

saalt

cup

Instructions and tips

Cheers to you!

You did it. You chose the best period care on planet Earth. Bravo! And you're not alone. People are making the switch to the Saalt Cup every day to simplify their period care and keep toxins out of their body.

In your possession you have the product of our obsession. It's safe, it's simple, it's sustainable, and most importantly, it works—it's Saalt.

And thanks.

For every purchase, Saalt helps provide improved period care to those in need. Thank you.

How to Saalt: Before first time use

Check the four air holes at the top of your cup to make sure they are open (these help break the suction seal so you can remove your Saalt Cup later).



Saalt Cups are not supplied in a sterile state, so you may choose to boil your cup in water for 4–5 min (not more than 7 min) to sanitize it. Use tongs to make sure the cup doesn't touch the bottom of the pot.



Wash your hands and your Saalt Cup with water and mild soap, and rinse thoroughly.



Inserting your cup

1. FOLD

- First, let's do a little origami.
- The Saalt Cup folds before you insert it. Here are three of the most common ways to fold your cup. They all work! Pick the one that you like best.
- C-Fold: Fold the cup into a C-shape by flattening the cup and bending it in the middle to bring the two ends together.
- Punch-Down: Use your index finger to press down on the rim to collapse the cup. Pinch to hold in place.
- 7-Fold: Fold the cup so the rim makes a 7-shape by flattening the cup and then folding the top right corner of the rim across to the opposite side of the body of the cup.

C-FOLD

Flatten



Bring ends together



PUNCH-DOWN FOLD

Press down on rim to collapse cup



Pinch to hold in place



7-FOLD

Squeeze and flatten cup



Fold top right corner down, so rim forms the number 7



2. INSERT

- With your cup folded, you are ready to insert.
- Inserting your Saalt Cup is easier when using water as a natural lubricant.
- You can insert your Saalt Cup while sitting, squatting, or standing with one leg raised.
- Hold your folded Saalt Cup firmly below the upper rim. Get comfortable.
- With one hand, gently separate your labia and with the other, insert your cup slowly, rim-first into your vagina.
- Slide it up and back at an angle (towards your tailbone, not straight upward), until the body of cup is completely inside.

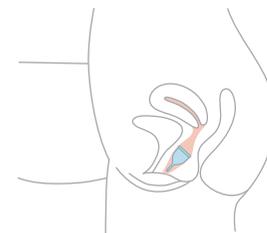
Insert folded cup rim-first into vagina



3. POSITION

- Position your cup lower than a tampon, but feel free to move it up a little if that's more comfortable.
- As you release the cup, it will pop open.
- It's okay for your Saalt Cup to pop open once inside the vaginal opening but before it's completely inserted.
- To make sure it has fully opened, creating a suction seal against the vaginal wall, rotate your cup by pinching the base (not just the stem) and turning it. When the cup is fully open it will prevent leaking.

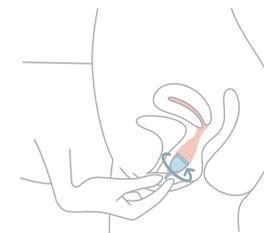
Position and allow cup to open



4. SECURE

- Double check to make sure the cup has opened by running a finger around the outside of the lower middle of the cup. If you feel any folds, rotate the cup again until it opens completely, creating a suction seal.
- No folds? You've successfully inserted your Saalt Cup! Feel free to do a heel click or summersault and go enjoy up to 12 hours* worry free!
- You can check the seal by tugging slightly on the stem. If you feel suction pressure as you softly pull down, you have a good seal!

Rotate cup to make sure it has fully opened



Removing & reinserting

REMOVE

- The stem is not a pull tab, do not pull hard on the stem to remove.
- Wash your hands thoroughly with warm water and mild soap.
- You can stand, sit, or squat, but removing your cup is much easier if you are relaxed.
- Use stem as a guide to locate the grip rings and break the suction seal by pinching the base of the cup with your thumb and index finger. Do not pull on the stem.
- Wiggle the cup side to side as you gently pull it out. Keep it upright to avoid spilling.
- Helpful hint: To keep the cup upright, pull until the grip rings are past the vaginal opening. Then tilt the cup forward to remove the front of the rim first, followed by the rest of the cup.
- Holding your cup firmly, empty it into a toilet or sink.

