

hannah e-Guide

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Introduction

hannahpad is a brand that always thinks about ways to help women experience more comfortable and enjoyable menstrual cycles. It's already been over 13 years since hannahpad was first launched back in 2005; it was born with hopes to alleviate pain and decrease side effects for women using disposable pads.

Even with many challenges along the way, hannahpad was able to grow and expand thanks to all of our valued customers and their feedback over the years. It only began as a small night time job with a few fabrics and a sewing machine. From a one person dream, hannahpad is now a company with professional seamstresses and management team, where everyone works together to make exceptional quality cloth pads and also finds ways to give back to the society.

It was difficult (,and still is,) to change people's minds about menstruation. It is not a 'taboo' nor a 'disgusting thing'. Many people think cloth pads are smelly and filthy because of the blood, and so nobody wants to touch it. However, it's not your period blood that stinks. The odor occurs due to the chemical reaction and bacteria growth from the blood touching the disposable pads.

We will face these questions still as we go forward with our products. Of course you cannot look over the convenience of disposable pads, especially for those with busy life these days. Nevertheless, the plastic and chemicals in disposable pads harm the environment and it is our goal to minimize this with hannahpad.

We are always looking for ways to make hannahpad achieve the next level. Designed & manufactured in Korea, all of our products are creations & developments from real user experience and feedback. We would always love to hear from you on how hannahpads can become better and what you like or dislike about them. After all, it's all about you.

Healthy You, Happy Planet hannah Global .Р. Б

Why hannah



CERTIFIED ORGANIC

Increased softness and comfort.



SUSTAINABLE Reusable for 2-3 years of longer

with personal care and use.

HYPOALLERGENIC

Increased softness and comfort against the skin.



LEAKPROOF

Providing ultimate protection. No leaks, no worries.



MULTI - PURPOSE

Protection for period, maternity and light bladder leakage.



"healthy you

happy planet"



hannah: PAD

Wachable Certified Organic Cloth Pads Menstruation, Maternity & Light Incontinece



"Very comfortable and easy to manage. They feel great against my skin. I get to feel good that I'm reducing my impact on the environment."



hannahpad is a non-toxic menstrual cloth pad option that is designed and made in Korea. The founder of hannah Global is also surprisingly a male. He created hannahpad due to the pain suffered by his female friend during her period.

It is now the time to spread hannahpad globally, so more people can have access to a healthier product for their menstrual cycle. Our certified organic cotton are sourced mainly from India. The untreated cotton is then turned into yarn and made into cotton sheets for hannahpad production. hannahpads are machine sewn and put together by professional Korean seamstresses in South Korea. Each pad is given careful attention to ensure they are properly made to last.

South Korea have strict labour laws and the manufacturing factory only works under fair and ethical conditions. Regular inspections are conducted on both work conditions and the quality of the products produced to ensure that protocols are being followed accordingly.

"healthy you, happy planet"



hannah

Thongliner



Extra Grip - Non Slip Sheet



Pantyliner



Extra Grip - Non Slip Sheet



Longliner



Small



Extra Grip - Non Slip Sheet



Medium



Large



Ultra



Super Ultra







PULLING HANNAHPAD APART

TOP SHEET & INTERNAL LAYERS

✓ Made from OCS100 Certified organic cotton.

- ✓ Certified organic cotton is toxin-free
 - (no dioxin, formaldehyde, pesticides and herbicides), fragrance-free, unbleached, and nondyed.
- ✓ Top sheet and internal layers are compostable and biodegradable when it's time to retire the pad(s).



LEAK-PROOF LAYER

- ✓ Comes in various colourful patterns.
- \checkmark Made of 100% cotton with a thin TPU (thermoplastic polyurethane) coating.

TPU has an inert quality meaning there are no active compounds.

✓ TPU coating faces internally and covered by layers of organic cotton.

The skin will only touch the soft, comfy organic cotton layer of the pad.



hannahpad

PAD SHAPE

✓ Both Pantyliner and Small pads have a narrower shape.

✓ Minimises bunching on these smaller sized pads to fit underwear gusset.



• Original Shape (no longer available)

▶ NEW Narrow Shape (2020)

EXTRA GRIP

✓ Extra grip feature on 4 sizes*:



- ✓ Keeps pad securely in place when worn without added bulk.
- ✓ Tiny silicone dots cover the entire patterned side that sits against underwear.
- ✓ Great added feature for the active lifestyle or just going about daily activities.



HEM & BUTTONS

- ✓ Hem is made from cotton that is **degradable** and **compostable**.
- ✓ Plastic buttons are 100% recyclable and used to secure pad to underwear.
 No sticky adhesive.

NOTE:

All Pantyliner, Long Liner and Small pads come with two buttons to adjust gusset width



hannah

WHERE ARE HANNAHPADS MADE



The certified organic cotton are sourced mainly from India. The untreated cotton is then turned into yarn and made into cotton sheets for hannahpad production.

