

size chart

LUMANA size	Fits hip size	Apparel size
XS	35.5 – 36.5"	0 – 2
S	37.5 – 38.5"	4 – 6
M	39.5 – 40.5"	8 – 10
L	41.5 – 43"	12 – 14
1X	44.5 – 46.5"	16 – 18
2X	47 – 49"	20 – 22
3X	50 – 52"	24 – 26

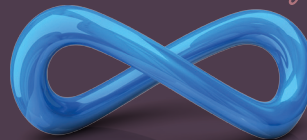


A back zipper to hold possessions like keys or money.



Our leggings have a side pocket that can fit a mobile phone, wallet, keys, or any small items you need for your run, workout, or just to juggle errands.

iMEDicare
Pelvic Health Naturally...



Call iMEDicare directly on:
01923 23 77 95 (Mon–Fri 8am to 5pm)
or email: info@mypelvichealth.co.uk

MyPelvicHealth.co.uk

Manufactured in the USA by
Lumana
4537 Hillsborough Road
Durham, NC 27705

LUMANA[®]

PROTECTIVE ACTIVEWEAR
FOR BODIES THAT MOVE



leak-blocking
protection



HOW DOES IT WORK?

In each Lumana product there is a built-in underwear with a sewn-in absorbent padding. Our padding consists of a 3 layer system:

Top layer

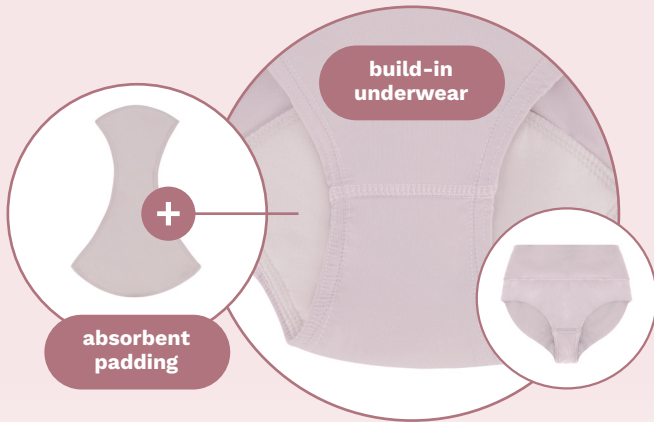
Polyester inner lining that wicks and absorbs moisture away from the body

Middle layer

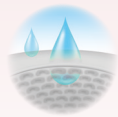
Absorbent fibre fill that traps liquid and reduces unwanted odour

Bottom layer

Bonded waterproof outer layer to prevent leakage



HOW MUCH LIQUID CAN A LUMANA PRODUCT HOLD?



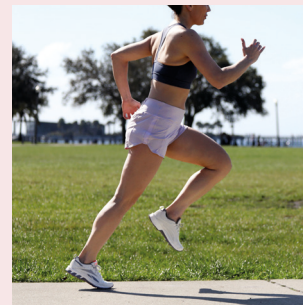
Lumana shorts can hold up to 15.5ml of period leaks. They can hold up to 150ml of bladder leaks and sweat.



Lumana leggings can hold up to 12.9ml of period leaks. They can hold up to 90ml of bladder leaks and sweat.

shorts

When you're in the moment, nothing should hold you back – especially embarrassing and uncomfortable discharge.



leggings

Lumana's fitness leggings with leak-blocking protection allows you the comfort and confidence of doing your thing without the fear of embarrassing spots.



LENGTH 22" OR 25"

SPECIFICATIONS

A wide and stretchy elastic band that flatters the waist

Premium-quality stitching that ensures many years of use

A Polyester and Spandex blend that is moisture-wicking, quick-drying, and lightweight

A cute cut that flatters all body types

Ventilation panels along the sides and back

A back zipper to hold possessions like keys or money

Thick liner padding to hold in moisture and leakage

SPECIFICATIONS

Protection against bladder leaks/sweat up to 90ml and menstrual leaks up to 12.9ml or about 2 regular tampons

A flattering high-waist cut keeps belly in while also ensuring leggings don't pull down

Comfortable, elastic that seamlessly fits all different body shapes

Premium-quality stitching that ensures many years of use

72% Nylon + 28% Spandex

Moisture-wicking, quick-drying, and lightweight

Deep side pocket to hold phone, keys, etc.

Inner padding to hold in moisture and leakage