

Kegel8 launches practical Menstrual Cup Starter Pack, helping you overcome your hygiene fears

- *The Kegel8 Menstrual Cup Starter Pack is designed to help you practice good hygiene and stay prepared for your period on-the-go* -



East Yorkshire, June 2019 – Hull based healthcare brand, [Kegel8](#), is proud to announce the launch of the Kegel8 Menstrual Cup Starter Pack (RRP £37.99), which includes a revolutionary menstrual cup cleansing spray to boost hygiene on-the-go.

More and more women worldwide are making the switch to reusable period products each year. In fact, worldwide [Google searches for 'menstrual cup'](#) have quadrupled since 2012.

As an alternative to tradition sanitary ware, menstrual cups offer the following benefits:

- Environmentally friendly alternative to tampons and pads which usually take 500- 800 years to fully decompose
- Comfortable wear for up to 12 hours without leakage
- Holds x5 more blood than pads or tampons
- Long product life (one cup can last up to a decade with proper care)
- Reduced risk of toxic shock syndrome
- Flow can be accurately measured to help diagnose conditions such as endometriosis
- Can save women thousands of pounds on sanitary ware over the product's lifetime

The Kegel8 Menstrual Cup has been hugely successful since its launch in March, proving the appetite for sustainable period care. However, one of the main concerns women have when using a menstrual cup is hygiene, especially on-the-go.

The Kegel8 Menstrual Cup Starter Pack has been launched to help women embrace good hygiene practices and includes the following practical products:

- **2x Kegel8 Menstrual Cups:** one to keep at home and one for on-the-go (available in two sizes)

- **1x Kegel8 Menstrual Cup Cleansing Wash 500ml:** a body-safe cleanser for your cups
- **1x Menstrual Cup Travel Spray 22ml:** the need to wash your cup in a public sink is eliminated, just spray and go!
- **2 x Cotton bags:** keep your cups stored cleanly at all times.

The main feature of the Kegel8 Menstrual Cup Starter Pack is the functionality of the re-fillable 22ml Travel Spray, eliminating the need to clean your menstrual cup in a public bathroom. You can simply spray the body-safe solution onto your cup in the cubicle, wipe dry with toilet paper and you're good to go for another 12 hours!

Stephanie Taylor, Managing Director of Kegel8, commented:

"The creation of the Kegel8 Menstrual Cup Starter Pack really stemmed from customer needs. We recognised that menstrual cup users didn't have what they needed to practice good hygiene on-the-go.

As a result, we took the steps to improve on the Kegel8 Menstrual Cup, making it far more convenient, financially viable and environmentally friendly. It's hoped the launch of this new product will support more women to make the switch to re-usable sanitary products."

Kegel8 is also proud to be part of the global movement to end period poverty and support charity projects which empower women and girls in developing countries by providing access to adequate sanitary wear. For example, Kegel8 recently sent 100 of its body-friendly menstrual cups to the Kupa Women's Project which provides free sanitary wear to females in Zimbabwe.

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Press enquiries

Hayley Green, Project Content Coordinator, Kegel8
Hayley.Green@Savantini.co.uk

About Kegel8

Kegel8 is one of the UK's leading pelvic healthcare companies. Its range of electronic pelvic toners offer women and men the chance to regain control of their pelvic floor from the comfort of their own home and in their own time. For over 13 years, Kegel8 has been the top choice for men and women who suffer from pelvic problems. Owned and managed by Stephanie Taylor, the company employs 40 people and is based in Hull, East Yorkshire.

www.Kegel8.co.uk

01482 496932

Kegel8 Savantini Ltd

Savantini House

Foster Street

Hull

HU8 8BT