

For each menstrual cup, please mention Brand of cup, is it a soft or a hard cup, your honest reviews about the cup, since how long have you been using the cup, link to buy the cup, a rating out of 5 and any other details you feel are important.

Thanks a lot!

Cups with good/ excellent reviews

1. Hey I use Organi cup since the last two years. It's soft and small as compared to SheCup which I was using before I switched to Organi cup. Shecup was just slipping down and it would hurt the walls of the vagina. Then when I consulted my gynae she said I might need a smaller cup.
Initially I had problems of the cup slipping down and it was very uncomfortable when it did. Then I started looking out for people with similar issues and one idea that was posted was to turn the inside out and try so that the protruding doesn't doesn't hurt the walls of the vagina. It's actually working pretty good now. I have a low cervix so smaller cup suits me.

Rating for organi cup= 4

~Sneha S

2. I've been using Sirona cup medium since the time I switched to cups. Since I haven't used any other brand, can't give you comparative notes.
Besides that, I'm pretty happy with the cup - fits well, soft and the size suits me.
The only thing I'd like to highlight is that, days when I've done a lot of stretches/ exercise, it leaks sometimes. It stops after I've readjusted it. Still unsure if it's the exercises or some fault with the cup. I've been using it since more than a year now.

Rating- 4/5

~Parul

3. I have been using the small size of Sirona cup for more than a year. I always thought I will never be able to shift to a cup and was comfortable with pads for a long time. But slowly and steadily I started reading, understanding and talking to people about it. I even

tried a tampon as a step towards the cup but I was very much uncomfortable and had immense pain using and I thought using a cup is out of the question. But after 8- 12 months after the tampon episode I finally ordered the cup and tried. It took a while to figure out the cup and the fold that works and how to insert it so that it opens inside. I also faced some concerns as my cervix is low but the cup worked out beautifully. I can't believe I was so hesitant and scared of trying it and now I can't think of using pads ever again. In fact in between a surprise early period forced me to confide to pad for a while and I absolutely HATED it. Menstrual cup has been the best experience in terms of hygienic purpose as well. I haven't bought pads in more than a year that is approx 1500 rupees. I saved money and trying to contribute to the environment by not using pads. I also have made few of my friends cupvert and I couldn't have been prouder. All I wanna say is it will take time to get used to it and research well for your mental satisfaction and be comfortable with your body.

~Sandhya

https://www.amazon.in/gp/product/B07BTHDNM1/ref=ppx_yo_dt_b_asin_title_o01_s00?ie=UTF8&psc=1

4. I use Rustic Art cup. I've been using it for 5 months now. It was a bit tough to use in the beginning to use. But once I got used to it, there's no turning back. I think it is a hard cup(I might be wrong). Opens up easily, that's something I never have to worry about. No leaks until now.

I would rate it 4 out of 5.

~Srija

5. I have been using Rustic art cup with stem (small size) since last three years. And I am happy with it. I also use hand made rustic cloth pads too.

I am not sure if it is soft or hard as I have not seen other cups.

Rating I would like to give- 4

~Chaitanya

6. I have been using the Gaaia Cup since September 2019. I ordered the small size (S-Capacity of about 20ml) from Amazon. It's quite comfortable but I made it even more comfortable by cutting the stem a bit as initially it was long and did protrude out of the

vagina. The cup is quite soft but not too soft and did not hurt me at all. I use it all the time. Once I forgot my cup so I had to use a disposable pad. It made me wonder how I managed to use pads for so many years. Pads are so uncomfortable and sticky. The cup is extremely comfortable for all kinds of physical work out including Yoga. I would rate this cup 5/5.

