

Which period product is best for me?

Confused about which period product is right for you? Use our guide below to help you choose.



How does the product make me feel?

Are you comfortable wearing the product? Do you feel able to move freely in it? Consider changing the absorbency so you feel full protected against leaks. You could also wear a different product on different days of your period. For example, try wearing a pad and tampon for a heavy day, and a period pant for a lighter flow.



How much will the product cost me?

Consider not just the initial product cost, but also how many times you will use it. For example, period pants cost more at first, but they can be used for up to two years. Also think about the cost of washing your products, and how many you will need during each period.



Is the product good for the environment?

Choosing reusable products such as the menstrual cup can be good for the planet, but even if you prefer to use pads and tampons then you can pick environmentally friendly brands which use recycled packaging.