RINSE AND REINSERT

- Wash your Saalt Cup by rinsing in cold water, then wash using warm water with mild soap. Rinse thoroughly.
- Your Saalt Cup is ready to reinsert! If you need more insertion coaching, please visit us online at Saaltco.com.

Questions?

We're happy to answer any questions you have about your cup. Contact us below or join our user support group, the Saalt Cup Academy on Facebook, to find experienced cup users with great tips and advice. TMI welcome. fb.com/groups/saaltcupacademy

saaltco.com/learn • sayhey@saaltco.com

Love Saalt

For many women their Saalt Cup is love at first sight, but for others it takes some getting used to. Be patient, and trust us, it is totally worth it. Give Saalt a few cycles, and experiment with different folding techniques and positions. After two cycles, you'll love Saalt too.

Saalt Cup Academy

To support your switch to the Saalt Cup, we created the Saalt Cup Academy, a private user group on Facebook. It's a place to ask questions, and once you become a pro, give answers. Join us!

A standing ovation: Your cup is awesome

BENEFITS

- Reusable: Lasts up to ten years with proper care. Spend less, waste less.
- Reliable: Wear up to 12 hours,* even while sleeping.
- Comfortable: Soft, flexible and molds to your shape, allowing you to hike, swim or just relax.
- Natural: Naturally non-toxic and odor free. Maintains natural pH.
- Safe: Hypoallergenic and chemical free.

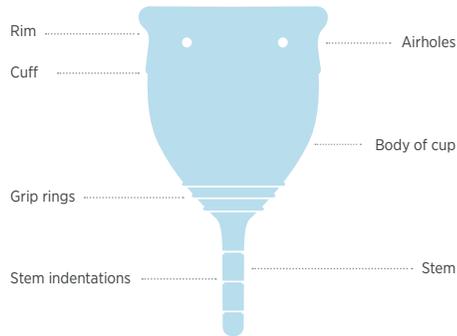
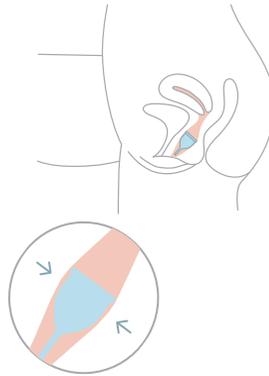
QUALITIES

- 100% Premium medical-grade silicone
- FDA Registered & compliant
- No BPA. No latex. No chemicals.
- Does not release chemicals or irritants
- Made in the USA
- Vegan

The big question: How does it stay in?

Saalt Cup fits comfortably inside your vaginal canal and stays in place when a suctioning seal is formed between the outside of the cup and the walls of your vagina. When inserted properly, it will rest naturally; you won't even notice it's there. And while it's very unusual for the cup to fill up, if it does, it won't overflow or fall out.

Saalt Cup fits comfortably inside your vaginal canal



Cleaning & storing

WASH

- Rinse your Saalt Cup in cold water after use.
- Wash thoroughly using hot water and a mild soap, or Saalt Menstrual Cup Wash. Avoid strong cleaners or anything that may irritate your skin.
- Use a soft rag to wipe away any build-up.
- Clear the four holes at the top of your Saalt Cup by passing water through the holes or using a disposable toothpick.

SANITIZE

- You may choose to disinfect your Saalt Cup between cycles by boiling your cup in water for 4-5 min (no more than 7 min) to sanitize it. Use tongs or a wire whisk to ensure the cup doesn't touch the bottom of the pot.
- You may also sanitize your Saalt Cup between cycles by wiping it with a soft rag and 70% isopropyl alcohol after thoroughly rinsing in water.

STORE

- Dry your Saalt Cup thoroughly and store it in the bag provided (or another breathable container). Never use a plastic bag or airtight container for storage.
- Some discoloration may occur over time. This is normal, and may vary from one person to another.
- If your Saalt Cup is ripped or torn, or the silicone shows signs of deterioration (which can happen after using non-recommended cleaners) it's time to replace the cup.

Tips & troubleshooting

HEALTHY USE

- Empty at least twice a day (every 12 hours*); we recommend before bed and after waking up.
- Don't share the Saalt Cup.
- Replace the Saalt Cup if torn or damaged.
- Always wash your hands and the Saalt Cup thoroughly before and after handling.
- Clean completely before and after every menstrual cycle.
- Saalt Cup is not recommended for use during post natal bleeding.
- You can use Saalt Cup with an IUD or contraceptive ring, but check with your physician first.

