

**SERENIKIT**

# **ALL IN ONE MENSTRUAL KIT**



# 'Introducing serenikit'

your comprehensive menstrual kit designed to empower and support you throughout your cycle. With thoughtfully curated products that prioritize comfort, convenience, and sustainability, our kit is here to simplify your routine and promote a positive menstrual experience. Embrace your cycle with serenikit- where wellness meets empowerment. The ultimate menstrual kit crafted to enhance your well-being during that time of the month.



We understand that every cycle is unique, which is why our kit combines all the necessary products in one kit. Serenikit is more than just a menstrual kit, it's a holistic approach to mensuration that empowers you to enhance your cycle with confidence and ease.



# let's understand the term " mensuration "

Mensuration is a biological process that occurs in individuals with a uterus, typically as part of the menstrual cycle. It involves the shedding of the uterine lining (endometrium) when there is no pregnancy.

This process usually happens approximately every 28 days, although cycles can range from 21 to 35 days. The Menstrual cycle is regulated by hormones, primarily estrogen and progesterone, which prepare the body for potential pregnancy. If fertilization does not occur, hormone levels drop, leading to the breakdown of the uterine lining and its expulsion through the vagina, resulting in menstrual bleeding. Menstruation typically lasts between 3 to 7 days.

## **MENARCHE**

Menarche is the first occurrence of mensuration in an individual with a uterus, marking the onset of reproductive capability. It typically occurs between the age of 9 and 16, with the average age around 12. Menarche signifies the body's transition into puberty and the beginning of regular menstrual cycles.



# HOW TO USE MENSTRUAL PRODUCTS ?

## PADS

1. Disposable pads - These are absorbent pads worn outside the body, adhered to the underwear they come in various sizes and absorbencies for different flow levels.
2. Resuable pads - Made from cloth, these pads can be washed and reused. They are eco-friendly and often come in different styles and absorbencies.

## TAMPONS

Tampons are cylindrical absorbent products inserted into the vagina to absorb menstrual flow. They come in various absorbencies (light, regular, super) and are available with or without applicator. It's very important to change tampons every 4-8 hours to reduce the risk of toxic shock syndrome (TSS).

## MENSTRUAL CUPS

These are bell-shaped cups made of silicone or rubber that are inserted into the vagina to collect menstrual fluid. They can be worn for up to 12 hours and are reusable for several years, making them cost effective and environmental friendly.

## PERIOD UNDERWEAR

Designed to absorb menstrual flow, period underwear can be worn alone or as backup protection with other products, they come in various styles and absorbencies and can be washed and reused.



# "FAQS AND CONCERNS"

## 1. What is a normal menstrual cycle ?

A typical Menstrual cycle lasts between 21 to 35 days, with bleeding lasting 2 to 7 days. Cycle lengths can vary among individuals

## 2. Is it normal to have irregular periods?

Yes, irregular periods can be common especially during puberty and perimenopause. However, if irregularities persist, consult a healthcare provider

## 3. How can I manage menstrual cramps ?

Options include over the counter pain relievers, heat therapy, exercise, and relaxation techniques like yoga

## 4. Can I swim while on my period?

Yes, swimming is generally safe during menstruation. Using tampons or a menstrual cup can help manage flow

## 5. What if my period is late ?

A late period can result from various factors, including stress, changes in weight, or pregnancy. If you're concerned, consider taking a pregnancy test.



# HYGIENE TIPS DURING MENSTRUATION

## **Change products regularly**

pads should be changed in every 4-6 hours.

Tampons- change every 4-8 hours, and never leave in for more than 8 hours.

Menstrual cups - Empty and rinse every 4-12 hours.

## **Wash hands frequently**

Always wash your hands before and after changing Menstrual products to prevent infection.

## **Choose the right products**

Use products that suit your flow and skin sensitivity. OPT for organic or hypoallergenic options if you have allergies .

## **Maintain cleanliness**

Keep your genital area clean and dry.

use mild soap and water for washing avoid harsh soaps pr douches.

