

A woman with blonde hair is shown in profile, smiling. Two hands are holding a teal menstrual cup in front of her. The cup has a small floral logo and the words 'PIXIE CUP' printed on it. The background is plain white.

life changing
PERIOD

a simple
guide to
anything +
everything
menstrual
cup related.



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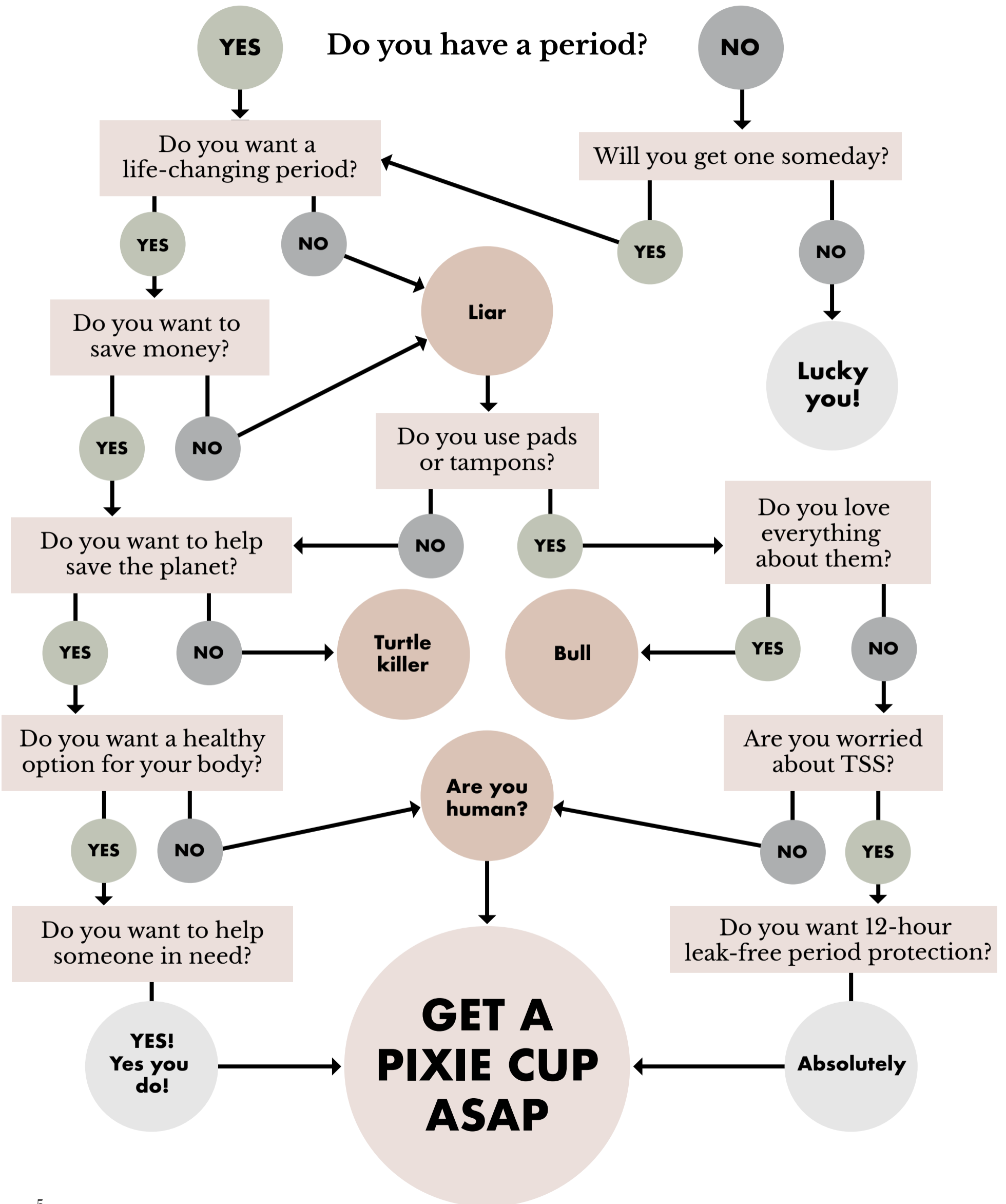


And I have been a constant example of how you can help those in need by working hard. You should remember the words of the Lord Jesus:

"It is more blessed to give than to receive."

-Acts 20:35

SHOULD I USE A PIXIE CUP?





INTRO



**Amber and Benjamin
started Pixie Cup in the
spring of 2016.**

Get ready, because we're starting off BIG. Our goal is to get a Pixie Cup in the hands of every woman on the planet. *mad cheers and clapping*

Every. Woman. On. The. Planet!

You're probably thinking, "Umm, guys that's really cool... but what IS a Pixie Cup?"

Let's start from the beginning. Our co-founder, Amber English, has always been passionate about living freely and authentically. She's spent her life learning about reducing waste and caring for our earth and our own bodies. Eventually, Amber saw a need for women to have access to a product that makes periods more manageable and reduces literally billions of pounds of tampon and pad waste.

Millions of girls around the world are forced to stay home from school and work during their period, sometimes even using dirt and leaves in place of sanitary products. Hundreds of thousands

of women in the United States, many of whom are homeless, can't afford these basic products and are stuck choosing between food and tampons.

That's why Amber joined forces with her business-minded and genius brother Benjamin Moore (he made us say that). Together, they created the Pixie Cup, a menstrual cup designed to provide period freedom!



Although the Pixie Cup is affordable for many, there are still women who can't afford to buy one for themselves. Amber and Benjamin wanted to help those women too. That's why, for every Pixie Cup you purchase, we give one cup away, for FREE, to a woman in need!

Is there a Pixie Cup in the hands of every woman on the planet? Not yet. But if you bought a Pixie Cup, there's another girl in the world that has one too. All because YOU chose to stand up and take back your period.

The Pixie Cup is not just a product. It's a way for women around the world to support each other as we all work towards a cleaner planet and a brighter future for everyone.

Welcome to the #PixieFamily.



EMPOWER OTHERS

GIVE

BACK

LIVE FREE

OUR MISSION

“Empower people, give back to others, and live in freedom? I’M IN!”

Raise your hand if you can get on board with that mission!

Here at Pixie Cup, we don’t just talk about our mission. We live it.

We empower others to succeed by encouraging every girl to try new things, crush her boundaries, and step out in confidence!

We give back to our communities by giving a cup to a woman in need for EVERY Pixie Cup that is purchased.

We live free by talking about our periods, dreaming big, and using those Pixie Cups to swim, work, run, and compete just like we do every other day of the year!

If that’s a mission you can get on board with, then we invite you to join our #PixieFamily. Because we won’t rest until we get a Pixie Cup in the hand of EVERY woman on the planet.



1.3 billion people live in extreme poverty.

- United Nations Development Program





Close to 20 billion sanitary napkins, tampons and applicators are dumped into North American landfills every year.

PART I THE BASICS

WHAT IS A PERIOD?

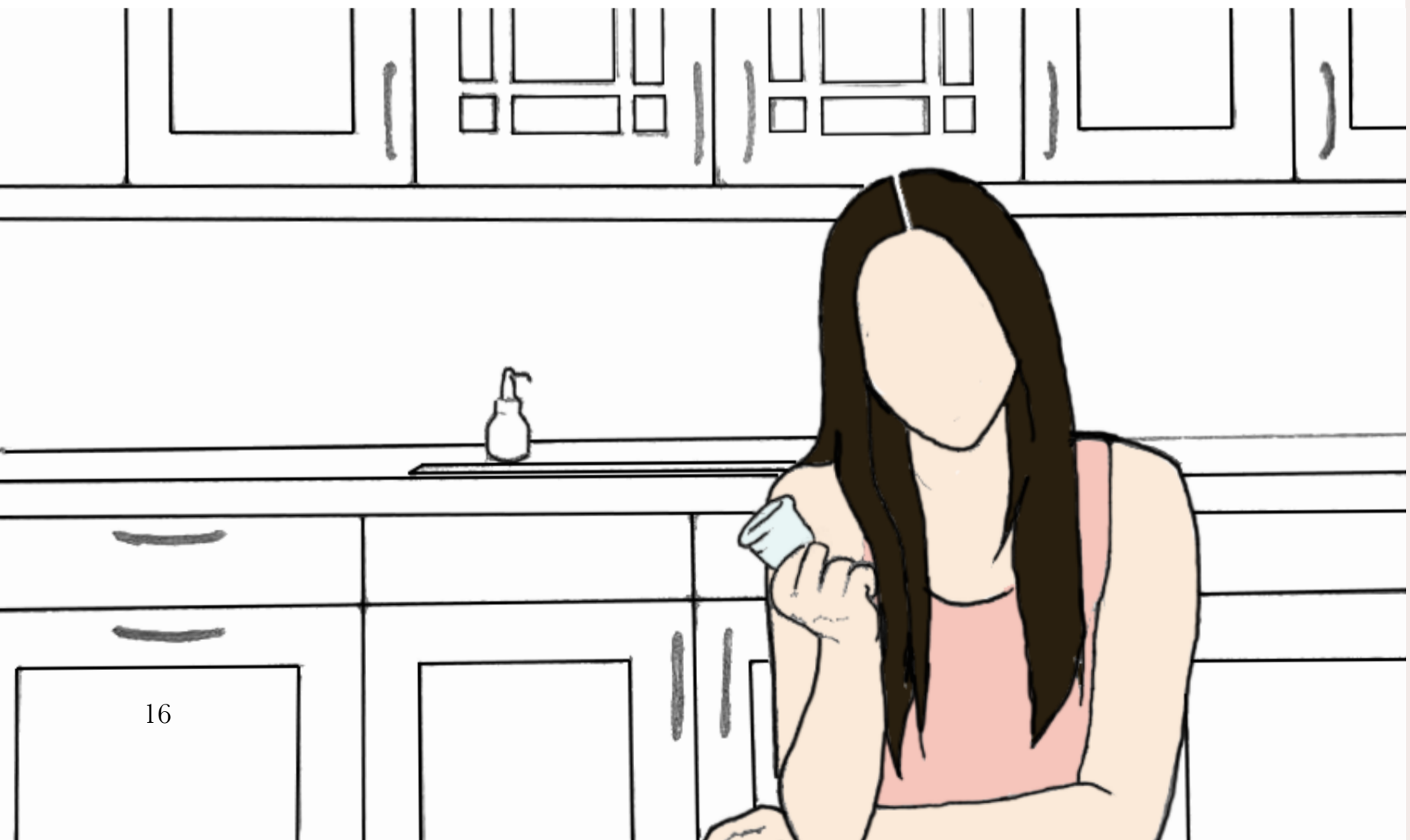
Yikes! Period talk. How embarrassing!

STOP RIGHT THERE.

Periods happen, and we need to be able to talk about them! If we can't talk about our periods, we can't help each other stay balanced and healthy!

Why do we even have a period?

Believe it or not, your period is only a small part of your menstrual cycle. The menstrual cycle itself is a recurring system that ensures your body is healthy and ready for a potential pregnancy.