-Keara

7. I use ALX Cup, Soft Cup. Have been using it since 2017. It is a very basic cup costing Rs. 600/-, does its job well. After 3+ years of use there is just the usual fading of colors and some staining. But have no other issues. No leakages and good design. I would give it 4.5 out of 5. And this is an old product, so no fancy packaging and branding, but it does a good job. Here is a link -

https://www.amazon.in/dp/B00MWICSF8/ref=cm_sw_r_cp_apai_mGlqFb0C6Y5QJ

~Surabi Joshi

8. Pee Safe (Soft cup, but not too soft). I've been using it for only 2-3 months now. It's easy to insert and remove, as far as i can say. Extremely price efficient as well, as when I purchased this product there was a discount going on and I got it for 300-400 Rs. Otherwise the price is 500/- Rs. Comes with a stem as well (for people who aren't comfortable using cups without stems). The website advises us to use the cups for up to a maximum of 5 years, so cup-life might be a *bit* lower than other cups. No other issues as such! Rating - 4/5 . Link to website:

https://www.peesafe.com/products/reusable-menstrual-cups-large-1?gclid=EAlalQobChMIs971yJqC7AIVkquWCh24qQ1mEAQYASABEgl1qfD_BwE#description

~Apa

9. This cup is quite user-friendly- it is soft enough which makes it easy to fold and insert. I have not faced any leakage issues (I have only been using it for one day though!). I would recommend this cup for people who wish to switch to menstrual cup for the first time (and ofc old users looking for a good new cup!) I give it 4.5/5. 🧡

10. Experience of using Rustic Art cup (large size)

I'm a heavy bleeder and the large size is perfect for me. I can change once in 6 hours or so during heavy Flow. I still loved using it. Here are few points I wanted to share

The cup is medium soft so it's easy to insert and remove.

I was using a very soft cup before and had to use it with a cloth panty liner because it leaked a lot. But I didn't face leakages with rustic art cup. I used it during my heavy flow days too and it didn't really leak.

I was using 7 fold for inserting my previous cup but it didn't work for rustic art. It didn't open up properly so I am now using punch down fold. It took some time to practice insertion but I think it's worth it. When I try to touch it after inserting, it stays firm and doesn't collapse like a soft cup. I think it's of perfect softness so we're able to understand if it's inserted properly or not.

The cup is transparent which is really great in the sense that no extra dyes or chemicals have been used to colour the cup so I guess it's safer than coloured cups.

Along with being transparent it also has markings to measure quantity of blood loss which is really amazing. So I'm able to assess the blood loss better now.

The eco friendly menstrual cup wash provided with the cup is also really effective. Only if we add very little, it's more than enough. And I felt it cleaned the cup well. It's great to have a chemical free, natural cup wash powder so it doesn't harm us or pollute water.

The stem is not too big so it doesn't protrude. At the same time, it helps locate the cup easily.

Overall I had a wonderful experience using the cup. Personally I would love recommending this cup to others.

Rating- 5/5

Sripriya

11. Brand of cup - Sirona

It's a medium sized, soft cup. I've been using the cup for the past 8 months and never have I faced any problem regarding leakage or discomfort. Once I got the hang of it, the insertion and removal is very easy. It comes with a jute bag to store the cup which was another thing I liked a lot since it reduces the waste produced. The cup however, has a minor discoloration after a few months of use which is completely normal up to a certain extent until you don't see visible damage or smell anything foul.

https://nykaa.ly/P_209048

I would rate the cup a 4/5

~Joshitha

12. I used sanicup and it was just very new for me to use. Also the cup was soft on touch but could prevent leakage as well I would give the cup a 3 because I have a really sensitive skin and I kinda got a feeling of irritation as it was my first time using it.

~Kriti

13. I've been using Pee safe's extra small cup for almost a year. I'm sure it's a soft cup though it's the only cup I've tried till now. Link for the cup :

https://www.peesafe.com/collections/reusable-menstrual-cups?utm_source=Google-Sok&utm_medium=CPC&utm_campaign=search_sitelink_menstrual_cups&gclid=Cj0KCQjw59n8BRD2ARIsAAmgPmKkVn1w5iUz54o6-ZwUMwcrv_Yc7cx0HDsRLFYAzn5szwwO15ToqpwaAsMoEALw_wcB

The cup is a 5/5 from my experience because the cup comes up with a small booklet about everything we need to know like how to insert it and remove, different types of folds, do's and don'ts, when and how to wash and replace the cup. It's also affordable since it ranges within Rs.500. I would recommend this cup to more people.

