

## Woman's Life: Be well-supported in every stage of life

**Ulm, 29 January 2024 – Menstruation, menopause, family planning or post-natal recovery – the different phases of life that women go through each present their body with new challenges. German health specialist Beurer has designed the Woman's Life range and thoughtful product solutions to empower women and make them the experts on their own bodies. Beurer will be at Arab Health 2024, presenting the new product line in Hall F, H4.F30.**

Woman's Life focuses on the different phases of a woman's life. It centres on topics such as period pain, natural contraception, fertility, pregnancy, and menopause. Alongside suitable product solutions, women can consult the [dedicated web page](#) to discover targeted information to better understand their body and build their knowledge.

### Menstrual Relax Pads: For period pain and endometriosis

The **Menstrual Relax EM 50** and **Menstrual Relax+ EM 55** Pads for period pain can offer relief from recurrent menstrual pain and endometriosis-related spasms in the lower abdominal muscles\*. They feature an innovative combination of TENS and heat function to bring comfort exactly where it is needed – quickly, easily and without medication.

- 15 individually adjustable intensity levels of soothing pulses: for abdominal relaxation and reduced pain.
- Soothing heat function.
- Special EM 55 feature: this product has a larger shape and heat surface for even more warmth.
- Both products are made from medical-grade silicone and have an extremely thin, flexible design which can be discreetly worn under clothing.
- A rechargeable battery means the products are also suitable for use on-the-go.

### Ovulation thermometer: For cycle monitoring and fertility analysis

Ovulation thermometers help women monitor their natural cycle and determine their fertile days while trying to conceive. How it is different from

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**Social Media:**



EM 50



EM 55

a normal thermometer: ovulation thermometers display the temperature to two decimal places, which means a more precise value.

### **BasalControl Basic OT 20 and BasalControl Smart OT 30 Bluetooth®**

- Measures basal temperature and can be used in conjunction with the "Ovy" app. For natural family planning (NFP) and conception control based on the symptothermal method.
- With the OT 20, values are manually transferred to the app. The OT 30 offers automatic *Bluetooth*® transfer to the smartphone.
- Display to 2 decimal places.
- Wireless transfer of temperature values.
- Measurement accuracy:  $\pm 0.05^{\circ}\text{C}$



OT 20



OT 30

**Monitoring temperature in the framework of the symptothermal method** is a scientifically recognised form of natural family planning (NFP). This determines fertile and infertile days in a woman's cycle based on a range of body signals including basal body temperature.

### **Pelvic floor training aids: Active strengthening from within**

**Beurer PelviStrong PT 20 Pelvic Floor Training Aids** are an ideal enhancement for pelvic floor training during pregnancy, after birth and around menopause.

- This type of training can promote awareness, strengthening and active control of weakened pelvic floor muscles.
- Facilitates active training using the biofeedback principle and supports the gradual and active building-up of pelvic floor muscles.
- Just 10 minutes twice a day is enough to strengthen muscles.
- The set contains three tampon-like cones of different weights: Turquoise: 28g; fir green: 52 g; midnight blue: 71g.



PT 20

\* Observational study involving 59 female patients, by Institut Prof. Kurscheid, on the effectiveness of the Beurer EM 50 in the reduction of menstrual pain associated with primary dysmenorrhoea (PD) Reduction of menstrual pain by the medical device "Beurer EM 50" observational study (ReduSchmerz): Institut Dr Kurscheid (dr-kurscheid.de)

All the Beurer highlights can be seen at **Arab Health** in Dubai from **29 January to 1 February 2024** in **Hall 4 / H4.F30**. Information on other Arab Health highlights can be found in the [Press Area](#).

### **About Beurer**

Beurer was founded in 1919 in Ulm in Germany and is synonymous with health and well-being. Today, the long-standing company leads the way in several product fields in this segment: the company is a market leader in Europe in the field of flexible heating and a market leader in Germany for blood pressure monitors and massage products. Beurer is also one of the leading suppliers of personal bathroom scales in Europe. This portfolio is under constant development in all areas and includes products for home use. It includes: heating products, personal bathroom scales, kitchen scales, luggage scales, air purifiers, air humidifiers, air washers, a sea air simulator, fans, thermo hygrometers, aroma diffusers, blood pressure monitors, blood glucose monitors, mobile ECG devices, hearing amplifiers, pulse oximeters, nebulisers, clinical thermometers, insect bite healers, wake up lights, daylight therapy lamps, infrared lamps, TENS/EMS devices, massage products (foot massage, Shiatsu massage, massage chairs, massage cushions, fascia massage, leg compression massager), hair removal devices (classic, IPL), FaceCare and HairCare products, a cellulite releaZer, cosmetics mirrors, manicure/pedicure sets, grooming and body care products for men, a Babycare line, an ovulation thermometer, a fertility set, activity sensors, and heart rate monitors. USB ports and *Bluetooth*<sup>®</sup> enable an increasing number of Connect products to connect to the growing Beurer app world and/or software. The family-run company operates a global distribution network in more than 100 countries and currently has a workforce of around 1,700 people. You can find more information at [www.beurer.com](http://www.beurer.com).