



BAOBABE

Sterilizer Cup & Pod

Instructions and tips

You did it Babe!

You've made the best switch to eco-friendly and simplified period care to support healthy and sustainable living.

How to use your Baobabe Sterilizer Cup or Pod

Baobabe Discs and cups are not supplied in a sterile state. Which is why you need to sterilize your Disc or Cup by boiling it before your first use and in between cycles.

Using a Baobabe Steri Cup or Pod makes this process easier, instead of using a kitchen pot.



Sterilizer Cup

The Baobabe Cup and Disc Sterilizer is collapsable making it easy to take out and about, or to store and take with you on the go, and it is suitable for all Baobabe Cup sizes and the Baobabe Disc.

How to use the Sterilizer Cup

-Microwave: Place your menstrual cup or disc into the Sterilizer Cup, fill it halfway with tap water, and pop it into the microwave for 1.5 - 2 minutes (Microwave dependent) and you are good to go. Be careful when removing the sterilizer cup as it may be hot.

WARNING: Do not close the lid completely as this will cause steam to build up inside and water may spill out. Be careful with the sterilizer when removing from the microwave as it will contain boiling water.

PERIOD BLISS WITH BAOBABE

Making your eco-period journey cleaning experience easy and efficient. The Baobabe Steri Cup and Pod is perfect to sanitize both the Baobabe Cup and Disc inbetween your cycles.

TIME TO DITCH YOUR KITCHEN POT FOR SANITIZING

Sterilizer Cup cont.

-Public Restrooms: The Sterilizer cup is great for when you need to clean your cup on the go. Fill the sterilizer cup with clean drinkable water, remove your menstrual cup, and empty it into the toilet. Use the sterilizer cup to give your cup a rinse before reinserting it.

-Steam (advised): Fill the sterilizer cup with about 3/4 boiling water, place the menstrual cup or disc inside, and pop the lid on. Steam it for about 3 minutes. Be careful with pouring hot water.

Steam Steri Pod

The Baobabe Steam Steri Pod is a convenient and effective way to sterilize your menstrual Cup or Disc, leaving it hygienic and ready for storage until your next cycle.

Sterilize your eco-period product in just 2-3 minutes, and with auto shut off, you won't have to worry about melting your Cup or Disc.

The steam Steri Pod is free from BPA, ensuring your safety and the durability of your Cup or Disc.

How to use the Sterilizer Pod

- Pour 5mls of water into the Steri- Pod (use the lid as a measuring cup).
- Place your Cup or Disc upside down and cover the Pod with it's lid.
- Switch the Pod on and wait for it to auto steam.
- Your Cup or Disc is ready to use within 2-3 minutes.

Questions?

Let our Baobabe experts answer any questions you may have about your sustainable period products or visit our instagram and facebook pages to find great tips and advice. TMI is welcome.

Social Media

-Engage with us and follow along as we openly talk about periods and educate you on your eco-period



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