

## INTIMATE HYGIENE ITEMS

	<b>Disposable</b>	<b>Reusable</b>
<b>For babies</b>	<p><b>Disposable nappies.</b> These basically have three layers: one of a soft, permeable material in contact with the skin, an absorbent pad and a waterproof outer layer. They also have mechanisms for holding them on to the baby's body. For incontinence, there are some integrated with pants.</p>	<p><b>Cloth nappies.</b> These consist of an absorbent fabric cloth (mostly cotton or hemp), replaced by a clean one whenever the nappy is changed, and a waterproof protector.</p> <p>They can be used until the fabric is damaged by use: they usually last for at least two babies.</p>
<b>For menstruation</b>	<p><b>Sanitary towels and panty pads.</b> These are similar to nappies for babies in terms of materials and structure. The majority are made of cellulose and synthetic fabrics; there are also some made of only cotton wool.</p> <p><b>Tampons.</b> These are absorbent cotton or rayon fibres pressed into a cylinder shape. They may or may not have a cardboard or plastic applicator.</p>	<p><b>Cloth panty pads and liners.</b> These are generally cotton (there are some that include bamboo and hemp) with a plastic layer behind them (some brands have a cellulose layer instead of a plastic one). It is not difficult to make them at home (in fact, many women in the world do this).</p> <p><b>Sponges.</b> These are sea sponges used as tampons; when they are saturated they are rinsed out and put back in place.</p> <p><b>Menstrual cup.</b> This is a receptacle generally made of silicone or latex in the shape of a glass that is introduced into the vagina and retains the blood flow. It is emptied and put back again for as long as is necessary.</p>