



The Alicia™ Foundation is dedicated to providing education to women within the Third World. Please contact Alicia International if you are interested in helping further support this cause.

Name:

Street:

Town:

State: P/CODE:

Email:

The next generation in female hygiene

Thank you for purchasing The Alicia™. Please read this guide very carefully to make sure you understand the instructions before using The Alicia™ and keep for any future reference.



The Alicia™ – A Feminine Alternative

- Very comfortable, no odour, discreet, convenient, and easy to use
- Reliable protection
- Great with all sports including swimming, hiking, travelling, biking, backpacking, etc.
- Environmental (no landfill or toilet blockage problems)
- Economical as The Alicia™ is reusable
- Easy insertion, easy removal
- Percentage of each sale is donated to “female rights” and education.
- Measurements for monitoring your flow
- Made of flexible medical grade silicone
- Hypoallergenic and Latex-Free
- Ability to sterilize
- Not tested on animals
- Cheapest alternative to other menstruation products
- Available in 4 sizes
- Avoids the problem of vagina dryness, particularly in mature women
- No chemical bleaches
- Avoids toxic shock syndrome
- No dioxins or other toxins
- Can be used between periods

How do I insert The Alicia™?

BEFORE YOU START

Wash your hands well with warm water and soap. While sitting or standing in a comfortable position, insert The Alicia™ according to the following instructions.

AFTER YOU INSERT

After The Alicia™ has been inserted, pull and push gently on the tail to ensure The Alicia™ “pops” open. If it does not pop,

keep gently pulling and pushing on the tail until it does. The Alicia™ will leak if insertion has not been done correctly. Another way to check if it is popped is to run your finger gently around the base of The Alicia™ to feel that it is opened properly.

If with proper insertion and popping and The Alicia™ continues to leak, you will find you need to go down a ‘size’ for

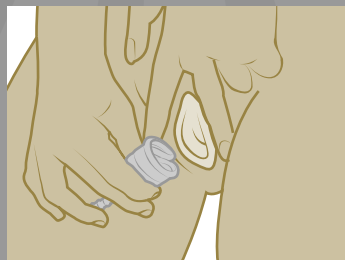
correct fit. See www.thealicia.com.au for more details on choosing correct size.

The contents should not spill during removal. Simply empty the contents in the toilet, wash it well with hot soapy water, rinse and reinsert. It is advisable that on heavy flow days to check every hour or so.



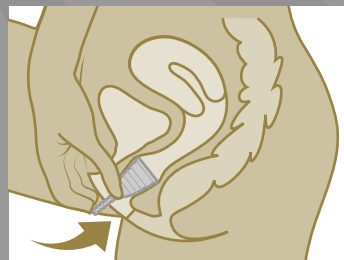
1. FOLD

Fold and moisten the rim of The Alicia™ with water if needed or a vaginal lubricant. Press the sides of The Alicia™ together and then fold it in half again.



2. HOLD

Hold the folded sides firmly between your thumb and forefinger. The open end should be facing away from your palm.



3. INSERT

Insert with the vaginal muscles relaxed, gently separate the labia with your free hand and then push the curved edge of the folded, The Alicia™ into the vaginal opening, push to where it feels comfortable.



4. REMOVE

Remove once you have washed your hands well with warm water and soap. Pull gently on the stem until you can reach the base of The Alicia™ and remove.

IMPORTANT WARNING:

Toxic Shock Syndrome (TSS) is considered a serious and sometimes fatal disease caused by toxin-producing strains of the *Staphylococcus aureus* bacterium. TSS has been linked to high absorbency and prolonged use of tampons. There are now regulations in labelling for tampon absorbency to decrease the risk of TSS. Symptoms of TSS often mimic the flu and can include sudden high fever, vomiting, diarrhoea, dizziness, fainting, or a rash that looks like a sunburn during your period or a few days after.

Remember that the vagina is continually self-cleansing, washing away dead cells and bacteria. The Alicia™ is non-absorbent and is only a receptacle and does not disturb the natural moisture level in the vagina. The Alicia™ has never been associated with TSS. However, if you have ever suffered from TSS Or Endometriosis it is advised not to use The Alicia™ without seeking medical advice.

The Alicia™ is not a contraceptive and will not provide protection against sexually transmitted diseases. Remove The Alicia™ and contact your doctor or health care advisor if you experience symptoms such as general pain, burning, irritation, inflammation in the general area or discomfort during urination. Do not flush down the toilet and keep away from children under 3yrs of age.

