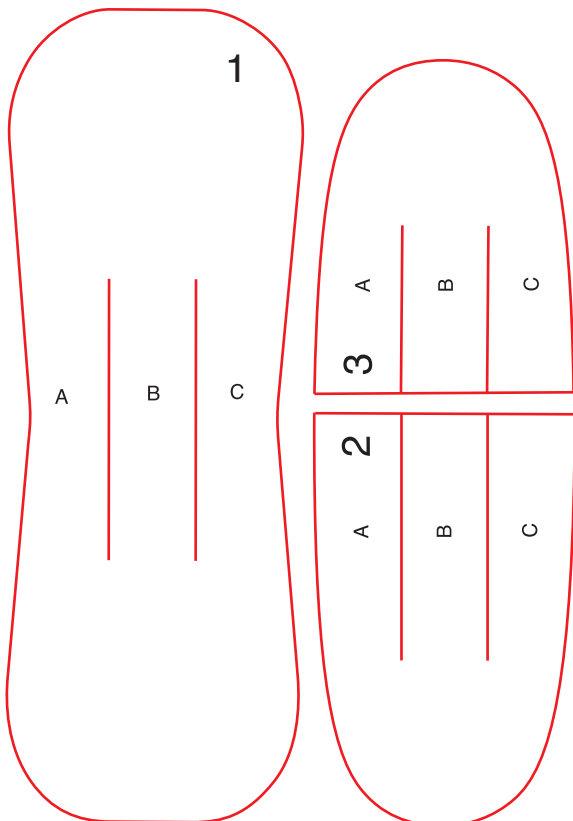
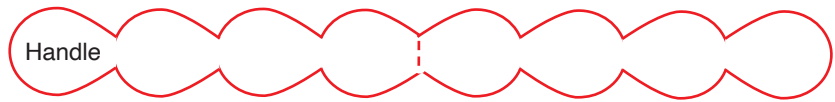
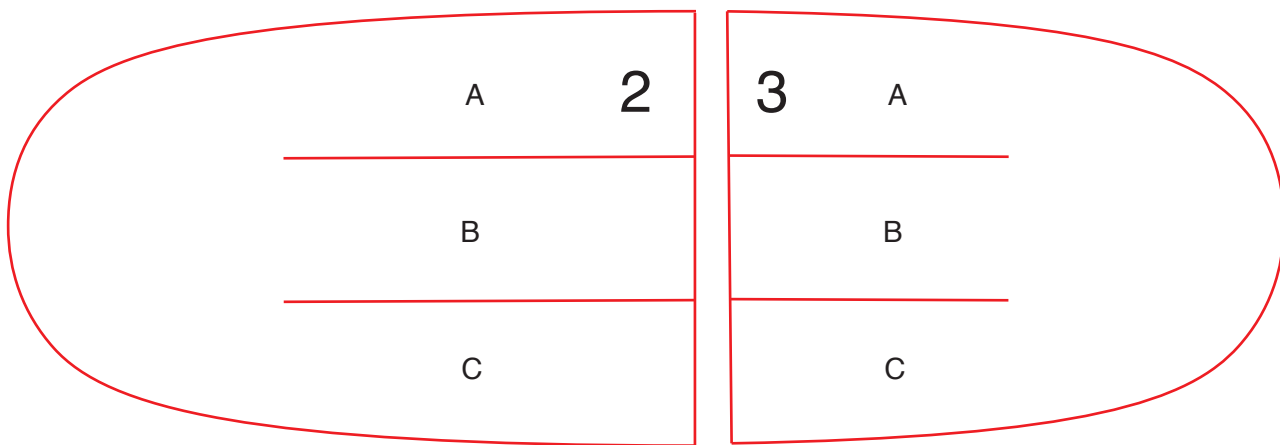
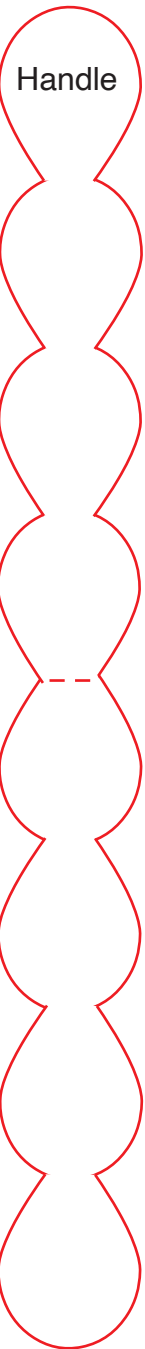
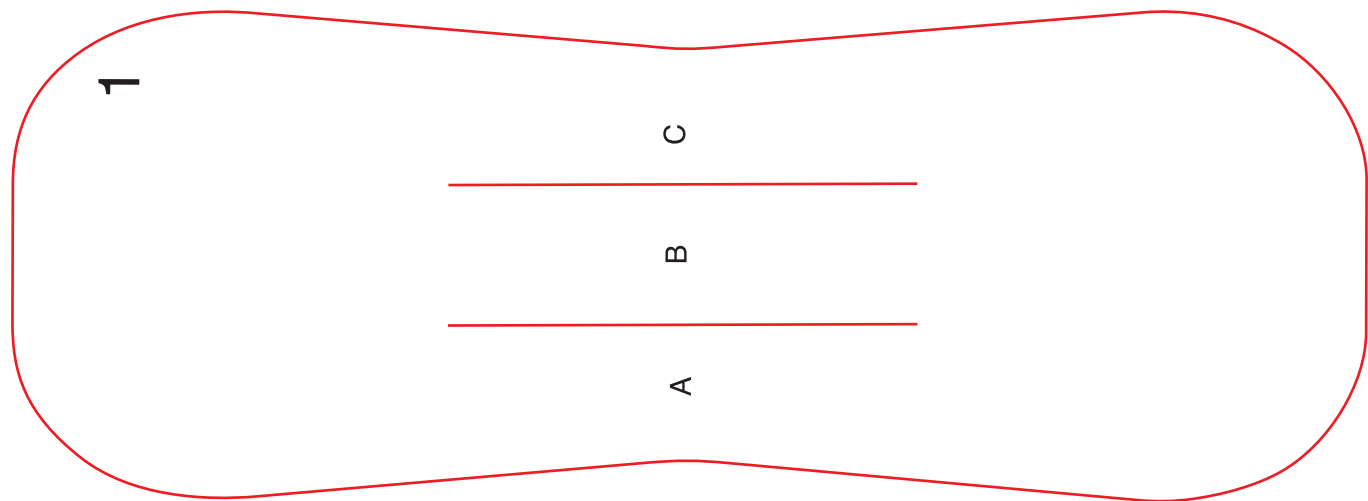


SHE FOR SHE DIY CHRISTMAS PADS



HOW TO:

Download the She for She Christmas Pads PDF. Get your scissors and cut out the 4 pieces of the template.

Get some paper, you like. It can be any paper. Maybe you've got some old packaging, you want to reuse, or maybe you want to draw on white paper and make your own christmas pattern. Draw around the templates.

Now you are ready to braid your very own christmas pads.

Start with number 1 & 2. Place 2A & 2C behind 1A. 2B goes in front of 1A. Then 2A & 2C goes in front of 1B and behind 1C. 2B goes behind 1B and in front of 1C. Now 3A and 3C & goes behind 1C, then over 1B, BUT behind 2A & C. 3b goes in front of 1C and behind 1B. Glue on the handles. There you go! Please let us and everyone else see your beautiful work, by tagging us on instagram. Let's normalize menstruation together!

Xoxo