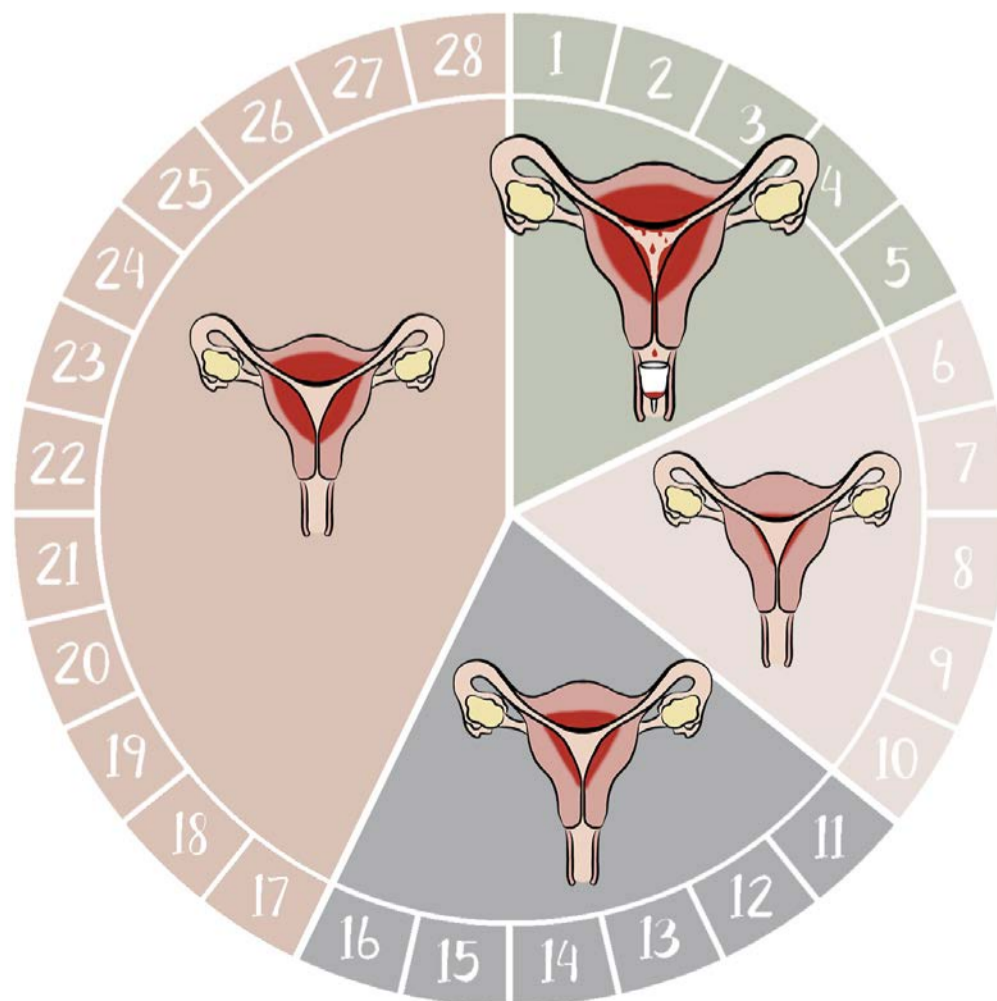
MENSTRUAL CYCLE PHASES

At the start of the menstrual cycle, which begins with the first day of your menstrual flow, the lining of the uterus sheds during what we call our “period week.”

Then, the uterine lining is rebuilt in the follicular phase and an egg is prepared for ovulation.

During ovulation, one of your ovaries releases an egg and your body changes hormonally to prepare for a potential pregnancy.

Next up, the luteal phase. If the egg is fertilized, it attaches itself to the lining of the uterus and begins to grow into a tiny living human. If the egg isn't fertilized, your hormone levels decrease and the cycle starts all over again, returning to the menstrual phase.



Sometimes, we are so accustomed to our cycle that we forget how incredible and fascinating it is! What we've talked about so far is a very simplified overview of the menstrual cycle, and there is so much more we could talk about. If you have more questions, visit our website [\[link\]](#). We're here to answer any and all of your period questions!

Should I have a period?

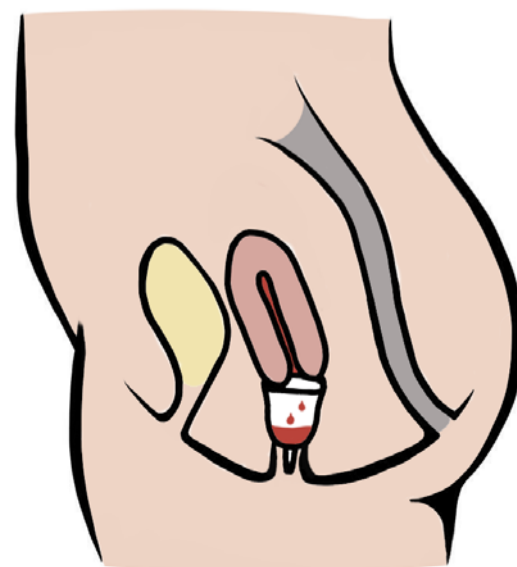
Periods are totally normal! I know sometimes we can lose sight of this fact, but this is important. Your period is a GOOD thing. It's a good indicator of reproductive health, and a reminder that you're part of the circle of life. *cue the music*

But if you don't have a period, that's okay too. Every body is on its own schedule. Girls typically start to get their period between the ages of 10 and 15. Most women enter menopause between 45 and 55.

If you're experiencing period irregularity or your period has suddenly stopped and you don't know why, the best thing you can do is talk to your doctor.

How much flow is too much?

According to the NHS, the average flow amount is between 6-8 teaspoons (or 30-40ml). It might feel like your flow is a lot more than this, but if you measured it there would probably be less blood than you think.



Measuring your flow is super easy (and extremely accurate) in your Pixie Cup. But you can also measure your flow with tampons. A regular tampon holds 5ml of fluid, and a super tampon will hold about 10ml. For a quick comparison, the Pixie Cup holds 25ml of fluid!

Is my period too long?

A normal period lasts between 2-7 days. Yup, that's a big range! Although the average period is about 5 days long, it's completely normal if yours is shorter or longer than that! However, if your period lasts longer than 8 days, it's time to talk to your gynecologist.

What if my cycle is more/less than 28 days?

If your menstrual cycle is shorter than 21 days, you might want to visit your doctor and get it checked out. If your cycle is longer than 35 days, you still may be in the healthy range because some people do have longer cycles, although this is less common.

If you get your period only once every few months, check with your doctor to make sure you are at a healthy range for you.

In short

Every body is different! As you've already seen, there's a huge variety for "normal" periods. Our periods are as unique and beautiful as we are. Each person has a different experience, and that's

a good thing. However, if your period is extremely heavy and leaves you feeling weak or sick, or if you only have your period a few times a year, schedule an appointment with your doctor.

You are important, so don't overlook your health!



PERIOD PRODUCTS



We have periods. Now, what do we do with them? Let's look at our options.

Tampons

Why is a menstrual cup a better alternative than a tampon?

Sure, we're a little biased.

Let's start with the obvious. Tampons HURT. Ripping a dry, cotton tampon from a naturally sensitive area can be crazy painful! The Pixie Cup is gentle and makes insertion a breeze, every day of your period.

Tampons are a waste of money - literally. You purchase tampons only to throw them away in a few hours. Landfills are packed with used tampons... no joke! If every woman uses one box of tampons per period, that's 12 BOXES a year.... Think of how many millions of women there are, dumping used tampons into landfills... You get the idea.

Tampons are expensive. At 12 boxes a year, the average woman spends almost \$1,800 on tampons in ten years. Add in panty liners and new underwear and you're looking at roughly \$4,500! We can think of a LOT of other things we'd rather spend that money on.

Tampons can cause Toxic Shock Syndrome. See our FAQ on TSS for more info on this subject.



Pads

Ok, but what about pads?

Let's be honest. Pads are gross. Any hair you have gets caught in the adhesive, leaks are almost a guarantee, and there is no way you can go swimming or do any kind of physical activity. Not to mention the constant "dirty pad" feeling.

With the Pixie Cup, you can say goodbye to the disgusting experience of peeling a soaked pad from yourself, then your underwear, and scrubbing clean with one-ply toilet paper in a public restroom. Menstrual cups may give the impression of mess, but they're wayyyy less messy than THAT!

Pads contain bleach, which is unhealthy and can potentially lead to infection. The Pixie Cup is made from silicone, completely healthy for your body, and easy to clean!

Pads, like tampons, are a waste of money. They are used once and thrown away, right into a landfill. And they're just as expensive as tampons.

You can reuse your Pixie Cup for 10 years!! It saves you money AND keeps you healthy. We call that a win, win!



Pixie Pads / Period Underwear

This is a great option for long work days when you may not be able to reach a restroom in time. Cloth pads are an eco-friendly solution to disposable sanitary napkins. They're good for the environment and good for you!

Our cloth pads, the Pixie Pads, have snap buttons on the wings that secure them to your panties. Pixie Pads even include double-sided sticky tape strips for extra security on silky underwear. To clean Pixie Pads, rinse the pad with cold water and throw it in the washer.

Period underwear is another great option for extra period protection! Many women even use a light pair of period underwear as a backup while they're adjusting to a Pixie Cup.





History of Cups

How long do you think menstrual cups have been around? Go on, take a guess.

If you're like us, you would probably guess 10, maybe 20 years... surely this is a new idea!

Solomon said it, "There's nothing new under the sun." Believe it or not, menstrual cups have been around for almost 100 years!

The very first menstrual cup was patented in 1932 by the midwifery group, McGlasson and Perkins. In 1937, the first useable commercial cup was patented by an American actress named Leona Chalmers. Chalmers had the lead role in a play where she needed to wear a pretty white dress. At the time, women held period pads in place with bulky devices, which couldn't fit inside Chalmers' dress. After rolling fabric like a tampon, Leona found herself brainstorming better ways to stay active and free on her period. This led her to the menstrual cup. Her patent was so well designed that many similar, bell-shaped cups still exist today, including the Pixie Cup!

As time went on and women stepped into roles men left to fight in World War II, proper menstrual products were in high demand. Although menstrual cups would provide women with



more period freedom than a tampon or pad, women still were hesitant to give them a try. Advertising was difficult in the early 1900s because periods were a taboo subject. Women were not often encouraged to talk about their periods, even with their mothers. The reusable “rubber” cup was intimidating and women were not as comfortable interacting with their vaginas or cleaning the cup. The cup was not well received by those who erroneously believed that they would lose their virginity by using a menstrual cup.

In the late 1980s, the menstrual cup was reintroduced. This time it was made with latex, which isn’t hypoallergenic. Once again, the cup was not widely accepted. It wasn’t until the early 2000s that the rubber and latex cups gave way to silicone and the rest is... well, history! While we are still fighting to destigmatize “period talk,” we are making huge strides. Pixie Cup is so happy to be a part of such an exciting time for women!



I just started using my Pixie Cup and the thing that is most fascinating to me is that I feel like I'm learning more about my body.

I'm 34, I have 3 kids, I've been pregnant twice (had twins!)--my body has been through it! I feel like with the cup, it is so much easier to SEE what's happening with my body.

-Emily S.



PIXIE CUP

Here it is. The key to a leak-free, brilliant, I-can't-stop-smiling-and-leaping-for-joy period! Dear friend, meet the Pixie Cup.

The Pixie Cup is a reusable, silicone cup that collects your menstrual flow. (Don't get weirded out yet. We promise, this cup really works!!) The rim of the cup creates a seal around your vaginal walls, providing up to 12 hours of leak-free protection. Crazy, right?! Designed to last for years, the Pixie Cup is an affordable and environmentally sustainable alternative to pads and tampons.

How is that all possible? Let us explain.

The Pixie Cup can be reused over and over for 10 years, making it far more sustainable than tampons or traditional pads. Because it saves approximately 8,000 tampons per woman per lifetime (or about 275lbs of waste!!!!), it's also an eco-friendly option! The Pixie Cup is affordable and cost-effective, saving you around \$2,000 in pads, tampons, and other sanitary products over a lifetime!



Our cup offers 12 hours of leak-free protection, making it the most convenient period product on the market. If you're still not convinced, think about this: with the Pixie Cup, you won't be exposing your body to the toxins, bleach, and TSS risk associated with tampons and pads.

Last, but certainly not least, the Pixie Cup is a feel-good choice too. For every Pixie Cup purchased, another cup is given away to a woman in need. For some women, a menstrual cup can be the difference between sitting for a week on the dirt floor of her home and being able to attend school and work. Your Pixie Cup purchase is the reason someone else will be able to live in period freedom.

We know you've got some more questions. Maybe you're worried about messes or unsure how to use a Pixie Cup in public bathrooms. Don't worry. We've got you covered, in more ways than one! We've included an entire chapter on surviving public restrooms and sections about avoiding leaks and getting the perfect fit.

Sometimes the most uncomfortable changes end up bringing the most freedom and joy. Think about the first time you learned to drive or ride a bike. It wasn't easy (and there may have been a bump or two along the way), but soon enough these new tools were second nature, giving you a whole new level of freedom.

Emptying a silicone cup isn't much different than pulling out a tampon. And we can tell you from personal experience that the Pixie Cup is **life changing**. Why not give it a try?

100% Satisfaction Guaranteed

THAT'S RIGHT.

We also have a 100% no-questions-asked satisfaction guarantee.

We like to keep it simple. If you don't totally love our products, let us know, and we'll give you a full refund. Your happiness is our priority.





Pixie Cup has changed the way I feel about my period. I have always struggled with painful cycles and a heavy flow and after having two kids my body has changed, tampons didn't fit my body and I was experiencing major leaks after wearing them for a short time but not filling them up. I was super frustrated and feeling very discouraged so I decided to give Pixie Cup a try and wow it solved all my problems!

I cannot say enough good things about it. It was so easy to use, comfortable and ZERO leaks, I also feel like my cramps aren't as severe now. A huge bonus is I'm free from harmful chemicals and feel good about what I'm putting in my body. I'm so grateful for Pixie Cup and my only regret is not trying it sooner! I love the passion and mission of this company and this amazing product.