~Rishitha Yuva

14. I use a medium sized cup from the brand called Sirona. I'm not sure if it's soft or hard, since I haven't had experience with any other brand, and it wasn't mentioned in the package. It is very easy to insert and take out (once you find the correct fold that suits you), but it has a volume of around 15ml which is lesser than a lot of other brands. So

one has to clean it ideally every 3-4 hours, instead of the 8-10 hours as promised on the package. If not cleaned every 4 hours, there might be leakage and odour, both of which I personally face problems with.

I've been using it for almost a year now, and my experience so far has been good. I chose this brand merely because it was rated well and was cost effective, and it was my first time choosing a cup. Hence I won't be able to vouch for if it is better than other brands. I would give it a 4 on 5.

Check out Sirona Reusable Menstrual Cup with FDA Compliant Medical Grade Silicone - Medium on Nykaa

https://nykaa.ly/P_209048

~Aratrika Yuva

15. BRAND NAME: RUSTIC ARTS

SOFTNESS: MEDIUM

SIZE: MEDIUM (25ML)

GENERAL REVIEWS: I found the cup to be very comfortable. I was initially worried that the transparent cup might get stained after use, however, the cup comes along with a menstrual cup cleaning powder which cleared any such doubts that I had. Apart from this, the cup, till now, has proven to be suitable for me.

TIME PERIOD: 2 months

RATING: 4/5

I bought the cup by directly texting the person related to the company.

I was even directed to talk to their customer care representative to clear any of doubts (like regarding leakages, softness, color, size, use etc) before I could buy the cup.

Cups with moderate/ bad reviews

1. I have been using a wow cup. Bought it on Amazon. Been using for 4 months. I ordered a medium cup but received small. Since I was about to get my period, I didn't return the small cup. I keep using it. It's ok as far as capacity to hold the blood is concerned. And using it for a beginner is also ok. But it's pretty hard. and during the last few days of

using it, i found it extremely painful and uncomfortable. I was feeling much better when I just removed the cup. I am definitely not liking the experience because of this cup. I would not go back to pads for sure but I might need a better quality cup.

Wow menstrual cup gets a 2 star rating from me.

~Sunanda

2. When I bought the Silky Cup a year ago, I knew nothing about cups; I just bought it because it seemed environmentally responsible! However, I subsequently read up a lot on the topic. Considering that I am short, I now understand why the standard cups don't work well for me. It's VERY important to measure the cervix position; there is useful info at <http://www.wikihow.com/Buy-a-Menstrual-Cup> and <https://menstrualcupreviews.net/high-or-low-cervix/>

The Silky Cup is rather stiff to handle. In fact, I need to use some gel to get it in, and it's a minor battle to hold the cup in the folded position. This product is definitely not for virgins, no matter what any FAQs may say. I am told SheCup is softer, but it's also 10 mm longer, so that's something to bear in mind. [EDIT: This was the case when I checked the dimensions online last year. Now, though, I see that SheCup may actually be a bit shorter!]

Hygiene: I think there is no issue. I have been using mine for about a year, off and on.

Comfort: If you are standing, swimming, walking, sitting or lying down, it is fine. However, if you have the issue that I have, you will find that the cup pops out the moment you go to the toilet. In such a case, you will need to remove and empty the cup, do your business, and re-insert it. This is why the size of the cup is very important.

Nonexistent customer service: I wrote to Silky Cup on their website last year itself, with my suggestions. Nobody cared to respond. You can also see that they have ONLY positive reviews on their website! SheCup is even worse; they only have several marketing channels; they do not have their own website where you can contact them.

Alternatives:

For those who have access to a supplier in the US or Europe, there are many choices. I recommend reading this post:

<https://change-diapers.com/think-you-cant-use-a-menstrual-cup-think-again/>

If you feel the cup is not for you, consider using reusable cloth pads. They are very comfortable because they have a cotton cover, unlike the commercial ones, where they use a polyester “dry feel” cover.

Environment tip: Whether I use the cloth pad or the cup, I rinse it in a designated mug of water, and then pour this water in the plants — it’s good for them.

Rating- 2/5

Nandita Subbarao