REMOVAL BLISS

- Your first time using the cup, consider removing your cup in the shower or while sitting on a toilet.
- Always pinch the grip rings at the base of the cup to break the seal (don't pull on the stem alone).
- Wiggle your cup back and forth while holding the grip rings and keep your cup upright as you pull it past your labia to avoid spilling.
- If you can't reach your cup when inserted, don't sweat it! The cup won't get lost inside the vagina. Though uncommon, your cup can move higher if a good seal isn't formed when first inserted.
- Walk around and wait 30 minutes and try again, or use your pelvic muscles to bear down on the cup, pushing it lower. Squatting in the shower can also help. Once in reach, pinch the lower base of cup to break the seal, then gently pull it out.

TO TRIM OR NOT TO TRIM?

- The Saalt Cup's stem is designed to be soft and comfortable so you can keep it to help locate the cup. Depending on how you wear your Saalt Cup, you may decide to trim off part or all of the stem. If you do, trim on one of the indentations.
- Never trim the stem while your Saalt Cup is inserted. Make sure you know the desired length before trimming. Take care not to cut or scratch any part of the cup when trimming to avoid unwanted tearing of the cup.

PREVENT SPOTTING

- Wipe or rinse your labia after insertion to prevent spotting. Spotting can also be caused by blood left in the vagina after inserting.
- After inserting your Saalt Cup, swirl your finger around the cup to remove any excess blood, then wash your hands.
- You can supplement your Saalt Cup with a pad or liner while you are learning to use it or on your heaviest days.

SAY NO TO LEAKS OR DISCOMFORT

- When your cup is inserted correctly, you shouldn't experience any discomfort or leaking.
- First check the position. Saalt Cup sits lower in the vagina than a tampon. If it is too high or too close to the cervix, it can leak or cause discomfort and cramping.
- Use your vaginal muscles to bear the cup down to a lower position.

Your vagina has a natural slant, so make sure the cup is inserted to match the natural slant of your vaginal canal.

- Leaking can also be caused by a poor suction seal. Make sure the four air holes are not clogged and that the cup has fully opened. Swirl a finger around the base of the cup to check for any folds or indentations.
- Pinch the base of the cup and rotate it to make sure it is opened completely. If the cup still does not open, gently push outward against the inside of your vaginal walls to create space for the cup to pop open. If leaking persists or you cannot obtain a good suction seal, consider using the size regular Saalt Cup instead of the size small Saalt Cup. Most importantly, keep trying small adjustments; everyone's anatomy is different.

SAALT CUP ACADEMY

- The Saalt Cup is life-changing, but can have a learning curve. That's why we created the Saalt Cup Academy on Facebook, a private group with live support from hundreds of other cup users who share tips and experiences to help each other out. And there is no such thing as TMI. Join us to see why so many people are making the switch and why they say they will never go back: fb.com/groups/saaltcupacademy

See additional languages at saaltco.com/instructions



+ more.

Precautions

- Saalt Cup will not prevent pregnancy.
- Saalt Cup must be removed before intercourse.
- Saalt Cup does not protect against Sexually Transmitted Infections (STIs).
- If you feel symptoms of general pain, burning, irritation, or inflammation in the genital area, or discomfort during urination, remove Saalt Cup and contact a physician.
- Symptoms of Toxic Shock Syndrome (TSS) include fever, abdominal cramps, black vaginal discharge or pus, and muscle pain. IMPORTANT: Menstrual cups have been associated with Toxic Shock Syndrome (TSS). TSS is a rare but serious disease that may cause death. Read and keep the enclosed information. If you experience these symptoms, contact your physician right away.

CRITICAL CARE

- Keep Saalt Cup away from children and pets.
- Never use Saalt Cup for more than 12 hours* at a time without washing properly.
- Never wash your Saalt Cup with anything that may irritate your vagina if not thoroughly washed off the cup before reinserting.
- Avoid harsh cleansers like vinegar or bleach and strongly scented or fragranced cleansers that may cause the silicone to deteriorate.
- Avoid soaking Saalt Cup in anything other than water. Silicone is a porous material and can absorb oils or cleansers if exposed for longer periods of time; these substances may irritate your vagina or cause the silicone to deteriorate.

*8 hours for our Australian friends.