

my mimi Named Best Menstrual Disc in Australia for 2026

Australian period-care brand receives top menstrual disc recognition in the Australian Health & Wellness Awards' 2026 product comparison

MELBOURNE, VICTORIA, AUSTRALIA, August 7, 2026 /EINPresswire.com/ -- Australian period-care brand [my mimi](#) has been named ****[Best Menstrual Disc in Australia](#) 2026**** in the Australian Health & Wellness Awards' editorial comparison, ***Best Menstrual Cups vs Menstrual Discs in Australia (2026)***.

The comparison examined menstrual cups and menstrual discs available to Australian consumers, with my mimi selected as the leading [menstrual disc](#) featured for 2026.



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"We are incredibly proud to see my mimi named Best Menstrual Disc in Australia for 2026," a my mimi spokesperson said.

"Our goal has always been to make menstrual discs easier to understand and more approachable. We want customers to feel supported from choosing their size through to their first insertion and every cycle that follows."

Designed for everyday period care

A menstrual disc is a soft, flexible period product that collects menstrual fluid internally rather than absorbing it. It sits beneath the cervix, with the front rim positioned behind the pubic bone.

Unlike many menstrual cups, menstrual discs do not rely on suction to remain in position.

The my mimi menstrual disc is made from medical-grade silicone and is available in two sizes. It is designed to provide up to 12 hours of leak protection, depending on individual flow and correct positioning.

It can be worn while sleeping, swimming, exercising, travelling or completing everyday activities. Its position also means it may be worn during penetrative period sex when comfortable for the people involved.

As a reusable product, the disc can be removed, emptied, cleaned and used again according to its care instructions. This may help customers reduce their reliance on disposable period products over time.

Supporting first-time users

Trying a menstrual disc can involve a learning period. New users frequently have questions about sizing, insertion, positioning, removal, leaks and cleaning.

my mimi has developed educational resources to support customers through this process. Product packaging includes access to a first-use guide through a QR code, while the company's website provides step-by-step guidance and troubleshooting information.

An online sizing guide helps customers choose between the two available sizes. Menstrual disc fit may be influenced by individual anatomy, cervix height, pelvic floor differences, age and childbirth history.

"Recognition of the product is also recognition of the education and support surrounding it," the spokesperson said.

"A menstrual disc can feel unfamiliar at first. Clear information can make a meaningful difference to whether someone feels confident enough to try it and continue using it."

Expanding period-care choices

Australian consumers now have access to a wider selection of period products, including menstrual cups, menstrual discs, period underwear and reusable pads.

These options allow people to make decisions based on their body, menstrual flow, lifestyle, comfort preferences, budget and environmental priorities.

No single period product is suitable for everyone. Greater access to practical information, however, can help consumers understand how different products work and make more

informed choices.

For my mimi, being named Best Menstrual Disc in Australia for 2026 represents an important milestone in its work to increase awareness of reusable menstrual discs and make period-care education more accessible.

The complete comparison is available at:

<https://www.australianhealthwellnessawards.com.au/best-menstrual-cups-vs-menstrual-discs-in-australia-2026/>

The title **Best Menstrual Disc in Australia 2026** refers to an editorial selection within the published comparison. It is not a medical endorsement, regulatory certification or separate formal award category.

About my mimi

my mimi is an Australian-owned period-care brand focused on making reusable menstrual discs easier to understand and use. The company offers medical-grade silicone menstrual discs in two sizes, supported by sizing guidance, first-use instructions and practical educational resources.

For more information, visit <https://mymimi.com.au/>

Kate Newbury

my mimi

+61 3 9125 9075

[email us here](#)

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