



Introducing Restore Rose

In Cambodia, the average wage of \$2 a day in planting and harvesting season does not provide adequate funds for purchasing sanitary products throughout the year. Many women use rags as an alternative to pads, however issues such as discomfort, inconvenience and the fear of leakage affect, among other things, their attendance to school and work.

A Solution: The Restore Rose

The Restore Rose is a reusable, convenient, cost efficient and environmentally friendly alternative to pads and tampons. Unlike tampons and pads, the flexible silicone cup collects menstrual fluid rather than absorbing it. It can be worn 2-3 times longer than a pad or tampon, or up to 12 hours.

The Restore Rose Project



For just \$15, you can buy a Restore Rose which will support Restore One in providing a menstrual cup for TWO Cambodian women.

So far we have issued well over 7000 Restore Roses to women attending the classes.

Restore One's dream is to supply women in all the surrounding villages with a Restore Rose.

In addition to empowering women to manage their period with confidence and ease, this project will positively impact the environment by reducing consumption and waste.

Why use a Restore Rose?

CONVENIENCE

1 For peace of mind, the cup can be worn before your period starts. It's also suitable and convenient for all activities, including swimming, aerobics, cycling, dancing, hiking and traveling.

SUPPORT YOUR HEALTH

2 The cup is made of medical-grade silicone, is hypoallergenic, durable and contains no harmful substances such as chlorine, fragrances or BPA. Unlike a tampon, the cup does not contain absorption agents that cause vaginal dryness and it has no association with toxic shock syndrome.

PROTECT THE PLANET

3 Most women have about 450 menstrual cycles in a lifetime and use up to 16,800 disposable tampons or pads. Using the Restore Rose is a great way to lighten your ecological footprint by reducing your consumption of single use products.

CUT YOUR COSTS

4 The average woman spends around \$4000 on disposable feminine hygiene products over her lifetime. The cup is a one-off purchase and reusable for up to 10 years.





How to use your Restore Rose

STEP 1: WASH

Prior to insertion, thoroughly wash your hands and your Restore Rose for 15-20 seconds with warm water and a mild unscented soap.

STEP 2: FOLD

Choose the fold method that best works for you and hold the folded sides firmly together with one hand.

STEP 3: INSERT

Find a comfortable position (either standing, sitting on the toilet, or squatting), relax your vaginal muscles and insert the cup into the vagina aiming it horizontally towards your tailbone. The cup will open before it is completely inserted, however continue to insert until the stem is even with the vaginal opening and does not stick out.

STEP 4: SEAL & ROTATE

Pinch the base of the cup (not the stem) and turn the cup one full rotation in either direction (or you might find it easier to insert the cup half way, turn the cup one full rotation, and then push it in the rest of the way).

STEP 5: REMOVAL

To remove your cup, pull gently on the stem until you can reach the base of the cup. Pinch the base of the cup to release the seal and continue to pull down to remove it. Empty the contents into the toilet, rinse with water (if available) and reinsert.

WHEN TO EMPTY

The cup must be emptied, washed and reinserted at least 2 times a day (twice in a 24 hour period) and can be worn overnight without concern of leaking. Most women need only to empty it in the morning and again in the evening.

After a couple of cycles using your cup, you will quickly learn how often to empty it according to your specific needs. Most women find that the cup is not even half full after 12 hours. For those with heavier flows, the cup is simply emptied more often.

To view a YouTube clip on how to use a menstrual cup, visit

www.youtube.com/watch?v=9CBh6cAKapA

For trouble shooting advice, visit

www.dirtydiaperlaundry.com/menstrual-cups-what-every-woman-should-know/

To purchase your Restore Rose... or to donate to the Restore Rose Project

Email: tanya@restoreone.org.au

Phone: 0417 224 496

To order your Restore Rose cup or to donate to the Restore Rose Project, please email Tanya. Please make sure you add your name when depositing funds. Thank you.

Bank Details ~ Account Name: Restore One ~ BSB: 032 524 ~ Account No: 234912

Every \$15
donated will provide
2 Cambodian women
with a Restore
Rose Cup

For more information on Restore One charity, visit

www.restoreone.org.au/