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ABSORBENCY & SIZES



*Pantyliner

✓ Spotting and catching vaginal discharge/ cervical fluid (before/ after period)

*Thongliner

✓ Spotting and catching vaginal discharge/ cervical fluid (before/ after period)

*Long Liner

✓ Spotting and catching vaginal discharge/ cervical fluid (before/ after period) with added length and coverage

*Small

✓ Spotting and catching vaginal discharge/ cervical fluid (before/ after period)

*Medium

✓ For light to medium flow

Large

✓ For medium to heavy flow (can be used during day/ medium flow at night)

Ultra Overnight

 \checkmark For heavy flow night time use

Super Ultra Overnight

 \checkmark For very heavy flow night time use

PATTERN CHART



Edelweiss Blue Extra Grip - Non Slip Sheet



Shiny Pink Extra Grip - Non Slip Sheet



Edelweiss Ivory Extra Grip - Non Slip Sheet



Classy Cat Blue Extra Grip - Non Slip Sheet



Flower Garden Pink Extra Grip - Non Slip Sheet



Garden Kitten Beige Extra Grip - Non Slip Sheet

Puppy





Antique Indigo



Hannah Green





Hannah Gray





Koala

hannahpad

SUPPLEMENTARY PRODUCTS

hannahpad EM Probiotic Soap

EM stands for EFFECTIVE MICROORGANISMS, is a unique technology that combines naturally occurring beneficial microorganisms, principally lactic acid bacteria and yeast, which are used in fermented foods and drinks to promote good bacteria. EM creates antioxidant substances that is great for cleaning and is gentle on the environment as the probiotic solution builds a healthier ecosystem. Used on hannahpads when hand washing helps promote good bacteria and gives internal layers and top sheet a thorough clean.



hannahpad Wet Bag

A beautiful carrying solution for hannahpads. The wet bags have the same waterproof coating like the pads on the inside. A great size to fit into any hand bag, backpack or travel luggage.



Classy Cat Blue



Garden Kitten Beige



✓ 2 compartments to keep all pads together
✓ Waterproof lining on the inside
✓ Size: 17cm(L) X 15cm(H) X 7cm(W)
✓ Available in 2 patterns
✓ Handmade in Korea

hannahpad Drying Strap

Dry hannahpads without taking up too much space. This nifty drying strap (made from the same leak-proof material as the pads) is the best hang drying solution for both indoors and outdoors.

Instructions

- 1. Snap a pad to the end of the drying strap
- 2. Connect other pads to the first pad to form a line

3. Hang to dry on your clothesline, doorknob, towel rack etc. (outside or inside) ONLY compatible with hannahpads.





*No need to purchase a drying strap for each hannahpad. Just get the one strap and snap a pad to each other to form a line (demonstrated in photos above).

hannahpad Eco Tote Bag

We're all about spreading #hannahpadlove and couldn't think of a better way than to have our slogan 'Healthy You, Happy Planet' printed on eco-friendly totes to be carried around. Suitable for carrying your light groceries, laptop, books, impulsive purchases etc. Just about anything you can manage to fit inside.

Our reusable eco tote is simple in design with an important message about who we are and what we do at hannahpad.

HEALTH HEALTH NE hannahpad

✓ Size: 36cm x 36cm
✓ 80% Cotton, 20% Polyester
✓ Cold wash only
✓ Hang to dry

√ Made in Korea

hannahpad FAQ

1. WHO CAN USE HANNAHPAD?

hannahpads are for anyone who needs protection for menstruation, postpartum bleeding or light bladder leakage. There is no age limit and is contingent with the purpose of use.

- anyone who is menstruating
- \checkmark menstrual cup users
- \checkmark front/central/ back bleeding protection
- ✓ pregnant people/ postpartum bleeding
- ✓ light bladder leakage/ light incontinence
- ✓ anyone experiencing regular vaginal discharge/ cervical fluid

2. WILL HANNAHPADS STAIN?

When following hannahpad's washing instructions, most stains can be removed. The key is soaking pads for a minimum of 6hrs to overnight with natural stain remover (hannahpad Laundry Stain Remover).

Minimal staining will occur with repeated use as hannahpad's organic cotton layers are not coloured or dyed. Keeping it as natural and soft as possible so even the most sensitive skin can reuse them for years to come.

3. HOW LONG DO THEY LAST?

hannahpad can last 2-3 years or longer with personal care and use. When the pad begins to fall apart at the seams (unlikely for several years)it's time to retire and replace the pad.

4. ARE THERE ANY CARE INSTRUCTIONS?

All wash, use and folding instructions with video demo can be found on the official hannahpad website (www.hannahpad.com.au) under the Support menu.

