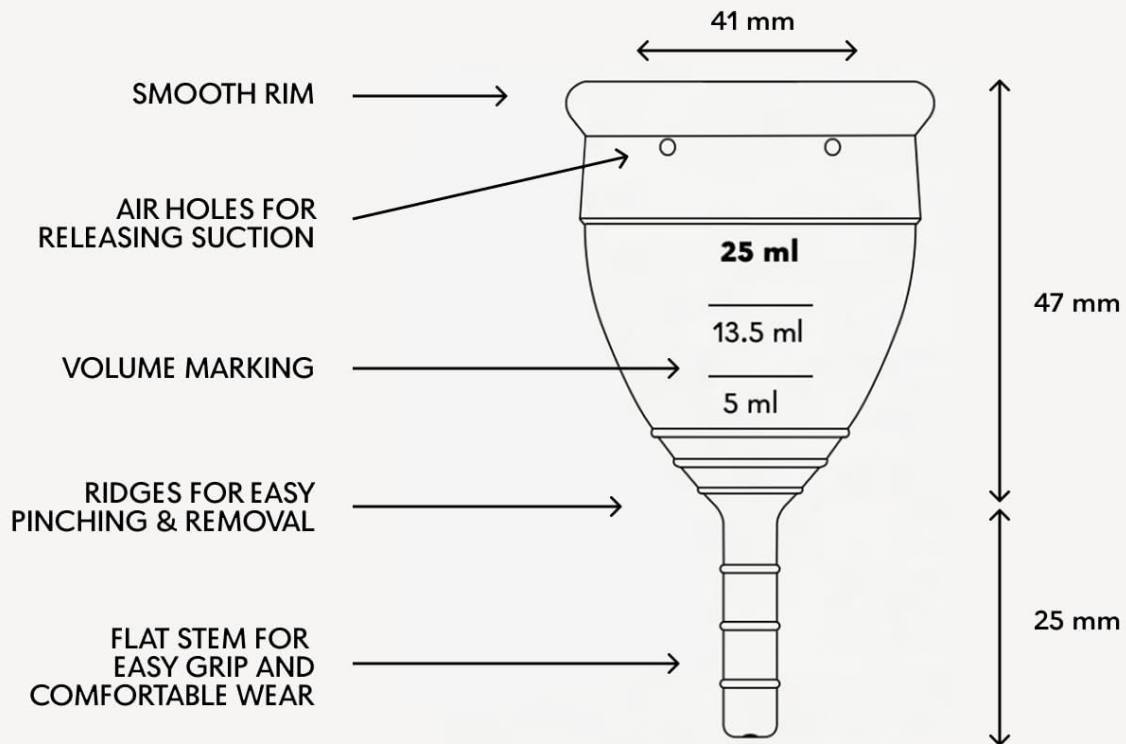
MADE IN FINLAND



Image: The Lunette Period Cup in Violet, Size 1.

Size 1

For light to medium flow. Collects more than 2-3 tampons.



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Image: A hand holding the Lunette Period Cup, demonstrating its size.

Cup for good

You buy a cup → we
donate a cup.

There are over 500 million women without a safe way to deal with their periods and we're determined to change that. **So, when you buy a cup, we'll donate one from our charity arm, The Cup Foundation.**

Together we want to empower women everywhere, breaking period stigma and eradicate period poverty by providing sustainable period cups, to better periods.

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Image: The linen pouch provided for storing your Lunette Period Cup.

Six colors



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Image: An example of the collectible bookmark included with the Lunette Period Cup.

CHOOSING YOUR SIZE

The Lunette Period Cup is available in two sizes to accommodate different flow levels. Size 1 is recommended for light to medium flow, while Size 2 is designed for heavier flow. This product is Size 1, suitable for light to medium flow, collecting more than 2-3 tampons worth of fluid. Size 1 is also made from a slightly softer silicone, which can be easier to insert for first-time users.

Your browser does not support the video tag.

Video: This video explains how to choose the correct size of Lunette Period Cup based on your flow.

Made of soft medical grade silicone

Our period cups come in two sizes, providing optimal protection based on your flow.