Toby H.

PART II HOW TO

SHAPES + SIZES



What size do I need?

There are so many different cups and sizes available that it can be tough to choose the right one for you.

It's hard enough to shop for shoes online without seeing them in person, but now you're supposed to decide which MENSTRUAL CUP fits your cervix without trying one on??

Girl, that's crazy!!

We get it. Which is why we're going to break it down, and help you figure out which Pixie Cup is right for you!

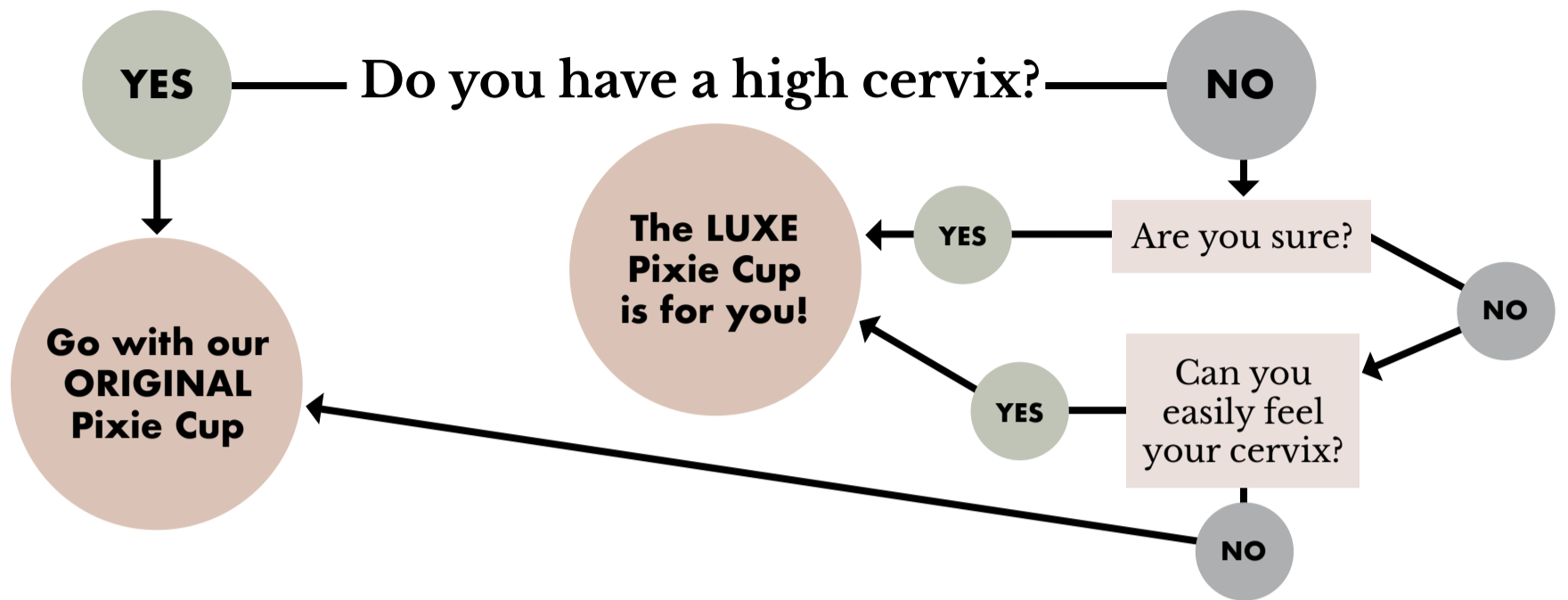
The Pixie Cup comes in three sizes: Small, Large, and XL.

Most women can wear all three cup sizes comfortably. In general, we recommend that teens and new cup users start out with a Small cup—it's less intimidating while you're getting used to it. We've found that many women who have given birth vaginally, or are over 30, prefer a Large cup.

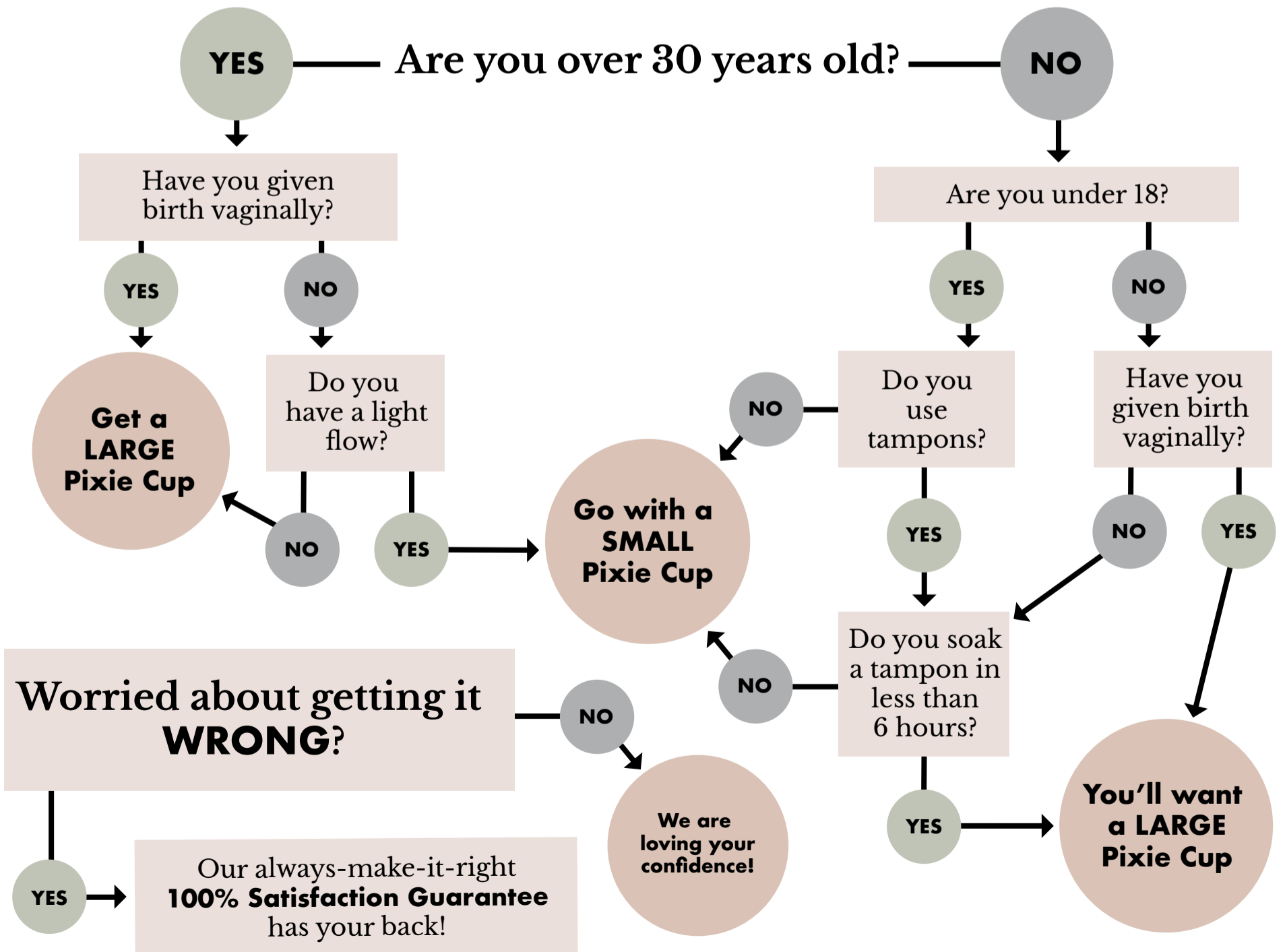
Remember, we offer a 100% satisfaction guarantee on all our cups. If you experience any issues with your cup, contact us and we will send you a different size!

We've created this flow chart to help you determine which size and shape will work best for you.

WHICH SHAPE TO GET



...AND SMALL OR LARGE?



Flow (Go With It!)

If you normally use light or regular tampons, try our Small cup.

If you're grabbing a super tampon on your heavier days, our Large cup might be a better fit.

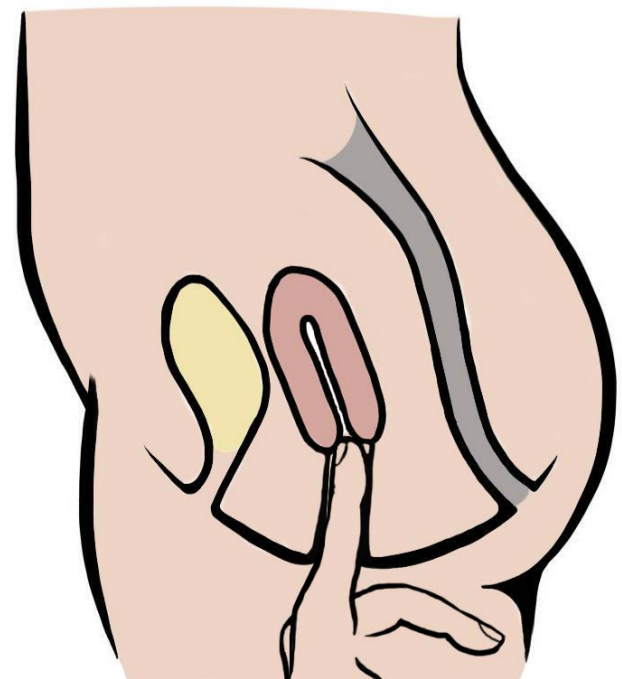
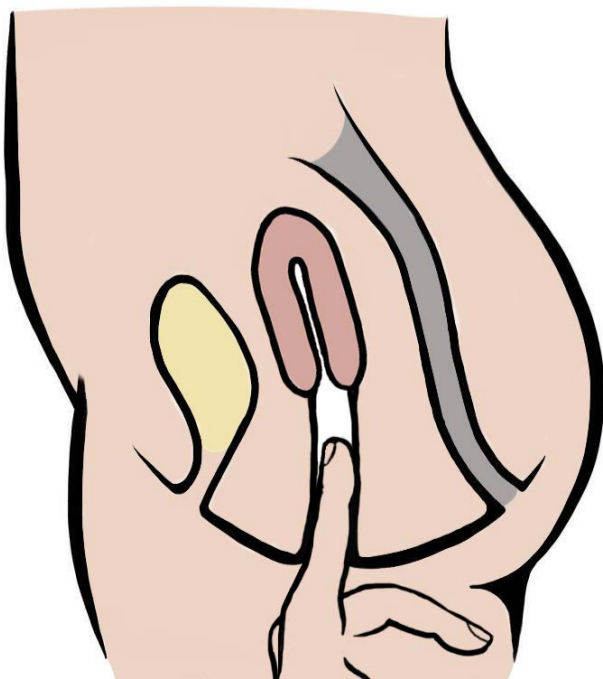
If you're going through multiple super plus or ultra-tampons every heavy day, you should check out our XL cup.

Cervix Height

Your cervix is round and about the texture of the end of your nose. One way to figure out your cervix height is to try to touch it with your finger.

Your cervix is high/very high. Are you able to use a larger tampon without pain “up there?” Is your cervix difficult to reach with your finger? If you have a higher cervix, you should use our original cups.

Your cervix is average/low. Is your cervix easy to reach, especially during your period? Do you ever experience pain when inserting a tampon? If so, you might want to start with a smaller size Pixie Cup. We recommend the Small Pixie Cup Luxe, which is a little more flexible.



Other Factors

If you have trouble inserting a tampon, or you are under the age of 18, you might want to start out with one of our smaller Pixie Cups.

If you have no trouble inserting larger-sized tampons, you should be able to use any of our Pixie Cup sizes with a little practice.

If you have given birth to a child vaginally, you'll likely be able to use any of our Pixie Cup sizes.

If you still have some questions, or if your Pixie Cup isn't fitting quite right, feel free to contact us info@pixiecup.com. We're happy to answer any questions you have!



FOLDS



When you first get that brand-new Pixie Cup in your hands, your first thought might be something like, “How in the world is this supposed to fit in there?!” We’re going to share with you the three most popular folds. If these don’t work out for you, our favorite menstrual cup gurus over at Put A Cup in It have an awesome page (with videos!) on 9 Great Menstrual Cup Folds.

C Fold

The C fold is the most common fold and often a favorite with our #PixieFamily. To create this fold, start with the cup pinched flat and then fold it in half so that it makes a “C” or “U” shape.



