

How to Use Anokhi Care Cloth Sanitary Pads



How to Care



How to Wash

1



Pre rinse / Soap  
in cold water

2



Hand/ Machine  
simple washing

3



Stretch in all  
direction

4



Air / Sundrying  
is required

Why make the switch to

# WASHABLE CLOTH PADS ?



We also organize free of cost workshops on sustainable menstruation and hygiene



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**Anokhi Cloth Sanitary Pads**

Living with dignity & rejuvenate Menstruation

Save Mother Earth !

## Empower Woman

- ♥ Education for underprivileged indian womens and girls
- ♥ It provide **living wage** for rural womens
- ♥ Experience your period in **dignify** & conscious manner



## Save Earth

- ♥ 1 Disposable Pad = 4 Plastic Bags
- ♥ 1 Reusable Cloth Pad= 100 Disposable Pads
- ♥ A woman in her menstruating life-time generate about 150 + Kg of disposable sanitary waste
- ♥ We throw a tons of garbage on the ground



## Save Your Health

- ♥ No plastic & chemical avoids allergies
- ♥ Reduces risk of infection & irritation because of cloth



## Save Money

- ♥ A woman spends about 60000 Rs in her menstruation life on disposable Sanitary Pads which can be reduced by cloth sanitary pads cost only 13000 Rs in whole life



Zero waste

Healthy

Eco-friendly

Economic

Anokhi Cloth sanitary Night pads,  
Day pads, Panty liners & full kit are available

♥ One kit can be use for 3 Years