This information is not intended as a substitute for professional advice

How does The Alicia™ work?

The Alicia™ is very sanitary, comfortable, reliable and convenient. It holds one full ounce (30 ml). Since the entire cycle is an average of 3-4 ounces

(90-120 ml), most women find that The Alicia™ is not even half full after 8 hours. The vagina is continually self-cleansing, washing away dead cells and bacteria. Tampons absorb the natural fluids that we need to keep the vagina clean and moist. The Alicia™ is nonabsorbent and simply collects the menstrual flow, leaving the natural moisture level in the vagina undisturbed. The Alicia™ is ideal for all activities including swimming, camping, backpacking and travelling. It is suitable for all menstruating women of all ages.

How do I know when to empty The Alicia™?

By monitoring the fullness of The Alicia™, you will quickly learn how often to empty it according to your flow. The Alicia™ must be emptied 2-4 times per day (depending on your flow) and can be worn up to 12 hours overnight. Most women only need to empty it in the morning and again in the evening. If you have fairly regular flows you can even insert The Alicia™ right before your period ensuring no messy leaks. On the occasion you need to empty it in a public washroom and not re-use it, use a dry or damp tissue to clean The Alicia™ and wash well with boiling water or hot soapy water at the next convenient time. It should always be rinsed in clean water before re-using as soap particles could irritate the vagina. It should not be used as a birth control method and does not protect you from Sexually Transmitted Diseases. It is not necessary to remove it for urination or bowel movements, however, The Alicia™ must be removed prior to intercourse.

Cleaning & Storage

Make sure you empty, wash The Alicia™ a minimum of twice a day whilst in use, with an unscented soap and rinse with clean water. It may be placed in an open pan of boiling water for 2-3 minutes. Do not use harmful chemicals such as peroxide or

bleaches as it may damage the materials in The Alicia™. The tiny holes below the rim should be kept clean by holding the rim between two hands and rubbing backwards and forwards which will create a circular motion to ensure proper cleaning. When you are not using The Alicia™ store in the material bag provided. DO NOT store in plastic or airtight containers. The Alicia™ may discolour over time which does not impair its use whatsoever.

The Alicia™ is available in four sizes.

- Extra Small:** For teenagers and very small framed women.
- Small:** For women under 30 years old who have never had childbirth or C-Section
- Medium:** For women who have had vaginal childbirth or C-Section; and for women who are over 30 years old and never had childbirth.
- Large:** For larger built women that have had children.

We recommend size MEDIUM (M) if you are over 30 years old because as we age, our hips naturally widen and the vaginal muscles lose elasticity. Since it is the vaginal muscles which hold The Alicia™ in place, it is important to follow the sizing guidelines. This is a guide only, see our website for more specifics on choosing the correct size: www.thealicia.com.au

No More Hassle

The Alicia™ eliminates the need to spend time searching for tampons or pads, or constantly worrying about leakage and unpleasant odours. It works for light as well as heavy days. There is no more guessing as to which kind of products to use on certain days or nights.

Eco-Friendly

In 1998, 7 billion tampons and 12 billion sanitary pads and their packaging were disposed into landfills and sewage systems worldwide. With landfill and pollution problems on the rise, The Alicia™ is committed to reducing the serious eco-footprint of feminine hygiene by offering The Alicia™ to women globally.

Guarantee

The Alicia™ is guaranteed for two (2) years from purchase date. Please register your details online or return the bottom section with all details so that you will be registered with us. Once registering you will receive a monthly e-news letter on “Health & Lifestyle”. This guarantee does not include damages caused by accidents, failure to follow directions, natural product discolouration, loss or misuse of the product.

Trimming the Tail

As vaginal sizes vary, The Alicia™ tail can be easily trimmed to “size”. The tail should not protrude past the inner labia. If it causes irritation, cut the tail to a more comfortable length. The length of the tail is a personal comfort choice. The tail is designed to help insertion and removal. DO NOT trim off all the tail.

As you will see from the above diagrams, The Alicia™ is worn lower within the vaginal passage rather than inserted closer to the uterus like a tampon would be.

Contact Us

If you have any queries as to the use of this product or sizing, please visit www.thealicia.com.au or email us at admin@thealicia.com.au for further information.