

Is it good to use a glass cup?

Is it good to use a glass cup? This article will give you an overview and help you better understand the benefits that the monthly cup offers.

The cup, also known as the menstrual cup, is used to replace traditional sanitary napkins before. With the advantage of "no worries, clean, safe" and especially financial savings extremely (A cup can reuse 5 - 10 years). To get a better understanding of the periodic cup and see if the cup is really good, besides, the cup has a disadvantage, please refer to the article below!



Is it good to use a cup?

The cup is designed to be funnel-shaped, made of medical Silicone or plastic material with high flexibility and durability. Thanks to that, they can freely move and move during the menstrual cycle.

Advantages of menstrual cups

1. The product is designed with many colors, many sizes and especially can be reused many times.
2. The monthly cup provides a comfortable feeling, not as thick as a sanitary pad, so every day activities will be less affected.
3. The bleeding down to the vagina had all reached the cup, so there was no field spilling out.
4. Using the cup will be much more economical. The price of a cup today ranges from 500,000 VND to 1,000,000 VND but can be reused in 5-10 years.
5. Since there is no absorbent feature, it does not lose the natural moisture content of the vagina.
6. Time of menstrual cup cleaning: If the first days of menstruation, you have to clean the cup after 2-3 hours of use, then the last cycle must be 7-8 hours to clean again.

7. Reduce the amount of waste to the environment. If all of the girls used the cup on the "red light", we would no longer have to see 20 billion VND / year of sanitary pads discharged into the environment.
8. The cup is deep in the body, thus limiting the bacteria to attack and causing odors and the risk of infection and fungal infection in the closed area also significantly reduced.
9. Especially can be used to swim or go swimming / gym comfortably.

Disadvantages of menstrual cups

1. Because the mechanism used is to put the periodic cup into the baby's lips (not the urine hole, not the anal hole), it will more or less affect the hymen of the daughter. So it is best to use the product only for those who have "relationship".
2. For first-time users, it will be more difficult for them to put cups into their "doors". However, you only need to learn once, you will be more comfortable and confident when using, no longer "obsessed" on the days of menstruation anymore!
3. The initial cost of owning this "tiny" cup also worries many people, but in the long term, the use of this cup is very reasonable and extremely economical.

In short, I see the disadvantages mentioned above are only small things that do not affect the comfort and cost of consumers. While the advantage is endless of benefits for girls. Whether to choose the cup or not, again is yours.

What kind of cup is good?

Here are the best monthly cups you should consult!

Periodical Cup

San Nguyet Coc Cup is a completely new product from the US brand market.

The product is made from 100% medical Silicone in the United States of high quality, absolutely safe when put into the body and can be reused within 3 years without a new replacement. When using, you no longer worry about the rash like when using sanitary pads.

The regular cup of coffee has a smart design and safety material that has been tested with many outstanding advantages:

1. Smooth, smooth, non-damaging border design using the best anti-spill and simultaneous use on the market.
2. The stalk has an exclusive drop-shaped design that makes it easier to remove.
3. The product has absolutely no toxic chemicals, no color, high safety when used long term.
4. 100% high quality medical silicone has excellent antibacterial, soft, high leakage resistance.
5. Soft cup material, does not cause a scratch or discomfort when worn.

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Holiday cup Ovacup

OVACUP cup is made from 100% medical silicone, certified by the US Food and Drug Administration (FDA) at the Casco Bay Molding factory (USA) with ISO standard. This material is extremely soft and prevents absolute leaks for female friends.

Includes 2 sizes:

1. Size S (29ml): 41mm cup mouth diameter. Suitable for women with narrow vagina, no birth, caesarean.
2. Size L (35ml): 45mm cup diameter. Suitable for women who give birth . have a wide vaginal area.



Sibell holiday cup

With the Sibell cup, you can leave it in the 'little girl' before the monthly period begins to be reassuring, especially for those with irregular periods. Soft Sibell magazine for both sensitive women. Here is the highlight of the Sibell cup:

1. 100% medical silicone antibacterial, completely assured when used and does not cause skin irritation, unwanted gynecological diseases for girls.
2. The cup tail is small, soft and painless and easy to remove and put into use
3. Large capacity, holding more menstrual amounts. You can use 12 consecutive hours if you choose the right size for your location.
4. The cup is made of virgin plastic, resistant to temperatures up to 150 degrees, used in microwave ovens. Convenient for sterilization.



You should buy a monthly cup at a genuine pharmacy or you can look for it on online websites like META.vn - a prestigious and genuine long-term sales site. Or you can refer to the reference address to buy genuine monthly cup:

1. META Hanoi: No. 56 Duy Tan, Dich Vong Hau Ward, Cau Giay. Phone: 024.35.68.69.69
2. META HCMC: 716-718 Dien Bien Phu, Ward 10, District 10. Phone: 028.38.33.33.66

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