Menstruation

Menstruation is an important aspect of life and a critical biological, physical and social transition for girls. Yet, for many girls and women around the world menstruation is often accompanied by a loss of dignity due to lack of knowledge and limited access to well-designed and effective products.

Introducing Koree

The team at Kalitasha* have carefully designed the Koree and educational content to nurture young women through their menstrual cycle.

How Koree works

1. No-leaks Koree shell
Koree shell is ergonomically designed to fit the contours of the pubic area. It provides psychological security by allowing a wide range of physical movements, while protecting against the leakage of menstrual fluids. The shell is made from anti-microbial silicone that can be washed and reused for up to 3 years!

2. Super-absorbant pad
The Koree pad is slotted into the shell. It is washable and reusable, and fits seamlessly into the Koree shell.

3. Koree case
The Koree case keeps everything you need in one place. It is made from the same washable material as the Koree shell.

*Kalitasha is dedicated to bringing dignity to women every day
Kalitasha Vision and Philosophy

“Greater individual freedom enhances the ability of people to help themselves and also to influence the world”

(Amartya Sen, Development as Freedom, 1998)

Purchasing koree

Order now by contacting us:
Phone: +44 (0) 7821 591 776 (UK)
Email: Koree@firstperiod.org

We have 2 kits available for purchase:

1. Koree Kit A
   (1 shell, 1 case, 5 pads) £9.50

2. Koree Kit B
   (1 shell, 1 case, 5 pads and booklet) £12.50

We also sell the shell, case and pads individually and can customise kits. Please contact us for special requests.

Kalitasha is dedicated to bringing dignity to women and girls every day. We empathise with, design for and nurture young women at the start of their menstrual cycle.

Education

We also offer scientifically accurate and engaging educational material called Harness Your Menstrual Cycle. Our educational material is based on a fictional girl, also called Koree, who guides others through the experience of first menstruation.

Harness Your Menstrual Cycle is a 10-lesson biology and physical exercise programme. It can be customised for different age-groups and cultures.

Facebook: Koree Kalitasha
Instagram: @koreekalitasha
Twitter: @kalitasha_koree
www.kalitasha.com

Visit www.firstperiod.org for more information