7 Fold

Use both of your hands to pinch the rim of your Pixie Cup flat. Then, take one side and fold it diagonally towards the base of the cup so the rim looks like a 7.



Punch down fold

For this fold, start by holding the body of your cup in one hand. With your free hand, place your finger on the rim of the cup, then push it down and pinch it to hold the position. This fold might be the most comfortable because it has a small insertion point.



INSERTING

First of all, know that **everyone is different.**

Inserting your Pixie Cup might be a bit awkward at first. Give yourself time to get familiar with your vaginal canal and figure out what works best for you.

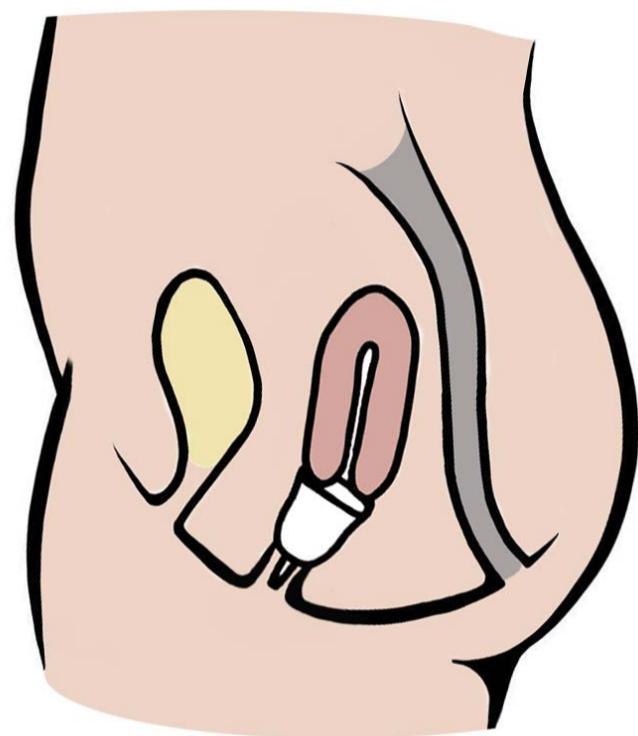
You've got this, girl.

Pick a fold and practice it a few times to get a good idea of how the cup will unfold once it's inside you.

We recommend that you grab 2-3 pumps of Pixie Cup Lube (designed specifically for silicone cups) or another water-based lubricant and generously coat the rim and upper body of the cup.

Now get into a comfortable position (you might find it easier to squat with your knees open the first few times) and insert the cup with one hand. Keep in mind that you aren't inserting your cup straight up in a vertical line. Your vaginal canal slopes at an angle back towards your bum (try aiming for your tailbone).

Release the fold once the rim of the cup is securely inside the vaginal canal. After you release it, make sure the cup fully opens and seals around your vaginal canal to avoid leaks. You may feel a "pop" when the cup opens.



Slide your finger all the way around the rim of the cup after it's completely inserted. If you feel any dips, it means that your cup isn't open, and might leak. Wiggling or twisting your cup should make the dip or fold fully open.

You'll know that the cup is in the right position if you can't feel it, it's not leaking, and no part of the cup is sticking outside of you.

It might take a bit of trial and error to find the best insertion method for your body. But once you get it down, inserting your cup will be a piece of cake!

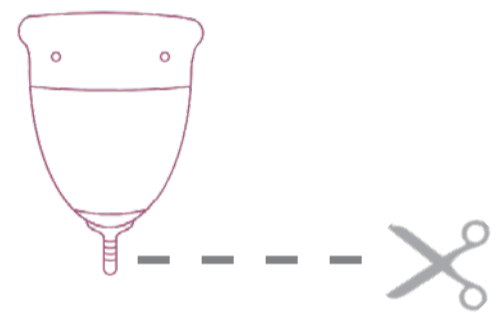
It takes a few tries (maybe more for me) to get used to using the Pixie Cup but do it. I started using it because my heavy periods were causing huge issues and many articles of clothing to haul around. Pixie Cup changed everything. I no longer worry when my periods are heavy and I personally rarely get cramping anymore. I don't know if it was just a bonus for me or if that's something others experience, but it makes me happy!

Kristy.

TRIMMING THE STEM

Every woman's body is **different**, and that's a good thing!

You could find that the stem of your cup irritates you during some days of your period. If the stem is protruding from your vagina, or if it irritates you inside, grab some scissors and trim it.



Start by trimming a little at first to make sure it's not too short to grab during removal. Some women end up removing the stem entirely!

If the end of the stem is sharp after trimming, use a nail file to soften the edges.

Wow...soooo much better than others I've tried, owing to the longer and easier to grip stem. Other cups were extremely difficult and messy to remove. The Pixie Cup makes removal so much easier.

Rebecca.

REMOVAL

The fantastic thing about your Pixie Cup is that you can leave it in for up to 12 hours! And when the time does come to remove and clean your cup, you'll be happy to know that it's much easier than you thought!

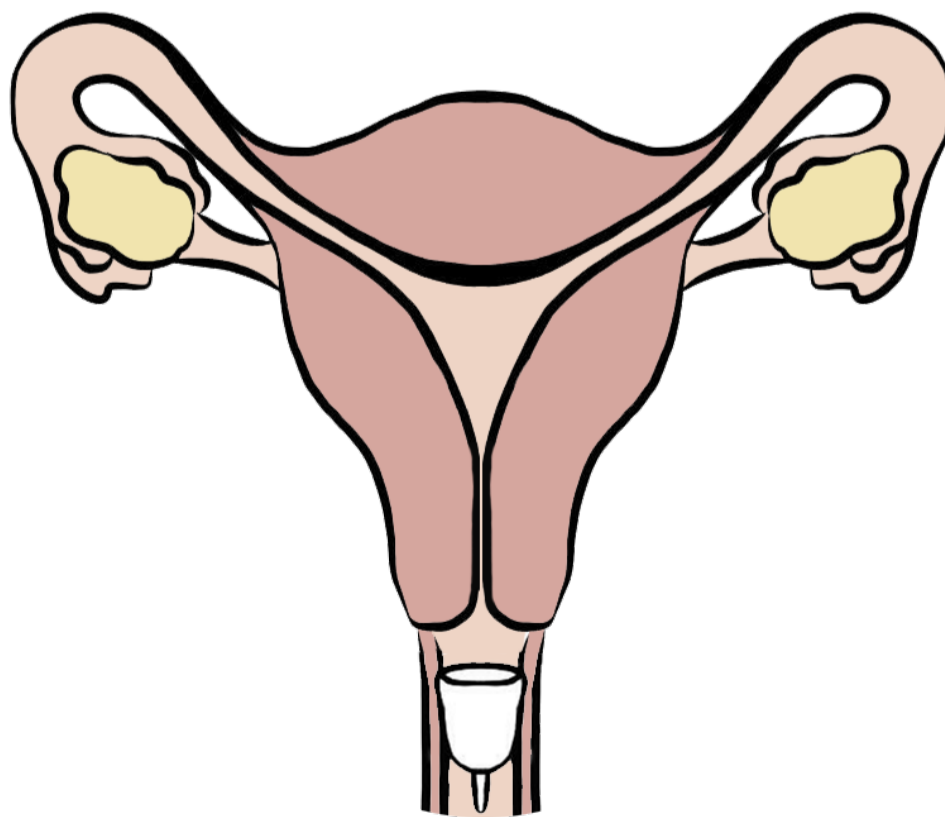
Grab the base of the cup, a little above the stem, and slowly move it down. Break the seal by slightly pushing in the rim of the cup with your finger and carefully remove the cup in an upright position so the contents don't spill.

"Help, I think my cup is stuck!"

Don't freak out yet! Breathe deep, it's going to be ok, and we are about to tell you why.

Your Pixie Cup can only go so far before it reaches your cervix. And guess what, folks? That's the end of the tunnel. There's nowhere else for it to go!

We get it. Since you can't see inside your vaginal canal, it's easy to feel like the cup could eventually reach your stomach and other unseen and mysterious areas. The truth is, if you can put your Pixie Cup in, you can also get it out.



However, if you ever feel like your cup is a little “out of reach,” don’t worry. We have a few tips for retrieving your Pixie Cup.

1. Relax.

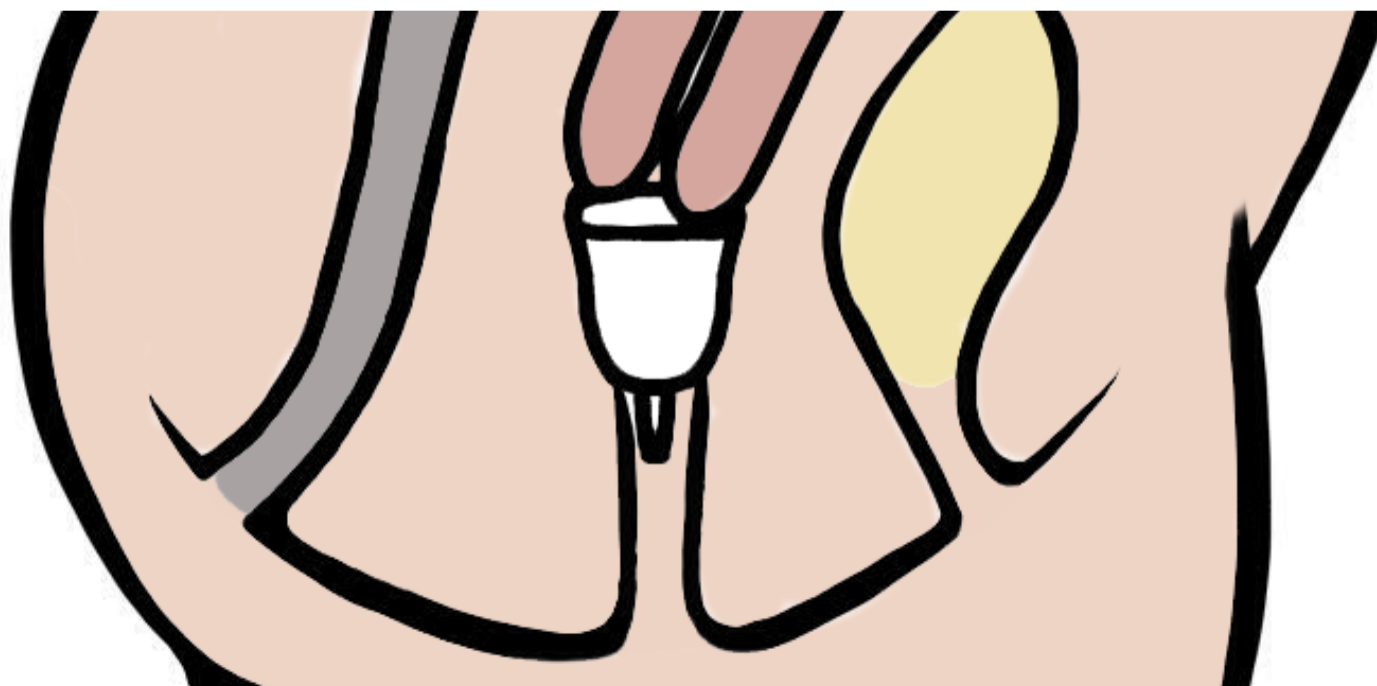
Take a deep breath. When you relax, your muscles relax too. Before you know it, that cup will be free and clear. Seriously, it will be okay. It’s not going anywhere.

2. Bear down.

No, not the grizzly kind... we’re talking the “bear children” kind of bearing. To bear down, focus pressure downwards. It’s going to feel something like the “pushing” of a bowel movement. This will help your muscles to gently press your cup lower so you can reach it.

3. Take a squat.

This really works! Get as low as you can to the ground, and chances are that stem will be within reach. A good place to do this is in the shower. You can also lift one leg onto the edge of the bathtub to help lower your cervix.

