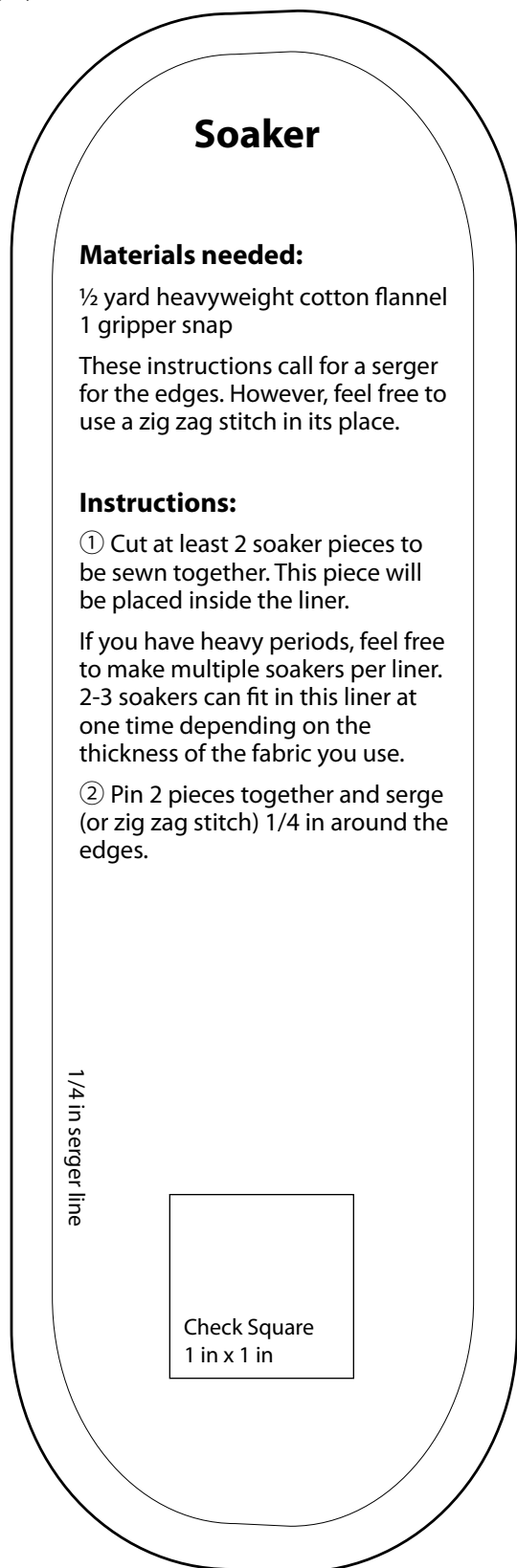


# Reusable Cotton Menstrual Pad

When finished you will have a liner and a soaker pad. Soakers are placed inside the liner and the liner is snapped into your underwear. These are perfect for people with very sensitive skin, who dislike tampons or conventional plastic pads, or who are environmentally or financially conscious.

The best and most eco-friendly fabrics to use include unbleached heavyweight organic cotton flannel and terry cloth. Use only 100% cotton fabrics. Do not use any synthetic materials.



Cut 2 piece using the entire outside of the pattern. These will overlap with an opening and be the bottom of the liner.

