



## NO NEED TO THROW IN THE TOWEL

*For years, I struggled with uncomfortable and irritating period products, but thankfully there are now many more natural brands available. The good news is that those that are better for your body are kinder to the planet. Most high-street pads and tampons are made from plastic and contain harmful chemicals such as bleach. Eco-friendly options encompass pants and pads, tampons and reusable applicators. These are our plastic-free award winners, plus some other product I really like.*

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Ellen

Psychologies  
Eco Living Editor



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FIVE OF THE BEST

# Low-waste period products

Ellen Tout rounds up our favourite tried-and-tested, plastic-free, natural and sustainable sanitary wear

### Leading the way

Launched in 1989, Natracare makes natural, organic pads and tampons. Free from plastic, perfume and chlorine, these are biodegradable and compostable. Certified as vegan-friendly, the company is also part of the 1% For The Planet scheme. Natracare wins our Eco Champion award for its ongoing commitment to sustainable period care.

• **Natracare pads and tampons, from £2.16 a pack, [natracare.com](http://natracare.com)**



“Brilliant! Extremely breathable. I strongly recommend this product”

HELEN, reader panellist, Wiltshire

### PSYCHOLOGIES PROMOTION

#### Cool and collected

Saalt, a new period care company that champions and designs products for all menstruators, has launched in the UK with a premium range of menstrual cups. Ellen recommends Saalt, a B Corp company that cares about people and the environment, and its menstrual cup, which is available in two sizes and firmness options – a perfect fit for everyone.

• **Menstrual cup, £25, [saaltco.uk](http://saaltco.uk)**



“I love that the cup lasts for up to 10 years”

ELLEN, Eco Living Editor

### Care with a conscience

A women-led social enterprise founded in 2010, EcoFemme's cloth pads are made in India and provide a livelihood for the women who stitch them. EcoFemme supports menstrual health education and pad distribution programmes. Each pad is made from organic cotton and can be washed and reused for up to five years.

• **EcoFemme natural day pad, £7.50, [shop.ecofemme.org](http://shop.ecofemme.org)**



“When positioned correctly, you can't feel it at all”

KATHERINE, reader panellist, Sunderland

### Inspired by science

These pants were designed by environmental scientist Ruby Raut and the brand also works with the Plastic Oceans initiative. Made from a carbon-neutral fabric, they are approved by The Vegan Society. A pair of these eco-friendly period pants lasts around two years.

• **WUKA period pants, £23.99, [wuka.co.uk](http://wuka.co.uk)**



“These are perfect for use during the night”

ELLEN, Eco Living Editor

### Sitting pretty

Our panel of readers chose THINX as their favourite, describing these period undies as 'surprisingly comfortable and fresh'. Each pair of THINX lasts two years and can be washed and reused. The pants hold up to four tampons' worth of liquid.

• **THINX hipbugger briefs, £32, [selfridges.com](http://selfridges.com)**



“Attractive and comfy. I felt protected”

NADIA, reader panellist, Kent

### Choose a cup

This menstrual cup is organic, vegan-friendly and free from BPA, latex or dyes. Made from medical-grade silicone, it is also sustainably packaged. The cup can be used for up to 12 hours before emptying and cleaning.

• **OrganiCup, £21, [organicup.com](http://organicup.com)**



“I was surprised by how convenient this cup is”

LOTTIE, reader panellist, Bristol

### Our criteria:

*We want our Real Eco awards to be honest, insightful and truly green...*

THAT'S WHY EACH product is carefully scrutinised by our Eco Living Editor Ellen Tout to ensure it meets our standards. The chosen products are then tested by our panel of 25 discerning readers to be rated and reviewed. We will only ever include brands we really trust – if it doesn't match up, it's not getting in!

- Cuts out plastic**
- Vegan-friendly and cruelty-free**
- Natural and organic**
- Sustainable and ethical**
- Shows real care for the planet**

## ECO SHOPPING LIST... Environmentally friendly sanitary products we love



• **WHEREAS MOST natural period products use cotton, Flo's tampons and pads are a blend of organic cotton and sustainable bamboo. A win-win! Flo tampons and pads, from £4.99, [hereweflo.co](http://hereweflo.co)**



• **BEYOU'S PERIOD PATCHES are vegan, cruelty-free and biodegradable. They provide up to 12 hours' relief from period pain. BeYou patch, £7.99 for five, [beyouonline.co.uk](http://beyouonline.co.uk)**



• **DAME is a climate-neutral period brand and makes an innovative reusable tampon applicator, which is safe, sanitary and waste-free. DAME reusable applicator, £17.99, [wearedame.co](http://wearedame.co)**



• **OUR FAVOURITE THINX recently created a special Project Earth limited-edition design, available exclusively from Selfridges. High-rise THINX boyshorts, £36, [selfridges.com](http://selfridges.com)**



• **ORGAN(Y)C MAKES organic pads, tampons and intimate-care products that are vegan-friendly and kind to skin. Organ(y)c Intimate Wash, £8.49, [organyc.uk](http://organyc.uk)**