SIZE 1 💧

For your light to medium flow

Collects **more**
than 2-3 tampons



SIZE 2 💧💧

For your heavier flow

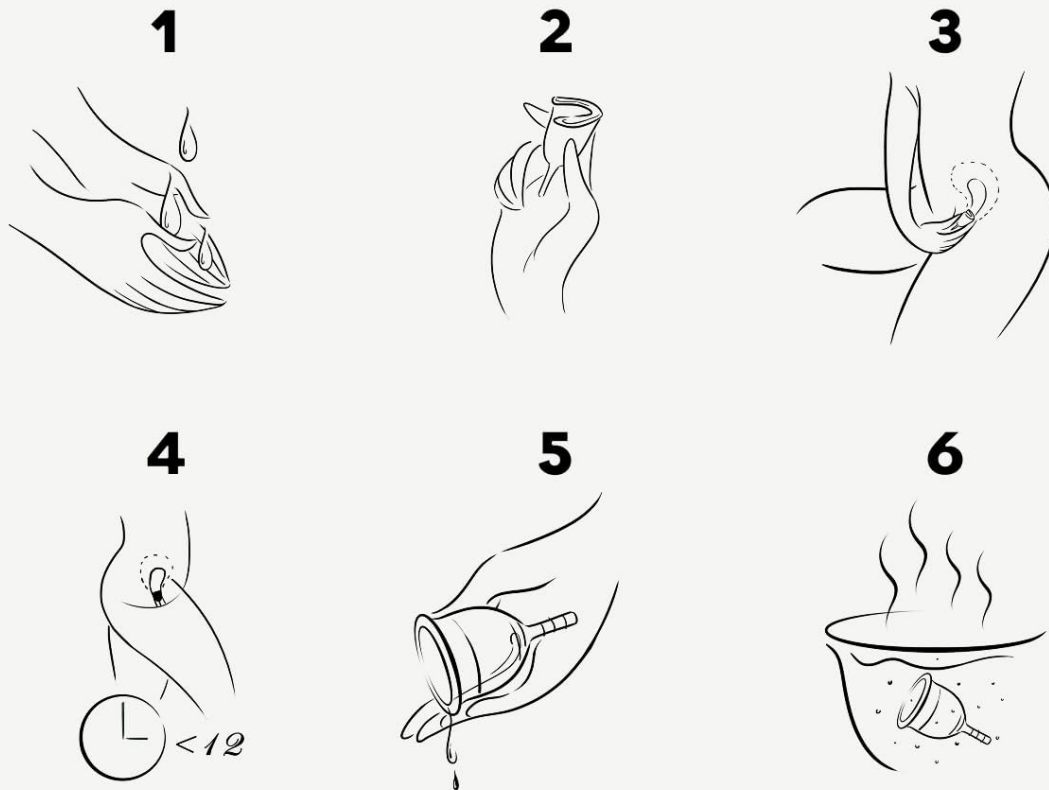
Collects **more**
than 3-4 tampons



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Image: A visual comparison between Lunette Period Cup Size 1 (for light to medium flow) and Size 2 (for heavier flow).

How to use



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Image: Detailed diagram of Lunette Period Cup Size 1, showing dimensions, smooth rim, air holes, volume markings, ridges, and stem.

SETUP (FIRST USE)

Before using your Lunette Period Cup for the first time, it is essential to sterilize it to ensure hygiene.

1. **Sterilization:** Boil the menstrual cup in water for 5-7 minutes. Ensure the cup is fully submerged and does not touch the bottom of the pot to prevent damage. Do not use any other cleaning agents during this initial sterilization.
2. Allow the cup to cool completely before handling.

A linen pouch for simple, sustainable storage



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Image: A Lunette Period Cup being sterilized by boiling in water.

OPERATING (INSERTION AND REMOVAL)

Proper insertion and removal are key to comfortable and leak-free use. It may take a few tries to find the method that works best for you.

Insertion

1. **Wash Hands:** Always wash your hands thoroughly with soap and water before handling your cup.
2. **Fold the Cup:** There are several folding techniques. Two common methods are:
 - **C-Fold (or U-Fold):** Fold the cup in half to form a 'C' or 'U' shape.
 - **Punch-Down Fold:** Push one side of the rim down into the cup, creating a smaller insertion point.
3. **Positioning:** Find a comfortable position, such as squatting, sitting on the toilet, or standing with one leg raised.
4. **Insert:** Gently insert the folded cup into the vagina, aiming towards your tailbone. Once inside, release the fold. The cup should

pop open and create a light seal against the vaginal walls.