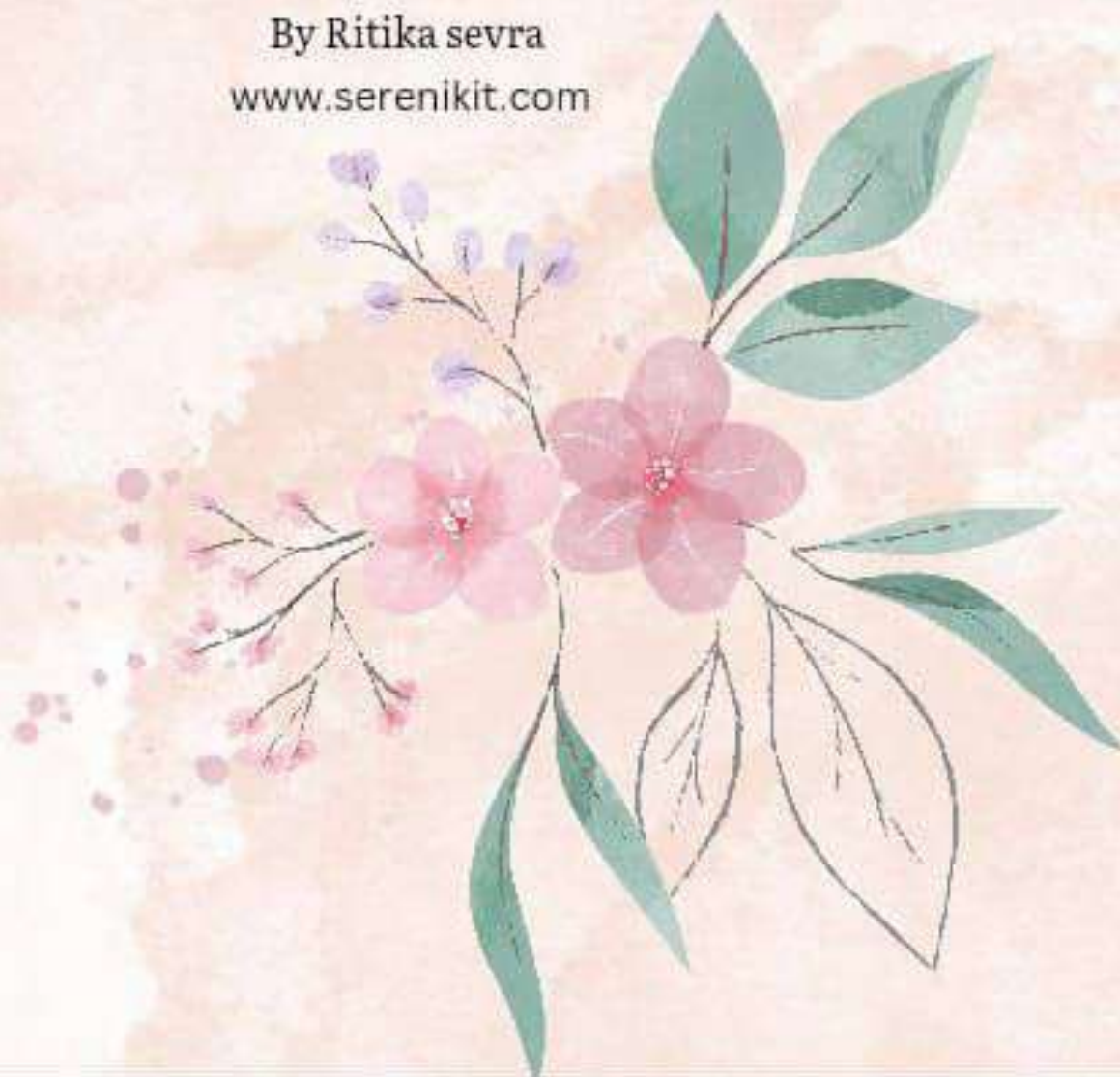
## **stay hydrated and eat well**

Drinking water and eating a balanced diet can help alleviate symptoms and promote over-all wellbeing

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# THANK YOU

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*"Mensuration is not a curse  
but a cycle of strength and renewal"*