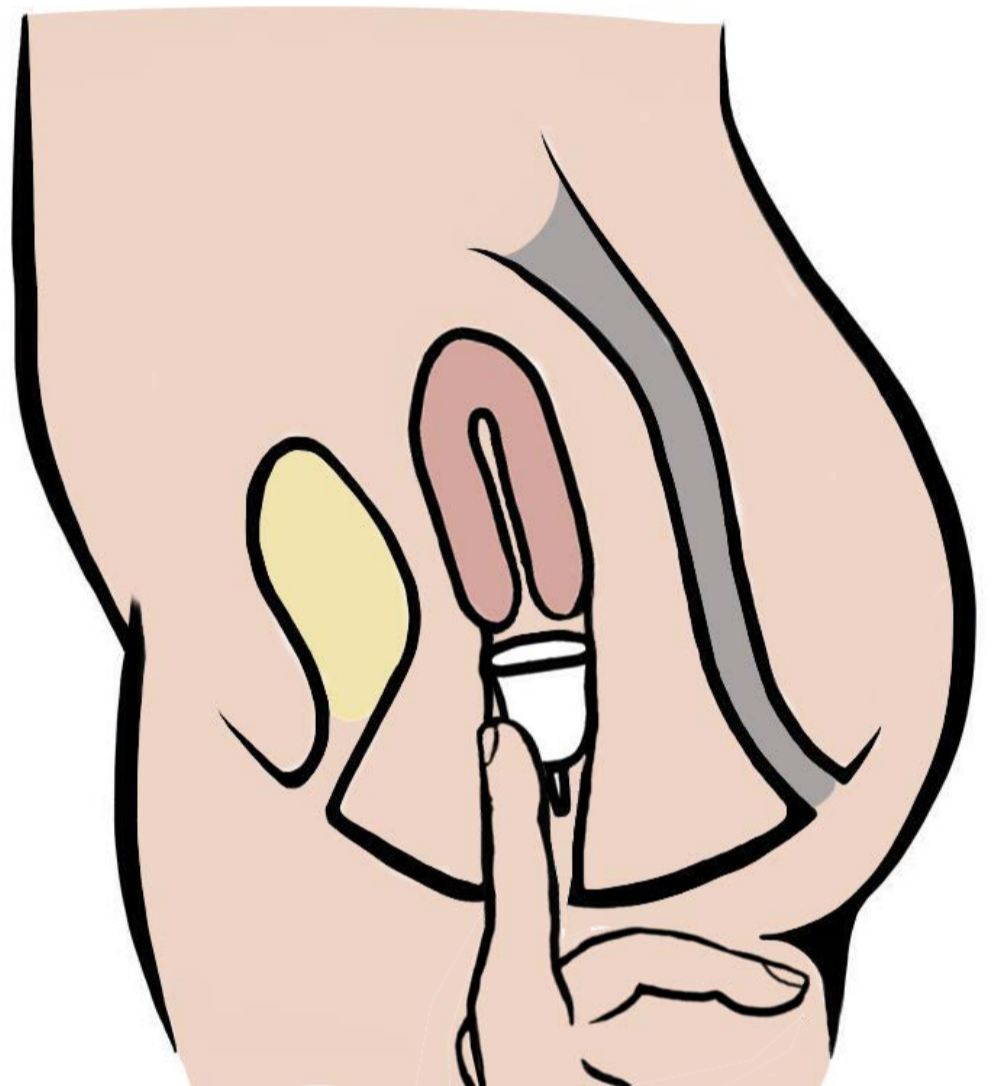


4. Gently break the seal.

Reach up and, if you can, use a finger to press the side of the cup and break the seal. If you are having difficulty removing the cup, a good seal has likely formed (no leaks, yay!) and breaking that seal will help you remove the cup easily.

5. DO NOT!

Do not use random items to remove your cup. However tempting it might be to grab tweezers or a spoon or something on your bathroom counter to help you reach your cup, don't do it! The vaginal canal is a sensitive area, and you don't want to risk injuring yourself or causing infection.





The greatest threat to our planet is the belief that someone else will save it.

-Robert Swan



PART III CUP CARE



CLEANING + STERILIZING

Keeping your menstrual cup clean is super important.

It's reused a few days a month for years. We know all too well the mess it comes into contact with. So... is it actually possible to keep a menstrual cup clean?

We hear this question so often that we decided it was time to clear the air.

Yes. Yes! YES!!!

There are two different types of cup care and you'll need both to keep your cup clean.

Cleaning

It's so important to give your cup a good, quick cleaning between uses. Our number one rule: Always, **ALWAYS**, **ALWAYS** wash your hands and thoroughly rinse your cup with clean water

before inserting. Once a day, make sure to give your cup a good quick wash or quick wipe.



Quick Wash: If you have access to a private restroom, give your cup a rinse with some Pixie Cup Wash or another silicone-safe wash and some warm water.

Quick Wipe: Your Pixie Cup comes with three handy little Pixie Cup Wipes to try for free! These are great to use if you are out and about. They're the perfect size to slip inside your purse, back pocket, or even your bra! (We've all done it!) The Pixie Wipes are MUCH smaller than a tampon and you'll never be embarrassed if one happens to go flying from your purse at the wrong time... they can pass as a hand napkin!

Sterilizing

In addition to the quick clean when you change your cup, you'll need to wash and sterilize your cup before storing it away. Here are some of our favorite methods.

Use the Pixie Cup Cup

Yes, that's right, it's literally a cup for your cup, and one of the greatest inventions in the world (okay, biased or not, this cup is amazing). All you have to do is take your Pixie Cup Cup, fill it (not too full) with water, and pop it in the microwave. When the water boils, drop your cup in with a squirt of the Pixie Cup Wash and boom! You have a completely sterilized Pixie Cup!



Boil your cup

If you haven't picked up the Pixie Cup Cup yet, you can boil your cup. All you need is a pot and some water. Dip your cup in the boiling water and make sure it doesn't touch the bottom of the pan.

Steam it!

Say goodbye to inconvenience and say hello to our menstrual cup spa, the Pixie Cup Steamer! Place your cup on the platform, close the lid, and push the (super cute) blue button. Voila! Your cup will be clean in three minutes!



One more tip

To get the air holes nice and clean, fill your cup with soapy hot water, seal the cup rim on your palm, and squeeze the cup to release the water through the air holes.

Check out our Instagram Story highlights to see the cleaning process and the Pixie Cup Steamer in action: [@mypixiecup](#) or [Instagram.com/mypixiecup](https://www.instagram.com/mypixiecup)

DIY: Using diluted vinegar is an all-natural way to rinse and sanitize your cup. Vinegar is a natural sanitizing agent. Simply mix one part vinegar to nine parts water and you have your own all-natural Pixie Cup Rinse!

Amber



PUBLIC STALLS

We get asked this question all the time.... what do you do when your Pixie Cup needs to be emptied and you only have access to a PUBLIC bathroom?

We're going to share with you three secrets to surviving the menstrual-cup-in-a-public-bathroom dilemma! *wild cheers*

Hold up! Remember that a Pixie Cup can hold a large amount of liquid. So, there won't be many days that you'll need to empty your cup in a public bathroom. But for the occasional day when it just can't be helped, here are our public stall secrets to success!

1. Be creative!

We can tell you from personal experience that there is almost always a Pixie-Cup-friendly bathroom option wherever there are public restrooms. Whether it's a family bathroom, a one-person bathroom, or a handicap/family restroom with a separate small sink, there are lots of restroom options.



2. Rinse your cup in the stall.

When there isn't an actual sink option, you may need to think outside of the box. Some of our #PixieFamily girls like to keep a mini water bottle in their purse to gently rinse out their cups in the stall. You can also use the Pixie Cup Cup as a portable sink. Fill it with water before entering the stall, drop the cup inside, seal the top, and shake it. The cup comes out nice and clean!

3. Bring along some wipes.

Looking for a different option that is mess-free? Grab a package of our feminine hygiene Pixie Wipes and keep a few in a small bag in your purse. The Pixie Wipes are perfect for giving your cup a quick wipe and cleaning your fingers a bit before you exit the stall. You can also use these wipes to clean your hands before removing your cup.

If you're still not sure about using your Pixie Cup outside your home, remember that a few awkward moments are a good trade for long-term period freedom.





STAINING

Stains are a part of life. I have adorable stains on my cookbooks from double chocolate cookie baking escapades, and coffee stains on a pair of shoes from dashing across the room when my cup was a little too full! Sometimes I get ink stains on my fingers from writing letters or lipstick stains on a cozy mug of hot chocolate.

But some stains are not so adorable: soap stains on the bathtub, spaghetti sauce on a white shirt destined for the sad life of rag-dom. And yes... sometimes our menstrual cups can take on a not-so-adorable yellow tinge.

If you are reading this because you have a menstrual cup stain issue, we can help. Here are a few tips and tricks to keep your cup sparkling clean and stain-free!

1. Prevent, prevent, prevent!

The best way to keep your cup stain-free is to do your best to prevent stains in the first place. In addition to rinsing your cup each day and sanitizing before and after each period, make sure you give your cup a scrub in the areas that often experience buildup: around the rim and in the grooves of the stem. Also, try to minimize the amount of time the cup is exposed to the air without a thorough cleaning because this can lead to darkening of the silicone.

2. Give it a scrub.

You may think your cup is beyond saving, but most stains can come off! Our best stain removal hack is an oldy, but a goody: grab an old toothbrush and scrub your cup with a little warm water and our Pixie Cup Wash (or another silicone-safe cleaning solution). You will be surprised how much of the “staining” comes off with this technique.

3. Let it soak.

Even your menstrual cup can use a nice steamy bath sometimes! Squirt a little Pixie Cup Wash into a bowl or your Pixie Cup Cup, add some hot water, and let your cup soak for a few hours! Pair this with a good scrub and you can say goodbye to some tough stains!

If your cup is stained, it's **okay**. Stains do not mean that your cup is dirty or needs to be replaced. Remember, the Pixie Cup is designed to last for 10 years. These stains are a reminder of all the months you've been living in period freedom! Between us girls, we'll take a few stains on our Pixie Cups over the bleach in tampons and pads any day.



LEAKING

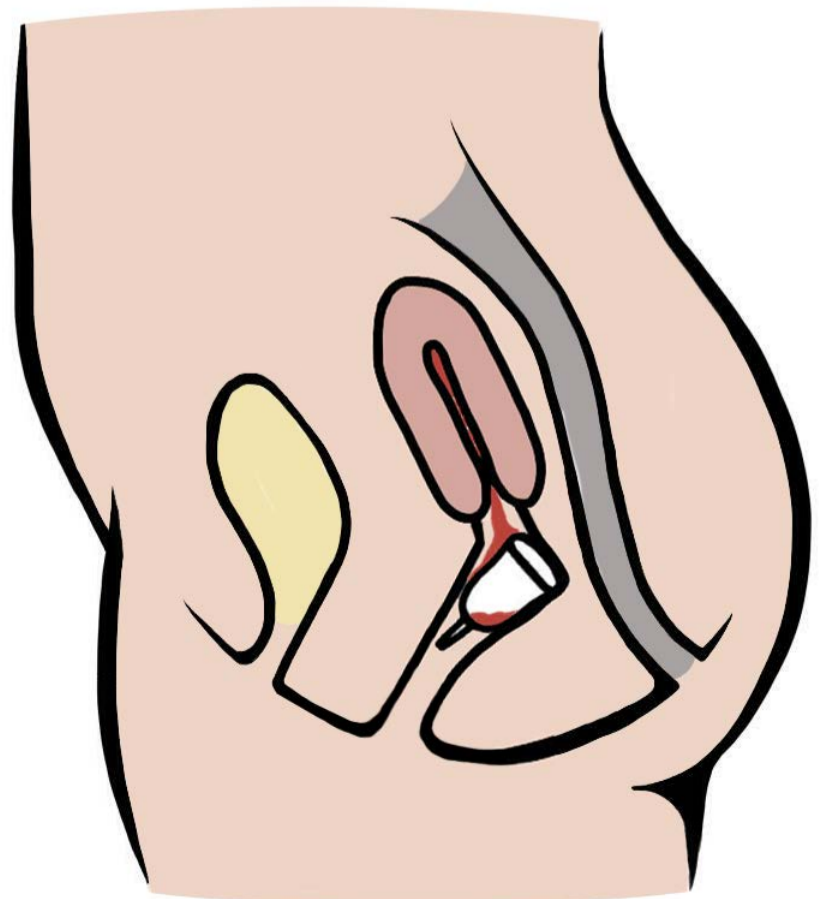
This might be the greatest **fear** of every first-time Pixie Cup user.

We're going to be completely honest with you. It may take a little time to learn how to use your cup. During that adjustment period, you're probably going to experience a leak or two. We recommend using a Pixie Pad or panty liner until you get used to using your cup.

These leaks are almost always not due to an issue with the cup. If you do experience a leak, it's likely because of one of the following issues.

