

Buy a Menstrual Cup in Cyprus

I bet you kept hearing about menstrual cups lately. These are one of the latest innovations for feminine hygiene protection during “those days” of the month.

Either you are a new user or a “veteran” in using alternative sustainable menstrual protection, you might be happy to know that there is finally a solution that is not only healthier but also much more comfortable for you to use.

This is a relatively new concept in Cyprus, and I find that not many ladies here have heard about menstrual cups, let alone tried it for their own. But interestingly enough, those who did try it, swear by it.

Sounds too good to be true? Wait for it, it gets even better, ladies!

Menstrual cups were invented long years ago in 1937, by an innovative woman named Leona Chalmers.

She proved to be too progressive for her time, and the product didn't gain much exposure. Since the 21st century its popularity has been ramping up quickly, the concept has been rediscovered and adapted to the modern woman of today.

And ever since then, it's making waves.

Worldwide, menstrual cups are the mainstream as they are more convenient, comfortable, healthier and earth-friendlier than the disposable choices.

So how does it work?

The menstrual cups are generally bell-shaped cups made of silicone, latex or thermoplastic elastomer, which are meant to be placed internally in the vaginal canal, as you'd use a tampon. But, as opposed to how tampons work, the cup is aiming to collect the menstrual flow, rather than to absorb it. Empty it after few hours (maximum 12), rinse and repeat. You can use the same cup for up to 10 years. Talk about value!

Convenient and comfortable

These cups can be folded in various ways until they reach almost the size of a tampon, for smooth insertion. Once it's inside, the menstrual cup can be worn continuously for many hours, during the day as well as the night. Some ladies might need to empty the cup earlier than the maximum of 12 hours, and I'd recommend you check your cup regularly in the beginning until you get to know how much menstrual fluid your body generates each day of your period.

Although not a novice to cups, I am still amazed by their high efficiency and I kind of like to “defy” my period by going to the beach even on the first day of my cycle.

I rarely experience any leaking, so I can fully trust that I will be blood free for my outdoor activities.

And I for one, am never surprised by my period exactly when I ran out of pads in the middle of the night or on a Sunday.

It's not a joke – some women felt so comfortable with their cup that they forgot to take it off. That's actually quite dangerous, but it stays as a proof of the level of comfort you can get just by being worry free and “dry” while menstruating. Do make sure to put your cup in a visible place, so you will notice and know if it's absent!

A much healthier alternative

The scariest thing I found is that hygiene products in Europe are not regulated, there is no strict legislation which manufacturers should comply to, and they don't need to explicitly specify all the ingredients and materials that they use to make these products. Basically, if they can't share an exhaustive list of their materials, then I don't want to wear their “mysterious” product.

Health should be a big deal for all of us – daily, we're surrounded by chemicals and many unknown substances which do us more harm than good; it's a good idea to stay away as much as possible from chemicals which are so close to our body, for a prolonged time. Notably, we should be vigilant of the materials our vagina is getting in contact with, being such delicate part of our body.

Aside from the chemicals, bleach, rayon and other unknown substances, the tampons leave behind fibres which can cause severe allergies to the more sensitive of us.

A low-waste period experience

We have come to a different level of eco-awareness these days here in Cyprus. More and more companies and individuals understand the importance of caring for the environment and making the appropriate efforts to get closer to nature.

In an UK beach cleanup, disposable hygiene products were found as the forth type of waste washing out the British beaches. Looking around here in Cyprus, the situation doesn't appear to be much better.

Replacing disposables with reusables is one easy way to contribute to a cleaner country and a cleaner world.

Use your money smarter

It's estimated that a woman will be using about 13,000 tampons and pads during all her menstruation years. Given that a menstrual cup is reusable for up to 10 years, you'd need about 4 or 5 cups in a lifetime to keep your menstruation under control. Just like that, you have one problem less to think about and save some money on the way too.

Which cup?

I was happy to find that we finally have a proper menstrual cup based in Cyprus which ticks all the boxes for the perfect menstrual cup for both beginners and advanced users alike.

It comes in 3 sizes – one for ladies under 30 or who have not given birth, one for ladies above 30 or those who have had a delivery, and a mini cup for those with a low cervix. Women with a high flow might benefit greatly from their bigger size cup which has a capacity of 40ml and it can hold up to 4 times more than a tampon.

[Green Rays Cup](#) is made from 100% medical grade silicone in the USA (where they need FDA registration to allow cups to come into the market, ensuring that the product is 100% regulated).

I love it comes in an organic cotton storage pouch, and I can take that with me without the packaging screaming “period product”. Plus, it’s certified organic.

As Green Rays Cup is Cyprus based, the delivery of the product is mostly the following day, at a fraction of the price I’d pay if I got a menstrual cup from anywhere else in the world.

If you want to know more, head over to their [website](#)

Now, ladies chat time. Have you tried a menstrual cup yet? I’d love to hear about your experience!