5. **Check the Seal:** To ensure the cup has fully opened and created a seal, gently rotate it or run a finger around the base to feel for any folds. If it feels round and you can't easily pull it down, it's likely sealed correctly.

Removal

1. **Wash Hands:** Wash your hands thoroughly.
2. **Relax:** Relax your pelvic floor muscles. You can bear down gently (as if having a bowel movement) to help lower the cup.
3. **Locate the Stem:** Reach for the stem of the cup. Do not pull directly on the stem.
4. **Break the Seal:** Pinch the base of the cup (above the stem) to break the suction seal. This is crucial for comfortable removal.
5. **Gently Pull:** While pinching the base, gently wiggle the cup from side to side and pull it downwards. Keep the cup upright to avoid spills.
6. **Empty and Rinse:** Empty the contents into the toilet. Rinse the cup with water (cold water first to prevent staining, then warm) before reinserting.

Your browser does not support the video tag.

Video: This video demonstrates the unboxing of the Lunette Period Cup and shows the cup itself.

Made in Finland with quality you can trust

100% medical-grade silicone, our cup is designed to be worn for up to 12 hours, lasting you up to 10 years.

With two decades of expertise and millions of satisfied customers, Lunette stands as a leader in sustainable period care.

Vegan-approved (UK), FDA-registered (US), and packaged in 100% recyclable materials.



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Image: A six-step diagram illustrating the process of preparing, inserting, using, emptying, and cleaning the Lunette Period Cup.

MAINTENANCE AND CLEANING

Proper cleaning and maintenance will ensure the longevity and hygiene of your Lunette Period Cup.

During Your Period

- Empty the cup every 4-12 hours, depending on your flow.
- Rinse the cup with cold water first to prevent staining, then with warm water.
- You can use a mild, pH-balanced, oil-free soap specifically designed for menstrual cups, or simply water.
- Ensure the small air holes under the rim are clean to maintain proper suction. You can use a small brush or toothpick to clear them if necessary.

After Your Period

- After your period ends, sterilize the cup again by boiling it in water for 5-7 minutes.
- Store the clean, dry cup in the provided linen pouch. Do not store it in an airtight container, as this can damage the silicone.

TROUBLESHOOTING

If you encounter issues, consider the following common solutions:

- **Leaking:**
 - Ensure the cup has fully opened and created a seal. Try rotating it or running a finger around the rim.
 - Check if the cup is positioned correctly, not too high or too low.
 - Verify the air holes are clear.
 - Consider if you might need a different size or firmness of cup (though this product is Size 1 for light to medium flow).
- **Discomfort or Feeling the Cup:**
 - The cup might be inserted too low. Try pushing it slightly higher.
 - The stem might be too long. If it causes irritation, you can trim it carefully with clean scissors. Start by trimming a small amount at a time.
 - Ensure the cup is fully open and not folded.
- **Difficulty Removing:**
 - Relax your muscles. Bearing down gently can help.
 - Always break the seal by pinching the base of the cup before attempting to pull it out. Pulling on the stem without breaking the seal can be uncomfortable and difficult.
- **Staining or Odor:**
 - Rinse with cold water immediately after emptying to prevent staining.
 - Sterilize the cup by boiling it for 5-7 minutes after each cycle.
 - Ensure the air holes are thoroughly cleaned.

SPECIFICATIONS

Brand Name	Lunette
Model Name	Lunette Menstrual Cup
ASIN	B0054SD2BW
Color	Violet 1 for Light to Medium Flow
Size	1 Count (Pack of 1)
Material Type	Silicone (100% Medical-Grade)
Material Type Free	BPA Free, Phthalate Free, Toxic Free
Item Diameter	41 Millimeters
Product Dimensions	1.61 x 1.61 x 2.83 inches
Item Weight	45 Grams (1.59 ounces)
Manufacturer	Lunette Ltd

Date First Available	June 7, 2011
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WARRANTY AND SUPPORT

For specific warranty information or product support, please refer to the official Lunette website or contact Lunette customer service directly. Details are typically provided with your product packaging or on the manufacturer's website. The Lunette Period Cup is designed to last up to 10 years with proper care.

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For more information, visit lunette.com

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question