5. HOW DO I DETERMINE WHAT SIZE(S) I'LL NEED?

hannahpad Medium is similar to a size Regular in supermarket disposable holding light to medium flow. This is a great beginner size to test out a hannahpad if you've not experienced a reusable pad before. Refer to sizing chart provided for pad length and absorbency.

6. WHAT ARE THE BENEFITS OF SWITCHING TO HANNAHPAD?

✓ Healthier and better against the skin

hannahpads are made from certified organic cotton and kept at its most natural (minimal processing) for extra comfort and softness without any chemical nasties (toxin-free, fragrance-free, unbleached and non-dyed). There are no irritants used in the production so even the most sensitive skin can use hannahpad.

\checkmark Economical

Switching to a reusable option saves you money in the long run as you'll never have to purchase any single-use products on a monthly basis ever again.

\checkmark Greener on the environment

You are saving the planet by not tossing any plastic waste that end up in landfills and waterways. There are no unnecessary packaging with hannahpad and the pads can last you several years of reuse.

7. HOW OFTEN DO I CHANGE MY HANNAHPAD?

It is recommended that you change your pad whether it is a disposable or cloth pad every 3-4 hours to stay fresh and dry. Frequency of change will depend on the amount of flow on a particular cycle day. As soon as it begins to feel damp in your pants, it is time for a change. Remember to carry enough clean pads in a pouch or wet bag for the amount of changes you are used to in a day.

8. DO YOU HAVE TO WASH THE PAD IMMEDIATELY AFTER A CHANGE?

The answer is no. You do not have to wash the pad immediately after a change especially when you're out (at school, work, on travels etc.). After changing, simply fold used pad and pop into a wet bag. Take out a clean pad to secure onto underwear to get on with the day. All washing can be done at the end of the day when you get home.

9. HOW DO YOU CARRY HANNAHPADS WHEN YOU'RE OUT AND ABOUT?

Any pouch (with waterproof lining) or wet bag will do. The hannahpad wet bag has two compartments to keep your clean and used pads apart but in the same place so it's handy to carry your pads on-the-go.

10. DOES IT SMELL USING REUSABLE PADS?

Surprisingly there is little to no smell when using hannahpad. The odour most people are familiar with come from disposables that contain chemical nasties. This mixed with bloody discharge, cervical fluid and sweat produces an odour when exposed to oxygen. As there are no such chemicals in hannahpad's certified organic cotton (side that touches the skin) there is no need to worry about odour when using or carrying your hannahpads.

11. WILL THE PAD MOVE AROUND IN MY PANTS?

There should be little to no movement when using hannahpad because it is secured with button fasteners (unlike adhesive bits) that snap up to keep the wings wrapped around the underwear gusset. The extra grip range (available only in sizes Pantyliner, Long Liner, Small & Medium) and narrow shape on smaller sizes also helps keep pad in place when worn without bunching in the pants.

Here are some suggestions if you're experiencing slight movement:

- ✓ Wear thicker cotton underwear with a tight thick waist band in styles of full brief, sports, boyleg or hipsters.
- ✓ Avoid thin, delicate, satin or silk underwear.
- ✓ Underwear with a gusset width of 7-8cm (no narrower) is ideal so the wings of the pad can wrap around the underwear and sit properly with no bunching when snapped up.

12. HOW AND WHERE DO I STORE MY HANNAHPADS?

After washing, it's important that the pads are completely dry before storing away. Drying time is generally between 24-48hours or longer in winter months. You can lay them flat for storage in a drawer/ tub or basket. When you're out and about, fold the pads and store in a pouch/ wet bag to carry with you for the day.

13. WHAT HAPPENS IF THE PAD I BOUGHT IS FAULTY?

The manufacturing warranty against any defect is for a period of 3 months from the date of store purchase. The customer must deal with seller in store directly for any refund/ exchange as retailer's policy will override hannahpad's return/exchange policy. This warranty excludes damages as a result of improper handling, use, accident or other causes that are not defects in materials and/ or workmanship.

14. THE PADS SEEMS TO HAVE STIFFENED UP OVER TIME. WHAT CAN I DO ABOUT THIS?

It's very normal that as you wash the pads repeatedly over time, the organic cotton will stiffen even with the use of natural laundry products.

If you notice this occurring, simply soak them in cold water and some epsom salt (Magnesium Sulfate- natural fabric softener) for a few hours, rinse out thoroughly and hang to dry completely.

The slight stiffness does not affect the comfort of wear against the skin.

15. HOW DO I DISPOSE OF THE PAD?

You won't have to dispose of the pad for a while as it can last up to 2-3 years or longer. When it begins to fall apart at the seams, a replacement is needed.

- ✓ All organic cotton sheets are biodegradable and compostable
- ✓ Cotton hem is degradable and compostable
- ✓ Plastic buttons are recyclable
- ✓ Outer pattern layer with TPU coating must be disposed of in regular household garbage