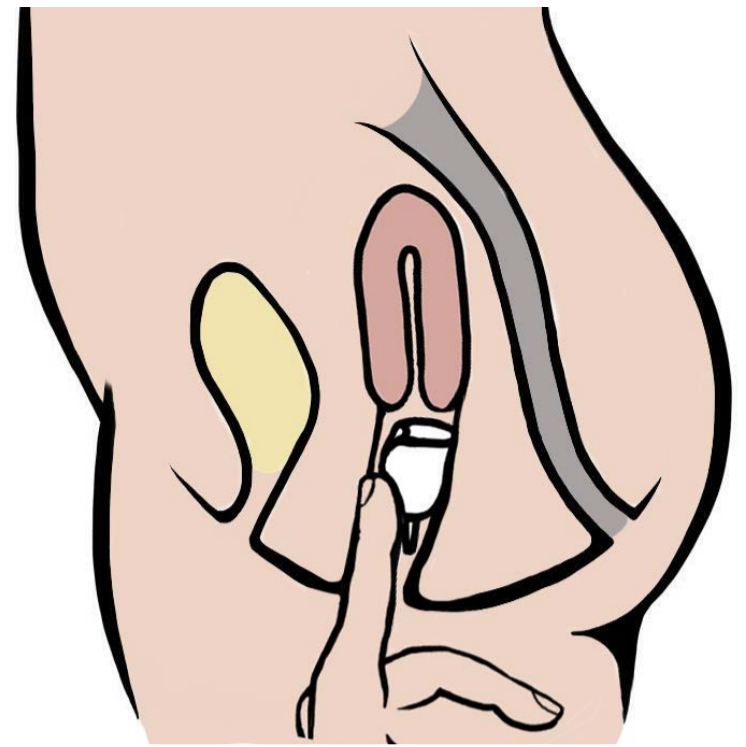
Cup Position

Remember, after you slide the cup into your vagina, make sure you direct it towards the base of your spine instead of straight up. It may also help to change your position while you insert the cup. Some women find it easier to squat or stand on the floor and put one leg on the toilet seat/bathtub. Whichever position you choose, make sure your muscles are relaxed; tense muscles will make inserting your cup much harder.



It didn't open fully...

After your cup is inserted, slide your finger around the rim of the cup to check for any folds. If you feel a fold or dip in the cup, this means the cup isn't fully open. Rotate the cup clockwise and then counterclockwise, and it should pop open. If that doesn't work, try sliding the cup up and down a bit, or remove the cup and reinsert it using a different fold. Sometimes the punch down fold doesn't work as well as the C or Seven fold (see the Folds section for more information).



Size

If your cup is too small for you, it might not create a tight seal and will instead slide down in your vaginal canal. This could allow fluid to leak around the edge of the cup. Alternatively, the cup could be too big, and can't unfold right away (this is less common). The Pixie Cup comes in several different sizes, so you have plenty of options. If you're not sure which size is right for you, our Pixie Cup Starter Kit comes with both a Small and a Large cup. And remember, if you picked the wrong cup size, contact us right away, and we'll send you a different size.

Lubricate!

If you're having trouble with leaks, a little water-based lubricant could go a long way! A smooth insertion will help your cup open easier. The Pixie Cup Lubricant is perfect for your cup! It's hypoallergenic, made with simple ingredients, and is specifically formulated to be safely used with any silicone menstrual cup.

Dry your cup

If lubrication isn't working, maybe you have the opposite problem! Try making sure your cup is nice and dry before inserting. Some women require a dry cup to create a secure seal.

Not emptying enough

“It hasn't been 12 hours yet, and my cup is overflowing! Is something wrong?”

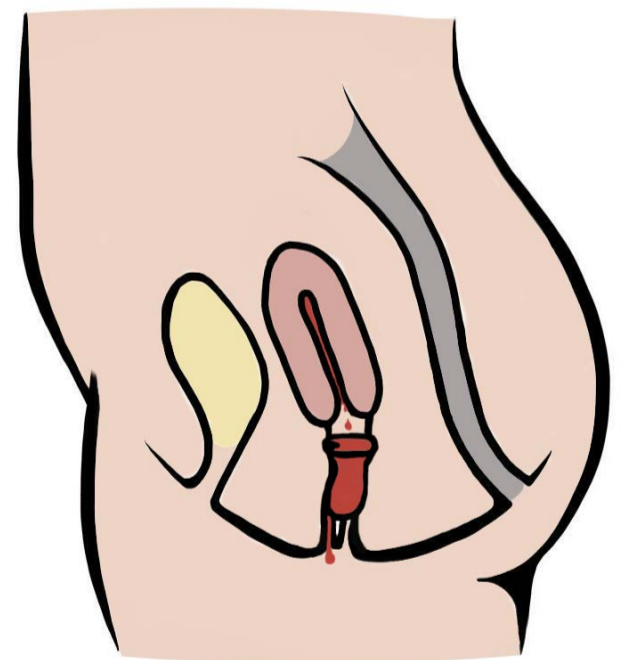
Not at all! Your cup is *safe* for use up to 12 hours, but sometimes, on your heavier days, you might need to empty it more often. This is completely normal. As with tampons, different people will need to empty their cups at different times.

Strong pelvic floor muscles

While strong pelvic floor muscles offer many health benefits, they can also squeeze your cup, causing a half-full cup to overflow. If this is you, just change your cup a little more often on the heavy flow days.

Blocked air holes

The air holes around the rim of your cup are there to create a good seal. If these are blocked, it could be causing a leak. Make sure the air holes are clean before inserting your cup.

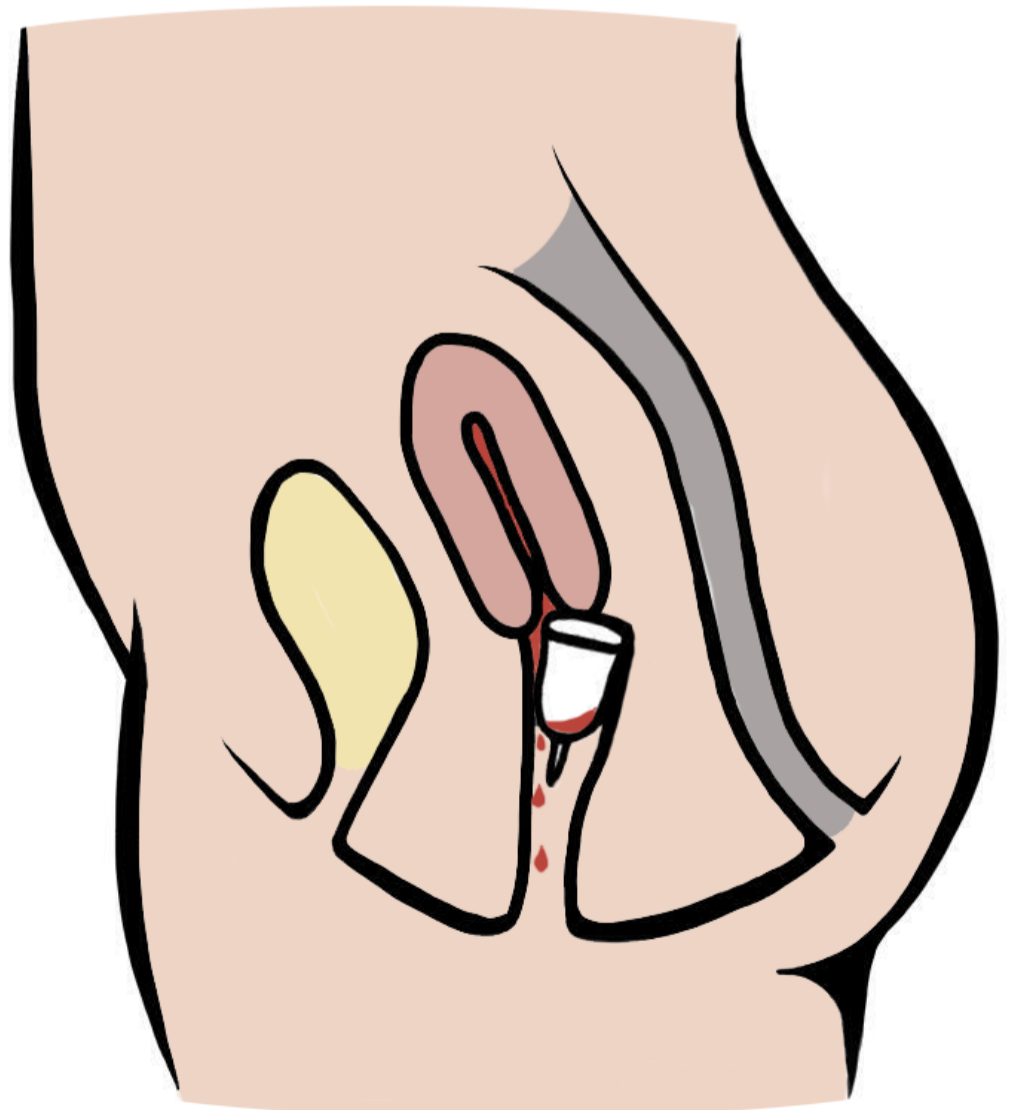


Residual fluid on vaginal walls

Sometimes you might think your cup is leaking, but it's really just a bit of residual fluid from your vaginal walls! This is more likely to happen on the heavier days of your period. Just grab a wipe and clean out the extra residue so that it doesn't leak down after you insert your cup.

Cervix position

Most of the time, your cervix is positioned centrally, which allows all fluid to flow directly into the cup. Your cervix does move during menstruation, however, and if your cervix is tilted or positioned against the wall of your vagina, this could cause the fluid to run down the vaginal wall. If you think your cervix is on the outside of the cup or touching the rim after inserting, take your cup out and reinsert it. It also might help to let your cup sit below your cervix, or to open the cup lower in the vagina to catch the extra flow.



Last month I received my first pixie cup and WOW it was a period game changer for me.

You see, I have PCOS and suffer with very heavy periods. It's not uncommon for me to bleed through a pad and tampon within an hour on my heavy days. You heard me right... bleed completely through and start leaking within an HOUR!

Let's also not forget to mention those horrible period underwear. Girls, you know exactly what I mean. Those massive granny panties that everyone knows you're wearing because they're so big, that they stick out the back of your pant waistband and you know for sure they're giving you the most awful underwear line, but you can't avoid wearing them because they're the only panty you have that will actually properly hold your pad in place (god forbid you get stuck with a twisted pad that's trying to work its way out of your panty and down your leg).

Anyhoo... when I received my pixie cup in the mail I was halfway through my period week. Luckily, I was starting my weekend and I decided to give the cup a go. I read the instructions over and over a few times to make sure I understood

clearly on how to insert it and then I was off.

I put my cute, lacy underwear on and started cleaning house. I made sure to throw in a few lunges and squats while cleaning just to test the cup out. After all, if it's going to leak I want to be sure I'm home for that.

But guess what? It never leaked!!! I even ran into the bathroom every so often to make sure I wasn't ruining my nice panties. But not a single drop was spilt! I was in complete shock. So that night I decided to put it up to the ultimate test and not wear any pad while sleeping. I woke up the next morning completely clean and dry!!! Y'all, I was in shock! The best part about this little miracle cup is that I never even felt it all weekend long. There were even moments I completely forgot I was on my period. And that's saying something!

Thank you Pixie for such an amazing product. I'm so happy to be in control of my period again.

Sunny L.



PART IV

F A Q S

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Can the cup get lost in my vagina?

You'd be surprised how often we get this question! Don't worry, your cup can't go too far! If you check out one of the diagrams in this book, you'll quickly see that your vaginal canal really isn't that long, and it dead-ends at your cervix. If you can't "find" your menstrual cup, gently bear down (like you do with a bowel movement) to lower your cervix and bring your cup within reach.

How long can I wear it?

Short answer: 12 hours.

Glorious answer: You can wear it for the best sleep of your life, from midnight to noon. For the time it takes to wake up at 3am in the rural mountains and summit a 14er, then come back down and enjoy a late lunch at an adorable local cafe. For the time it takes to enjoy a coffee and bagel, work a full day at work, change clothes, go on a date, and get home by 8 (you're welcome, Dad)!

You can leave your Pixie Cup in for 12 hours, and that's all the time in the world.

When should I replace my Pixie Cup (inspect cup for signs of wear)?

Yes, the rumors are true! Your Pixie Cup is made to last for **TEN YEARS**. As with cars, relationships, and basically everything else, cups last if you take care of them. We recommend that you use

the Pixie Cup Wash, or another gentle cleanser, several times during your cycle to prevent stains. You should also sanitize your cup thoroughly before and after each cycle (we recommend boiling it or steaming it with the Pixie Cup Steamer). Store your cup in a cool, dry place and give it a good look over every couple of months.



How do I keep my cup from smelling bad?

