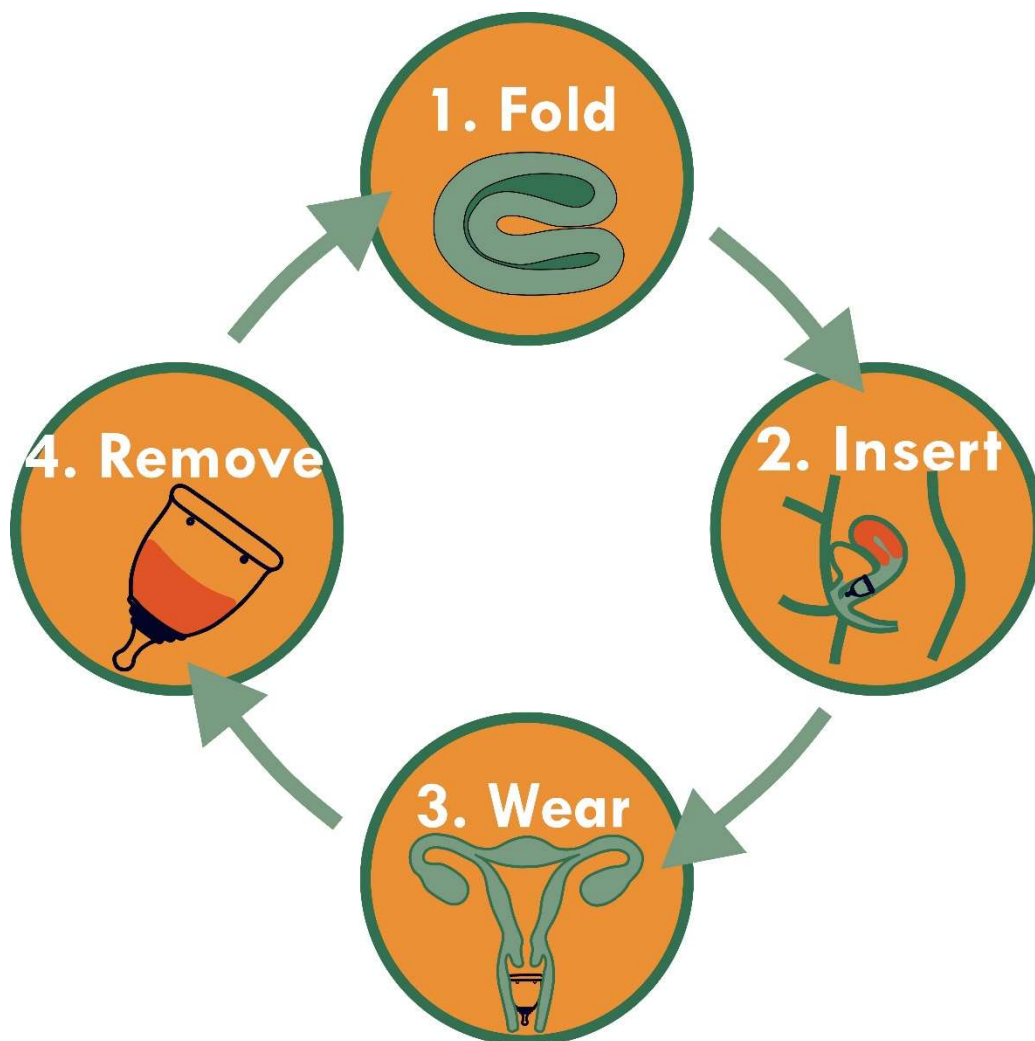




How to use a menstrual cup

Some people get the hang of using their KuuCup straight away but for many of us it can take up to 3 or 4 cycles to feel confident. But remember, your reusable KuuCup should last for years and years so once you've got the hang of it, you won't look back!

The basic principles of using a KuuCup are as easy as 1-2-3-4 simply:



For more help check out our full instruction guide www.kuucup.com/Instructions&Tips

Contact us: info@kuucup.com