WASH HANDS

Check that the air holes at the top of your cup are open. Wash your hands.

Wash your Lunette with Feelbetter Cup Cleanser and rinse it carefully.

FOLD + HOLD

Get comfy: you can insert the cup while sitting, standing or squatting. Spreading your legs will help with a successful and comfortable insertion. Relax.

Fold the cup in on itself to make flat, then in half to form a C shape.

INSERT

Keep it rolled up and guide it rim first into the vagina. To check that the cup has fully opened, slide a clean finger up to the cup bottom and feel it - it should be round. Lunette can be used any time in your menstrual cycle, from heavy to light flow days.

WEAR + LEARN

Lunette is emptied about 2–4 times a day, can be used for up to 12 hours, also overnight. The measuring lines on the cup help monitor your flow and easily learn your rhythm.

REMOVE + EMPTY

Wash your hands and relax your muscles. Grasp the bottom of the cup. To break seal, squeeze the bottom of the cup.

Be sure not to pull it out by holding the stem alone. Tip contents into the toilet. Rinse & Reuse.

CLEAN + SANITIZE

Lunette should be cleaned before and after your cycle, and after emptying. To avoid odor and discoloration, rinse first in cold water, and then wash with hot water and Lunette Feelbetter Cup Cleanser designed for silicone cups.