First off, can we all acknowledge that nothing smells as bad as an old, used tampon? Gross! You made the first step towards an odor-free period when you made the switch to a Pixie Cup! Your cup is made of BPA-free silicone which is easy to clean and naturally odor-free. You'll still want to make sure nothing builds up around the grooves. The best way to keep your cup odor-free is to keep it nice and clean during and in between periods. Use a nice-smelling cleanser and check out our cleaning tips for more information!

Should I use a lubricant?

If you're having a hard time inserting your Pixie Cup, a nice water-based lubricant like our Pixie Cup Lube is a must. Lubricant gives your cup the extra slick coating it needs to slide in easily. Squirt a little lubricant on your finger and lightly coat the rim and exterior of your cup before insertion.

What if it hurts (tampons hurt me)?

There are so many reasons why a tampon could hurt you. You're sticking a dry, rough, cotton pole into your vagina that's designed to absorb fluid. Girl, that's a recipe for pain! We all know the feeling of ripping a dry tampon out on those lighter period days, ripping most of your vaginal moisture out along with it! Also, your tampon size is based on circumference, with little variety in length. For those of us who have a lower cervix, inserting a tampon can be painful as the dry, hard bar slams into your (already sensitive) cervix. Your Pixie Cup is completely made of a soft, gentle silicone that is flexible and designed to bend and move with your body while staying upright to prevent spills.

If tampons hurt to insert, your Pixie Cup may be the answer to your period prayers!

Do menstrual cups cause cramps?

Great question! If there's anything we women want to avoid, it's additional menstrual cramps. Many women have reported that their Pixie Cup actually helps reduce cramps. Cramps can be caused by all kinds of things, from chemicals to pressure on your vaginal walls. Tampons can throw off your pH levels because they absorb everything, not just menstrual flow. The Pixie Cup collects your fluid and does not interrupt the natural balance of your body. This is one reason why women experience reduced cramping after switching to a cup. If you are experiencing cramps that seem related to your menstrual cup, you might have the wrong size cup. Don't hesitate to let us know and we will send you a cup size that is a better fit for your body!

What do I do if my cup moves up or falls down?

If you are noticing that your cup moves up or down a lot inside your vagina, your cup is not sealing correctly within your vaginal walls. Trying a different fold might help you get a better seal. If you're still noticing a lot of movement, try a larger cup size. Keep in mind, some movement of your cup is completely normal! Your body will naturally nudge your Pixie Cup where it sits best in your vaginal canal.

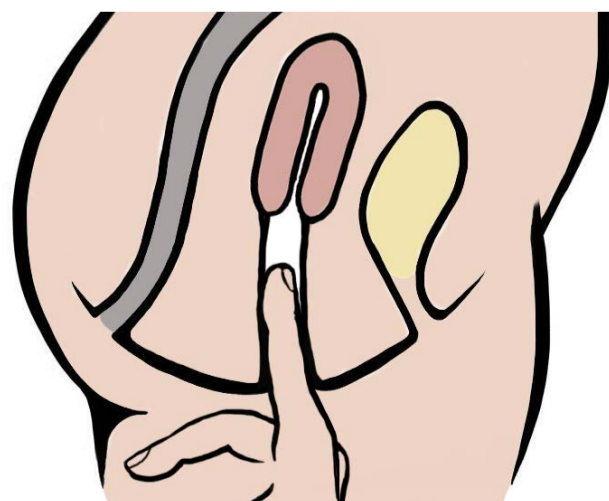
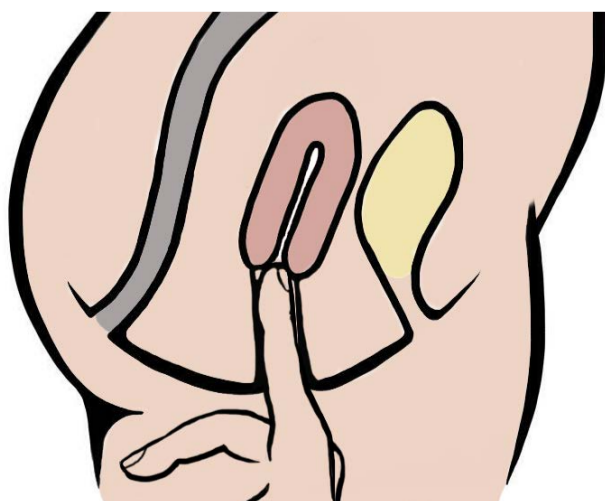
How do I measure my cervix?

One of the most important factors in choosing a cup is finding the right one to fit your cervix! But how do you know if your cervix is high, low, or average?

We have an easy test to figure out your cervix height.

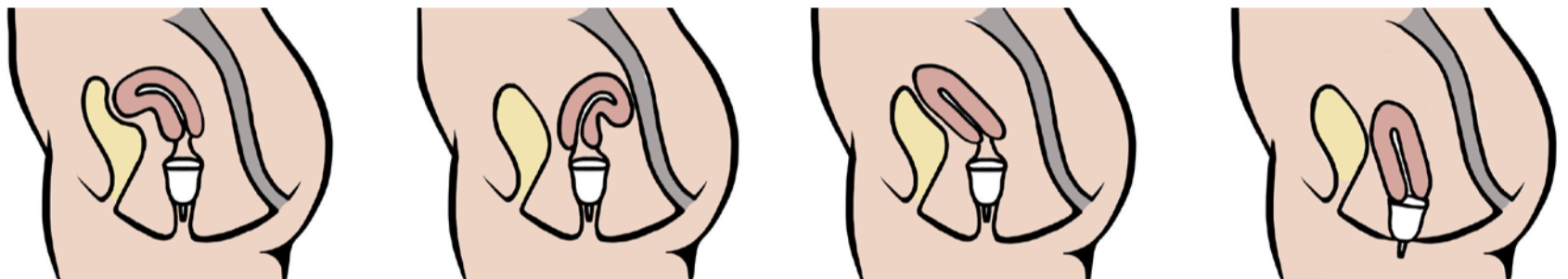
Insert your finger into the vaginal opening. If you can reach the cervix at your first knuckle, your cervix is low. If you can reach it at the second knuckle of your finger, your cervix is a normal height. If you cannot reach your cervix at all, you have a high cervix.

Don't worry, we have cups for all cervix heights. Check out the section on choosing a cup to find out which Pixie Cup is right for you!



Will the Pixie Cup work with my tilted uterus?

This completely depends on your body and how your Pixie Cup fits you! Some women who have a tilted uterus find that their cup is not able to seal properly, and others have no issues at all! If you have a tilted uterus, go ahead and try out your menstrual cup, because you likely won't have any problems! If you do experience leaking or pain with your cup, remember that we offer a 100% satisfaction guarantee and will be happy to give you a full refund!



What about TSS?

Toxic Shock Syndrome is a potentially fatal condition that is typically associated with tampon use. Small cotton particles of tampons can get stuck on the vaginal walls which can lead to bacterial overgrowth. The Pixie Cup is made of medical-grade silicone which leaves your vaginal walls clean and free of infection. There is little to no risk for Toxic Shock Syndrome associated with menstrual cups. In fact, a menstrual cup is one of the best ways to prevent the condition because it separates your menstrual fluid from your body. Just make sure you empty your cup every 12 hours and clean the cup thoroughly to avoid any possibility of staph bacterial overgrowth.

Can I get a yeast infection from using a cup?

There are all kinds of causes for yeast infections, but many Pixie girls have told us that their yeast infections went away completely after using a menstrual cup! Yeast infections thrive in moist, dark places, and both tampons and pads create a moist environment that is ideal for yeast overgrowth. Your Pixie Cup is made from medical-grade silicone and will keep your menstrual fluid separate within your vaginal canal, which decreases the likelihood of a yeast overgrowth. Not only this, but most women choose to go without pads while using a menstrual cup because the Pixie Cup is designed to be leak-free!

Can teens use a cup?

Do you remember the day that you first started your period?

That first period is often a little shocking and scary. And it opens the door to so many different struggles, choices, and joys in an already complicated time of life. Wouldn't it be nice if teens and pre-teens could START their journey into womanhood with the freedom and confidence of using a menstrual cup?

Trying a Pixie Cup is a big step of faith for a lot of people. We encourage you to give the teen and pre-teen girls in your life the opportunity to experience period freedom right from the beginning!

We are including a **guide** for you to share with the younger girls in your life that has five tips for Pixie Cup success on the first try!

TEENS

1. Talk it out.

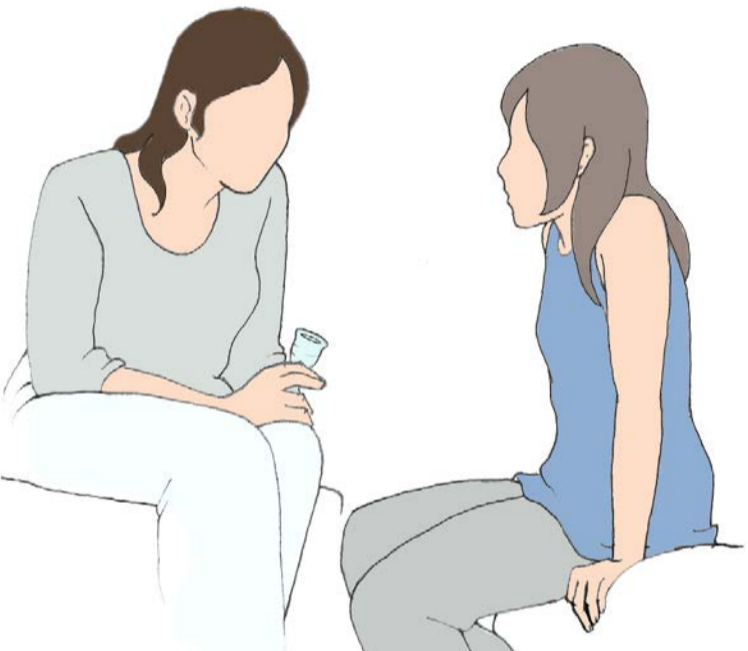
When you first pulled that Pixie Cup out of the box, I'm guessing you may have laughed a little in slight panic. For a teen who maybe isn't as familiar with her body, a Pixie Cup might seem huge and intimidating! That's why it's important for someone she trusts to support her and talk her through it. Explain that

our bodies are made to deliver babies and that even though it seems big, it will work. Talk about how you felt when you first tried a cup, so she knows she's not alone! It might be scary for her, but so many new things are scary until we've done them once. Each time we do something uncomfortable it becomes less scary and more normal.

Bryony from Precious Stars has a fantastic video on YouTube where she covers everything from wearing a cup for the first time at school to fears teens have about a cup breaking their hymen. Sometimes it's easier for teens to hear about cups from a peer. You can watch her video about "Menstrual Cup Help for Teens" on YouTube.

2. Choose the right cup.

"Well, that's obvious!" Maybe so... but choosing the perfect cup can be more complicated than you think! The Small Pixie Cup Luxe is extra soft and pliable, making it perfect for pre-teens, teens, and first-time users.



3. Make sure your cup is lubricated.

You (unfortunately) likely know the struggle of trying to insert a tampon on a lighter period day. The nice thing about menstrual cups is they are super easy and comfortable to insert when you use a little lube! We created a water-based, fragrance-free Pixie Cup Lube that is perfect for those first-time users (or anyone who likes to be super comfortable)! Your teen can also use clean water, just make sure the cup is nice and wet before giving it a try.

4. Folding matters!

There are a ton of different ways to fold a Pixie Cup, and everyone has a favorite! For young women, menstrual cup insertion might be difficult at first. It might take a couple tries with some different folds before she gets it right.

5. Practice makes perfect!

Using a menstrual cup for the first time is a slow process sometimes. Tell your teen not to worry if she experiences a little bit of leaking as she figures out her own period system. It might be helpful for her to wear a liner or pad for peace of mind as she grows to know and love her Pixie Cup.

6. Don't EVER give up.

The Pixie Cup journey is an adventure! Like climbing a mountain or running a race, the process is sometimes difficult to train for, but the reward is so great! We are passionate about

helping all women achieve their dreams and never again feel trapped by their periods! Your teen should be able to swim, run, dance, and laugh without fear of “embarrassment.”

Thank you for taking a step towards empowering young women to live in freedom. You are making a difference in this world!



Can a virgin use a cup?

This question is very common, and you're not alone if you're feeling hesitant about using a menstrual cup as a virgin!

There are only two things that could give you a hard time using a menstrual cup as a virgin.

Your own comfortability.

Before you try a menstrual cup, make sure that you feel mentally ready to try an internal period product. If you're not as familiar or comfortable with your vagina or have never used a tampon, make sure you go slow and relax. Give yourself time to adjust and don't give up if it doesn't work perfectly the first time.

