



How exciting that you chose natana :)

In order to help you to get off to a good start with period underwear, we have listed the answers to the most frequently asked questions here. If you still have any questions, please feel free to contact us at info@eu.daysy.me.

Why are the pads longer than the corresponding part of the panties?

Your panties stretch with you. The reusable pads do not stretch. Therefore, the pads are slightly longer than the corresponding part of the natana panties. However, the pads should fit smoothly when you wear the panties.

How do I attach the pads to the panties correctly?

You simply attach the pads to the panties with velcro. You do not have to attach the hook and loop fastener so that it lies 100% on top of each other. This gives you the opportunity to position the pads optimally for you. You can adjust them with the velcro a little "tighter or a little wider".

If the pad "ripples" when you wear it, it is too loose and you should fit it so that you use the inner ends of the velcro. If your pad is too tight and the bottom of the panty is sagging or the pad is coming loose from the velcro, please use the outer part of the velcro on the pad in order for your insert to have more wiggle room and - when you pull up the panty - fits perfectly.

For most sizes, the shape of the pads and the length of the velcro fastener immediately show in which direction the insert is attached to the brief. However, if you wear a size where the shape is almost symmetrical, you can still orient yourself by the velcro closure. With the strong inserts, the position of the reinforcement provides additional guidance. It sits further forward in the pad.

My panties or pads just don't fit. What should I do now?

Please always try on your new sets over your normal underwear first. Test whether the length of the pads fits for you. If not, please exchange the set before wearing it for the first time.

How absorbent are the pads?

The absorbent pads can hold about two normal tampons of liquid. For some people this is enough for the whole day, for others it doesn't even last three hours. Every body is unique and every menstruation is different. If you are trying natana for the first time and have not used washable pads or menstrual underwear before, it might be better to try natana at home first.

On the heavier first days, it definitely makes sense to use the strong absorbent pads and change them more frequently. But what are "heavier days"?

Perceptions vary here. Some natana customers said they had very heavy bleeding and then managed with the absorbent pads for a whole day.* Others, however, needed 3 or 4 strong pads on a strong day. It's best to take some time to find out what works for you.

Of course, you can also wear natana as a back-up to other menstrual products on the heavy days in order to

feel more secure.

* I don't recommend not changing the pads for a whole day. But more on that in a moment.

How long can you wear your pads on weak days?

Every 4-6 hours is a good amount of time if you are wondering how often pads, panty liners, but also natana pads should be changed. This is especially true if you sit a lot. This helps to prevent germs from accumulating in the excreted menstrual blood.

Therefore, you should not wear natana pads or other menstrual products for longer than 8 hours at a time.

How do I wash my natanas?

Please wash your set after your first pre-test - that is, before it is used "properly" for the first time. This will activate the absorbent layer. For the first wash, simply put your set in the washing machine and wash it at 40 degrees. You should not choose too high spin speed - we recommend 800 revolutions. After washing, it is best to dry the set at the air. Please do not put natana in the dryer.

Rinse your used pads briefly in cold water after wearing them or before putting them in the washing machine. Then either wash them with your other clothes at 40 or 60 degrees Celsius or let them dry and then add them to the laundry so that they can be washed as normal with the next load of laundry.

Please make sure that you wash the panties together with a pad. This will prevent the "sharp" velcro part of the panties from causing damage. So just velcro the pad into the panties, wash them together - and everything is fine ;)

Please make note that you can wash the panties only at 40 degrees. The pads can be washed at 60 degrees.

Ironing

You can also iron the inserts after washing, if they don't fit smoothly anymore ;)

Enjoy your natanas!

