

# Innovative period tech

*As new tech attempts to solve every issue in our modern world, the problems that periods bring to the lives of women are no exception. There has been an influx of menstruation technology over the last few years including electronic devices that can stop period pains to period underwear. Here are some of the latest.*

Temps de lecture : minute

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Transcutaneous electrical nerve stimulation (TENS) uses a mild electrical current to treat pain and has been around since the mid seventies. This period tech machine connects to the body via sticky pads and generates small electrical impulses that help to relieve pain and relax muscles. They do this by reducing the pain signals going to the spinal cord and brain and stimulating the production of endorphins.

[Discover TENS Machine](#)

LOON CUP is the world's first smart menstrual cup as, as well as being a menstrual cup it's also a health indicator. It measures your menstruation volume, colour, cycle and body temperature while tracking menstruation information. It also sends a notification when it needs to be emptied.

[Discover Loon Cup](#)

Dear Kate produce underwear to be worn during periods. The products are 100% fabric and provide protection against leaks, stains and odours

while working to maximize the amount of liquid absorbed. Made of a micro-polyester fibre blend, Tactel® and LYCRA®, the products allow liquid to be absorbed.

[Discover Dear Kate](#)

Daye are doing so much more than just launching CBD-infused tampons. They are fundamentally raising the standards and rhetoric around feminine health, disrupting an industry and providing real and useful support and advice.

[Discover Daye](#)

Livia is a [wearable device](#) that provides period pain relief. It uses electric micro-pulses to stop pain and can be felt by attaching the device's gel pads to the lower abdomen. It can be used throughout the day and wherever the user goes.

[Discover Livia](#)

Flo is an AI-powered health app for women. It tracks and supports you through the entire reproductive period, giving accurate cycle predictions, personalised daily health insights as well as having a comprehensive knowledge base via a safe community of experts and peers.

[Discover Flo](#)

Wuka creates underwear made from hi-tech fabric that combines anti-bacterial properties and a leak-proof layer. The underwear is washable, breathable and absorbs liquids using the Lenzing® MicroModal fabric.

[Discover Wuka](#)

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