

beurer
Woman's Life

german
engineering

My body.
My solutions!



Products that are with you every step of the way

You are the best expert
when it comes to you!



At Beurer, we're with you every step of the way.

We are as vibrant and diverse as life itself. But **one thing connects us all: our awareness of our own body. At Beurer, we have created a space that is focused on you.** Discover yourself, observe, learn and experiment. **Before long, you'll be an expert in you.**

What sets us apart is our **considered solutions for women in different stages of life.** From menstruation to menopause, you can count on us to offer the most cutting-edge technological options.

With Woman's Life, we're at your side. Showcasing innovative products as well as exciting topics and plenty of inspiration: **positive, natural and solution-focused.** We offer you the right product for very different phases of life. Providing support, care and relief.



My period.
Without pain!



Contraception or fertility
support. Without pressure!



My well-being.
With training aid!

Let's dive into
your world together.



My period.
Without pain!



Say goodbye to period pain. Listen to your gut.

From herbal tea to cuddling a heat pad, you likely have your ways of comfort when period pain strikes. But the **Beurer Menstrual Relax and Menstrual Relax +** can stop recurrent menstrual pain and endometriosis-related tension in their tracks.

How does it work? **The innovative combination of TENS and heat delivers pain relief and relaxation precisely where you need it, quickly and discreetly.** Soothing TENS pulses block pain signals, while the heat function encourages relaxation in cramping muscles. Whether you suffer abdominal cramps during or between periods, **Menstrual Relax Pads** provide the relief you need to go about your day.



Menstrual Relax + Period Pain Reliever EM 55

- Larger shape for greater coverage
- Heat and TENS can be applied separately

Menstrual Relax Period Pain Reliever EM 50

- Heat and TENS can be applied separately
- Easy to use and discreet enough to wear on the go



Our study showed:

98% of women* surveyed would like to continue using the EM 50 in future

>80% of women* surveyed confirm the device offered pain relief in the first three days of their cycle

*Observational study by the Institut Prof. Kurscheid on the effectiveness of the Beurer EM 50 in the reduction of menstrual pain associated with primary dysmenorrhoea (PD).

Conception control or fertility support. Without pressure!



Awareness of your monthly cycle.
Natural family planning.

The **symptothermal method** is a **scientifically recognised approach** to natural family planning (NFP). It is used to determine your fertile and non-fertile days based on a range of body signals such as your basal body temperature. Using the **ovulation thermometer**, you simply measure your temperature in the same way (orally or vaginally) every day for accurate results. Your temperature is at its lowest during ovulation.

For **reliable and continuous tracking**, you can use the **ovulation thermometer** in conjunction with the "Ovy" app. **Basal temperature and other important body signals are evaluated** in the app. **Conception control or fertility support – the choice is yours!**



BasalControl Smart
Ovulation Thermometer OT 30 *Bluetooth®*

- Transfers measurements directly to the app via *Bluetooth®*
- Suitable for oral & vaginal measurement



BasalControl Basic
Ovulation Thermometer OT 20

- Manually enter measurement results in the app
- Suitable for oral & vaginal measurement



My well-being.
With training aid!



Weak pelvic floor muscles?
Build your strength with training aids.

Beurer pelvic floor training aids are the ideal supplement for pelvic floor training **during pregnancy, after birth and during menopause.**

Supplied with **different weights**, you can use the training aids to work your pelvic floor in accordance with the **biofeedback principle**. The presence of the weight helps to **activate the muscles** and build strength over time. Just 10 minutes a day is all it takes.

The **set of tampon-shaped cones** with different weights facilitates active training and helps to gradually build up the pelvic floor muscles.



PelviStrong
PT 20 – Pelvic Floor Training Aids

- Active development training using biofeedback principle
- Three equally sized cones:
turquoise: 28 g, fir green: 52 g, night blue: 71 g
- Made in Germany



My topics.
My experiences.



Would you like to know more?
Visit our blog.

With Woman's Life, we're at your side. Showcasing **innovative products to support you from menstruation to menopause**, as well as exciting topics and a great deal of inspiration: that's our **blog!** It offers you valuable additional information to support you in your everyday life. Take a look!

www.beurer.com/blog

Or scan the QR code now!



The right solution for the right time.