Your flexibility.

Girl, your body is so much more resilient and stronger than you could imagine! Your vaginal canal was created to expand when needed, and then return to its normal state without stretching out! Two words: vaginal birth.

That said, if you've never used a tampon or inserted anything into your vaginal canal, it could feel a bit uncomfortable at first. We recommend that you use a smaller cup at first and apply a little lubricant. We sell a really smooth *Pixie Cup Lube* that is **AMAZING!**

There are two more things you need to know if you are considering a menstrual cup as a virgin:

1. Your hymen may stretch.

First, let's talk about what your hymen is NOT. It is not a film deep inside your vaginal canal that stretches across and must be broken during sexual intercourse. Your hymen is an outer layer that partially covers your vaginal canal and it can be stretched by doing all kinds of things including riding a bike or using a menstrual cup. Your vaginal canal itself does not stretch, but the hymen could.

2. You cannot lose your virginity to a menstrual cup.

Your virginity is not a thin flap of skin. The concept of virginity is directly related to your experience with sexual intercourse. It has nothing to do with a menstrual cup, or even your hymen, for that matter. Women all over the world struggle with the question of whether it is acceptable in their religion or culture to use a menstrual cup. Here at Pixie Cup, we believe that every woman should have the freedom and the right to use a menstrual cup and experience the joy and ease that it can bring to her life. We hope that with your help, we can advocate for women all over the world, and give voice to the truth that a woman's value is not determined by the state of her hymen, but by the very existence of her soul.



Can I use a cup for menopause?

Ah, menopause. The dreaded word. The word that brings anxiety to even the most confident of women. It comes to all of us and brings a whole new level of confusion and difficulty.

Here's another thing about menopause: it's beautiful. As you reach the end of your childbearing years, you'll begin to experience a hormone decrease (estrogen and progesterone) and a whole new host of emotions. Sleep may come a little less easy, which could increase fatigue and irritability. You could experience those crazy "hot flashes," accompanied by some dryness "down there." A menstrual cup can be helpful for women who are beginning to experience perimenopause. During this time, your cycle will become more irregular and will begin to fluctuate between heavy and light flow amounts. When you use a menstrual cup, you'll be ready for that unpredictable flow whenever it comes!

Postpartum?

Your body is at a particularly fragile state right after you have a baby, so although your menstrual cup is safe to use after pregnancy, you will want to take certain precautions. First, wait until your postnatal check-up to give your body time to heal. When you see your doctor, ask for their advice before using your cup again. Second, when you do use your cup again, evaluate to see if you experience any leaks. Sometimes a woman might require a different size cup after having a baby if her pelvic floor muscles are still tightening and regaining strength.



Can I go to the bathroom with my cup in?

It is completely safe to use your menstrual cup while urinating or during a bowel movement! We do recommend that, before you leave the restroom after a bowel movement, you use your (washed) finger to check the seal of the cup. The contracting of your muscles could have shifted your cup a little and broken the seal, which can cause leaks.

During intercourse?

This one is entirely up to you. We do not recommend using a Pixie Cup during intercourse because there's only so much space inside your vaginal canal. For many of us, the menstrual cup is about all that can fit. However, we're happy to leave this particular ball in your court!

How do I tell my significant other?

So, you bought a Pixie Cup and decided that you're sold FOR LIFE! Ain't nobody gonna take that period freedom away from you! *ohhhh snap*

Now that you've made that life-changing decision, the time has come to break it to your BAE that you use a menstrual cup.

You have two options:

Option A: Let them find the cup on their own, give a quick explanation, and awkwardly launch into a conversation about periods.

Option B: Tell it to them straight.

If you chose Option A, we wish you good luck and would love to laugh at the story with you later! But if you chose Option B... we are here to help!

Without further ado... here are some tips to help you break it to your significant other that you use a menstrual cup.

Choose the time wisely.

You're probably going to have a moment where your period is in full power, and your emotions are running high. This is probably the worst time to tell your SO that you use a menstrual cup!

Set aside some time to talk to your significant other when you are both feeling comfortable in your relationship. Chances are, they'll be thrilled to see you embracing new ideas and living in freedom!

Be confident!

Your SO is probably going to be excited about anything that makes you happy and enhances your quality of life! If you're thrilled about your Pixie Cup, let them know! Tell them why you're excited, and how it can change your relationship for the better! Everyone loves to be active and have fun with their favorite person. Your SO will be so excited to learn that you can now run, swim, hike, and live in freedom, even on your period.

Be understanding.

At Pixie Cup, we want all people, regardless of gender, to feel loved and empowered to authentically live their lives to the fullest. Your spouse or significant other may be open-minded and excited to learn about your Pixie Cup. They may also be a little uncomfortable with the topic. Either way, it's okay! You should never feel like your period is something to be ashamed of, but it's okay to give your SO some time to adjust to the period conversation. Knowing more about what you are going through during menstruation will help your SO learn how to love you better through it.



With an IUD?

The IUD method of birth control has become more common because it is hassle-free and inconspicuous! Since the IUD and the menstrual cup are both inserted through or near the cervix, it's good to be extra careful when you use them together.

You absolutely can use your Pixie Cup if you have an IUD. We do have a few tips for you to keep in mind. First, consider your body type. If your menstrual cup usually sits near the cervix, be cautious because the suction can potentially tug the strings of the IUD and displace it. If your cup sits a bit lower, it should not impact your IUD at all.

After you insert your cup, run your finger around the rim to make sure you cannot feel the strings of the IUD (they should be above or in the cup). When you remove your cup, be careful to pinch the base of the cup to break the suction before tugging it out. This will reduce the risk of displacing the IUD. Whether or not you use a menstrual cup, you should regularly check the strings of your IUD to make sure nothing has changed.

Yoga and inversions?

You might have heard a common theory that yoga inversions can negatively impact the natural menstrual flow of your body. While we have no clear evidence to confirm whether this is true or false, it is always good to listen to your body. If doing yoga makes your body feel strengthened and reduces your period symptoms, you're probably doing something right! If, however, you feel worse after exercising or doing yoga, take a little break

and relax during the heavy flow days of your period. Listen to your body and go with the flow.

If you're wondering if you can do yoga inversions while using a menstrual cup, the answer is yes! Exercise is a breeze with a menstrual cup! Enjoy that flexibility!

Can I sleep with it?

You probably know the feeling. You're snuggled up in your bed, head buried cozily in the pillow, but something pulls you out of your comfy rest. Something is nagging at the back of your mind, prompting you that you're forgetting something. Then, it hits you! You suddenly realize that the time has come; your tampon has reached its limit and you have exactly 2.5 seconds to race to the bathroom before you'll be forced into a 2am laundry run!

If you've ever experienced the panicked race to the restroom, you'll be ecstatic to know that with the Pixie Cup, those nights are over!

Here are four tips to avoid the middle-of-the-night bathroom rush.

1. Use a Pixie Cup.

A Pixie Cup holds about three times (or more) the amount of fluid that a tampon can hold! Our Small Pixie Cup Luxe holds 15ml of fluid, while a normal tampon holds about 5 ml. With all this extra space, you can sleep undisturbed for three times longer than you could with a tampon!

2. Change your cup before bed.

We recommend that you change your cup each morning and evening, so you don't go too long without cleaning it. Your Pixie Cup is completely safe to for up to 12 hours. If you're on a heavier day of your period, consider changing your cup right before bed so you can sleep the most hours possible without needing to empty your cup.

3. Use a little extra protection.

Some of us have such a heavy flow that some days it's almost impossible to make it 8 hours without changing the cup. If this is you, it might be a good idea to invest in some Pixie Pads or a pair of period underwear to guarantee that you can sleep uninterrupted.

4. Ease your cramps with essential oils.

Sometimes it isn't the flow so much as those darn cramps that wake you up in the middle of the night. Try using a little peppermint essential oil (make sure it's safe for topical use) diluted with coconut oil on your stomach before bed to help ease those cramp pains.

We hope these tips are helpful as you head into your week of period adventures!



Can you swim with a menstrual cup?

I'm so glad you asked, because this is one of the BEST things about menstrual cups!

You can splish and splash and take a bath with no fear of leaks because your menstrual cup has you covered! Insert your cup and make sure to gently wipe away any excess blood to prevent spotting. With a Pixie Cup, you're free to swim in freedom!

Can I use a menstrual cup while playing sports?

Using a menstrual cup, you can move freely and live normally while on your period! Your Pixie Cup will give you the freedom to squat, run, and play any sport you want with no fear of leaks or spills!

Is it worth the cost?

We've heard it too many times before: "I'd love to try a menstrual cup, but I can't really afford it."

Listen, saving money and staying on budget is important. Sometimes, it's hard to set aside enough money to buy a Pixie Cup. That's one of the reasons why we started our Buy One Give One program, so that every woman has the opportunity to experience the period freedom that a Pixie Cup provides!

Here are THREE ways you can fit a Pixie Cup in your budget and actually save money!

1. Pixie Cups are reasonably priced

Some of the other menstrual cups out there can be pretty pricey! When we started Pixie Cup, we wanted to provide an affordable, high-quality cup that every woman could use. And when you purchase a menstrual cup from us, we give one away to a woman in need. So, TWO cups are purchased for the price of one. Now that's a deal you can't pass up!

2. The Pixie Cup is reusable!

Each woman spends an average of \$15-20 per month on period products. That adds up to about \$180 a year, or \$1,800 over the next ten years! When you buy a Pixie Cup, you pay a small one-time fee and then you can reuse your cup for 10 years (the better you care for it the longer it lasts)! So, put that extra \$150 towards a Starbucks fund. Wouldn't you rather enjoy a steaming mocha on that "worst day" of your period than an ultra-tampon and maxi pad?

3. We 100% guarantee your satisfaction.

Trying the Pixie Cup is risk-free. If you find that our cups do not work for you, let us know and we'll either send you a different cup size or give you a full refund.

Are the silicone and dyes in the cups safe?

Our silicone is made here in the USA and all our cups are made from 100% medical-grade silicone that is FDA approved and meets all regulations and requirements. Our colored cups contain medically-safe dyes to color the silicone. And our clear cups are completely dye-free.



I love my Pixie Cup because it takes away the whole “period anxiety” that you have when wearing pads or tampons. I got the method down after the first cycle and I’ll never go back. I feel like I can function regularly rather than planning events and gathering around that time of the month. It’s the best!

-Angela R.

HOMELESSNESS + PERIODS

“A woman in need.”

We hear this phrase all the time and we say it a lot here at Pixie Cup. That’s because we give a menstrual cup to “a woman in need” for every cup purchased. But sometimes, this phrase sounds a little bit distant.

It’s like saying “out there, somewhere, millions of miles away from me, there is a new ‘menstrual cup user.’ Yay.”

A woman in need could be someone you know. She could be a friend, a loved one, a family member... She could be you.

According to the 2017 Annual Homeless Assessment Report to Congress, there are 215,709 homeless women in the United States. 215-freaking-thousand women. That’s an incredibly big number. Of those, maybe 60% are likely to experience a period this month.

Take a moment to really think about this. If you’re a woman in an unstable living environment, you have a lot on your mind. You’re constantly wondering where you’re going to spend the night, where your next meal will come from, and you’re more concerned about personal safety than the “smaller” things like

period products. Since you're not coming home to the same place every night, everything you own has to be portable. Also, if you're not able to maintain a healthy, nutritious diet, your period can be irregular and hard to predict. In addition to clothes, a toothbrush, soap, and small food items, do you have the extra room to lug around boxes of tampons and pads? Not to mention, where are you going to get the money to afford these items? Menstrual products can cost up to \$20 each period!

Homeless women deal with these difficulties on a monthly basis, and have to struggle through the pain and mess of a period in the worst of conditions.

When we provide a homeless girl with a free menstrual cup, it's much more than just a period product.

It's the freedom to sleep without fear of leaks when no restrooms are accessible. It's the freedom to stay clean and sanitary without spending her food or clothing money on menstrual products each month. It's the freedom to be flexible in seeking work, without worrying if she'll be able to afford the next box of tampons.

When you buy a Pixie Cup for yourself or a friend, you're helping us give one to one woman in need, which will provide her with period freedom for years to come.

Now that's something to talk about.

PLEASE NOTE: This guide is not intended as a substitute for the medical advice of your doctor. You should regularly consult a physician in matters relating to your health and particularly with respect to anything menstrual related. If you have any concerns about using a Pixie Cup, consult your doctor before use. If you have any gynecological conditions, please talk to your physician before using any menstrual cup.

