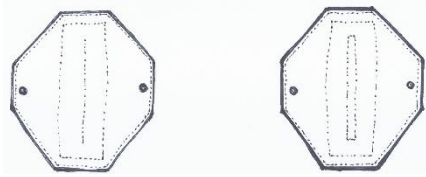


Angel Wings[©] use and care advise



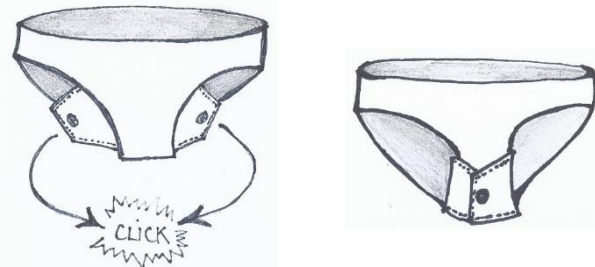
Your Angel Wing[©] pad can be used on either side!



One side should have one line stitched down it in the middle, this side is suitable for light/normal flow period days and the other side should have two lines (or a narrow rectangle) stitched down it, this side is suitable for heavy flow period days.

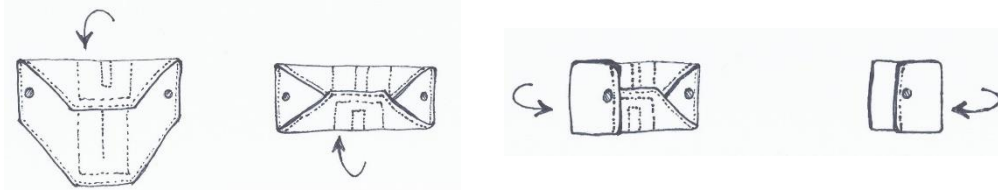
Use only one side each time and then put your pad to wash.

Place your pad into the gusset of your underwear and secure in its place using the snap fasteners to fix it around the gusset and hold it securely in place.



You should change your pad between one and six times a day depending on the flow of your period. You will know it's time to change if it starts to feel wet next to your skin. Obviously, the heavier your flow, the more often you'll have to change pads. The lighter your flow, the longer you will be able to wear it.

When your pad is soiled, you can fold it in on itself and secure it with the snap fastener in order to carry it safely until you can wash it,



Once you have used your Angel Wing pad it is best to try to start the cleaning process as soon as possible to prevent the blood staining the pads.

*If possible, soak immediately in **cold** water (blood is a protein stain so using hot water will cause the stain to set, so always use cold water) place the pad with the stained side facing down so that as the blood loosens and leaves the pad it drops to the bottom of the bucket/sink/container and away from the pad. Allow the pad to soak for at least 30-40 minutes and you will find that the washing process is much easier.

A: (Hand washing) Salt is a good natural product to help clean blood out of fabric. Once you have soaked the pad, put salt and/or soap onto it and rub the fabric of the pad against itself to loosen any persistent stains. Then rinse thoroughly until the blood, soap etc is completely removed.

In your final rinse water, it is a good idea to use a little vinegar or a few drops of tea-tree oil as a natural way to sanitise your pads and leave them smelling fresh. Wring out as much water as possible then gently pull the pad into shape. Hang out to dry, in the sun if possible as this aids in the sanitising process too.

B: (Machine washing) Always soak first as per the instructions above*, once soaked you can machine wash at a maximum of 40 degrees with similar coloured items. Do **not** use fabric softener as this will inhibit the absorbency of the pad.

Please do contact us if you have any questions, feedback or requests for more pads.

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♥ beautiful things come together one stitch at a time ♥