



## Which Lunette Cup Size should I choose?

Most cup manufacturers give a certain age as the defining factor when choosing the right size. However, choosing your cup isn't always that simple, since there are other matters to consider. There are many 14-year-old virgins using the bigger Lunette, and we also know middle-aged women who love the smaller Lunette. Most women can use either cup, but one of them might be more comfortable in use.

Factors you should consider:

1. The amount of flow. We have noticed that this is the most important factor when choosing the right cup. As a general rule we can say that the bigger cup is best for heavier flow and smaller cup for lighter flow.

2. Anatomy. Each woman's anatomy is different and because of this we sometimes recommend the smaller Lunette cup also for heavier flow and vice versa. These kind of factors are:

**Age.** The smaller Lunette cup was originally designed to make it easier for young girls to start using a cup. Young women usually have tighter vaginal muscles, and inserting the smaller cup might be easier. The muscles lose elasticity with age and many women transfer to the bigger cup at some point in their life. There can be also hormonal changes, caused by e.g. pregnancy. These changes can affect the amount of menstrual flow quite radically, making one cup better for you than the other. As a rule of thumb we can say that the Lunette size 2 is suitable for most adult women.

**Virginity.** We recommend the smaller Lunette cup to be used before first sexual intercourse, even if you have heavy periods. Because your muscles and hymen are most likely quite tight, it is easier to insert the smaller Lunette.

**Pregnancy.** If you have been pregnant, we recommend the Lunette cup size 2, because the shape of vagina changes during pregnancy. Hormones change your vaginal muscles and the hip bone structure.

**Location of your cervix.** With a thoroughly washed finger you can try if you can reach your cervix during menstruation. If your cervix sits very low, it is better to choose the smaller Lunette, since it is shorter and most likely fits better inside your vagina.

**Active sports, e.g. yoga or pilates.** Sports that strengthen the core muscles extensively, also work on pelvic floor muscles. Many women who actively and regularly do these sports have very strong vaginal muscles also later in their life. In this case you might want to consider the Lunette size 1.

From the table below you can check which cup we recommend primarily. If you are unsure about which size to choose, don't hesitate to contact us!

# makeUwell

	Lighter flow	Heavier flow
virgin	1	1
teenager	1	1 or 2
Young woman, has not given birth	1	2
Young woman, has given birth	1 or 2	2
Adult woman, has not given birth	2 (or 1)	2
Adult woman, has given birth	2 (or 1)	2
Short vagina (you can easily reach your cervix with your finger)	1	1
Active sportswoman, e.g. pilates, yoga	1	1

