



# Which Size?

Vaginal cup, period cup, menstrual cup, fannie cup!  
Whatever you call it, the Hello Cup is a great choice.

While working out what size you are can be tricky, the below info is a good starting point.

The Hello Cup comes in three sizes – XS (extra small), S/M (small/medium) and L (large or 'lovely').

Our XS cup is our smallest, softest cup. It's the perfect choice for teenagers, petite users or those who prefer a 'mini' tampon.

Our S/M is our 'one size fits most' menstrual cup. We recommend it for users under 35 – regardless of whether they have had children or not.

Our L is best for those over 35 who feel it's a bit more roomy up there (possibly thanks to pushing out a small human or two). It's worth noting that we find physically fit people are often best suited to the S/M regardless of age.

Sometimes finding the best size for you can be a bit of trial and error. If you're uncertain about what size to choose we offer a discounted 'pick 'n' mix' option to help take the guesswork out of things. This allows you to choose a Hello Cup box with any two sizes inside for \$69NZD. Many find they can wear two sizes anyway and opt for a smaller sized Hello Cup on light days and a larger one on heavy days.

The diameter of the XS is 38mm and the overall length including the toggle is 57mm. It holds 17.5ml (to the holes).

The diameter of the S/M is 41mm and the overall length, including the toggle, is 59mm. It holds 21mls (to the holes).

The diameter of the L is 45mm and the overall length, including the toggle, is 64mm. It holds 28ml (to the holes).

