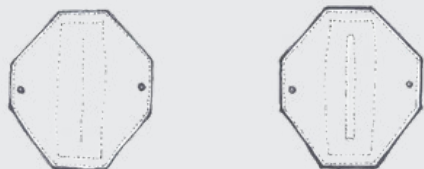


Angel Wings[©]



Use & Care Guide

Angel Wings pads are fully washable and can be reused for up to 3 years when cared for properly. They are designed with 2 sides; one for heavier flow and the other for lighter days. Use only 1 side at a time, based on your flow each day.



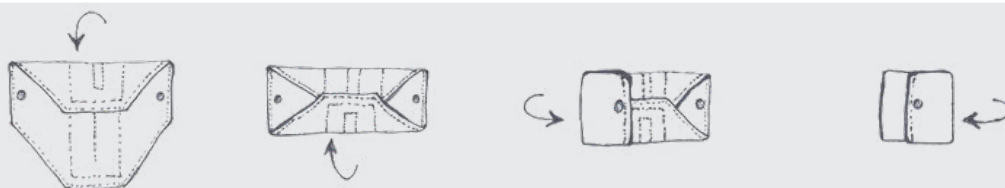
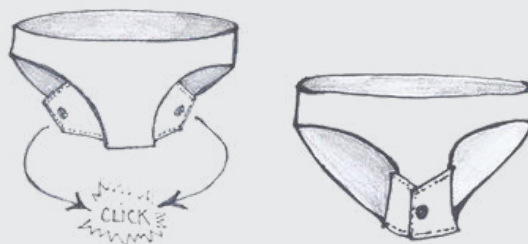
One side should have a **single line** stitched down the middle, ideal for light to normal flow period days. The other side should have **two lines (or a narrow rectangle)** stitched down it, which is suitable for heavy flow period days.

Use only one side each time and then put your pad to wash.

It is recommended to change your pad between one and six times daily, depending on the flow of your period.

You'll notice it's time to change when it begins to feel damp against your skin. For heavier flows, more frequent pad changes are needed, while lighter flows allow for longer wear.

Insert your pad into the gusset of your underwear and fasten it securely in place using the snap fasteners to keep it in position around the gusset.



When your pad is soiled, you can fold it in on itself and secure it with the snap fastener to carry it safely until you can wash it.

After using your Angel Wing pad, it's advisable to initiate the cleaning process promptly to prevent blood stains setting into the fabric.

- * If possible, soak the pad immediately in cold water. Hot water can 'set' protein stains like blood, so always use cold water only.
- Always place the pad with the stained side facing down to ensure the blood loosens and drops away from the pad. Let it soak for 30-40 minutes to simplify the washing.

Hand Wash

- Salt is a natural remedy for removing blood from fabric.
- After soaking the pad, apply salt and/or soap onto it, and rub the fabric of the pad against itself to tackle any stubborn stains.
- Rinse thoroughly until all traces of blood and soap are gone.
- In the final rinse, add vinegar or a few drops of tea-tree oil for a natural sanitizing effect and a fresh scent.
- Squeeze out excess water, reshape the pad gently, and air dry, preferably in sunlight for added sanitization.

Machine Wash

- Start by soaking as described above*, then machine wash at a maximum of 40 degrees with similar coloured items.
- Do not use fabric softener as it can reduce the pad's absorbency.

For more information and care instructions, please email hello@sewbeecause.com or visit www.sewbeecause.com

Follow the Sew Bee-Cause (previously Rags to Riches) social media pages for updates and tutorials:

Facebook: [@sewbeecause](https://www.facebook.com/sewbeecause)

Instagram: [@sewbeecause](https://www.instagram.com/sewbeecause)

For video instructions on how to make Angel Wings[©] and our other products

check out the Sew Bee-Cause YouTube channel: [@sewbeecause](https://www.youtube.com/sewbeecause)