

I'm not a bot



























Thong sanitary pads are ideal for wearing with thong underwear or even just narrow gussets in ordinary bikini pants. Thong sanitary pads are a fabulous panty liner or a back up for a menstrual cup This page may contain sensitive or adult content thats not for everyone. To view it, please log in to confirm your age.By continuing, you also agree that use of this site constitutes acceptance of Reddits User Agreement and acknowledgement of our Privacy Policy. A Mom review of Carefree Thong Liners Karissa To view this video download Flash Player Where to BuyCouponsRegisterSign In Absorb quickly for an all-day fresh feeling Designed to help stop odor so you can spend your light days feeling fresh Thin and super flexible material that fits your thong underwear Dermatologist-tested and made without fragrances, lotions, pesticides, elemental chlorine and natural rubber latex Trying to find the perfect pad to wear with thongs during your period can feel frustrating. The minimal rear coverage of a thong panty seems at odds with the need for absorbency. However, today's pads offer innovative designs that work well with thongs. We'll cover how to choose the right pads, top recommended products, positioning tips, and address common concerns. Should You Wear Pads with Thongs? Some old school advice suggests avoiding thongs when menstruating. Small coverage plus close-fitting material might seem risky for leaks. However, today's pads are specifically designed to pair with minimal underwear choices. Wearing pads with a thong offers multiple benefits: Prevents visible panty lines under clothes Enables wearing fitted outfits Feels less bulky than thicker underwear Allows wearing thongs you already own Works with delicate fabrics prone to bunching With the right pad, you can comfortably wear thongs throughout your period. Follow recommendations for absorbency, fit, and placement to find a pad that works seamlessly with your thongs. Choosing Pads for Thongs Consider the following factors when selecting pads to wear with thong underwear: Absorbency Choose minimum moderate absorbency and up for thongs. Light pads likely won't cut it given minimal rear coverage. Opt for regular, super, or ultra pads depending on your typical flow. Size & Shape Seek narrowly shaped pads contoured to fit thong style bottoms. Oval, teardrop, or slender hourglass shapes work best. Ensure the pad isn't too long for your underwear's crotch area. Adhesive Pads with extra strong adhesive help maintain placement in a thong's thinner strip area. An anti-slide grip can also prevent edges from folding or bunching. Wings Wrap-around wings provide added security by adhering at the leg holes. This helps anchor the pad since thongs lack side fabric coverage. Material Look for moisture-wicking, quick-drying top layers that pull fluid into the pad core. This prevents surface wetness against delicate skin. Using these criteria helps select pads that won't leak, shift, or chafe when worn with a thong. Prioritize absorbency and snug fit for peace of mind during wear. Recommended Pads for Thongs Based on features ideal for thong underwear, here are top pads to consider: Always Thin Extra Heavy Overnight Pads with Wings Super absorbent and ultra thin to prevent visible lines. Strong adhesive locks pad in place. FlexFoam material and LeakGuard help stop leaks. Kotex Lightdays Thong Pads Designed specifically for thongs with extra security and absorbency. Contoured shape, adhesive strips, and protective plastic backing. Stayfree Dry Max Ultra Thin Overnight Pads Extra long for thong coverage and heavy absorbency for up to 10 hours. Adhesive strips keep pad positioned properly at the rear. Seventh Generation Organic Cotton Thong Pads Maximum absorbency in a vegetable based polymer core. Hypoallergenic and free of irritating chemicals. Biodegradable. Natracare Organic Cotton Thong Pads Chlorine-free, plastic-free organic pad ideal for sensitive skin. Super absorbent core and contoured thong shape. Breathable cotton cover. Try a few options to determine your personal favorite pad for wearing thong style panties during your period. Change brands or absorbencies as needed to suit your flow. How to Wear Pads with Thongs Follow these tips to comfortably wear pads with thong underwear: Check that the pad adheres properly to the thong's narrow strip at back. Position pad so its center sits flush against your body. Apply pressure for 30 seconds when adhering pad to maximize stick. Ensure pad wings wrap under to anchor at leg holes if present. Smooth out any wrinkles in the pad material to prevent bunching. Pull thong up snugly so crotch area is aligned and supported. Change pad every 4-8 hours or when leaking occurs. Proper placement is key to prevent pad malfunctions. Positioning it too far forward or back will lead to leaks or discomfort. With the right pad and positioning, you shouldn't feel it at all while wearing a thong. Common Concerns Even with the best pad, wearing thongs during your period may raise questions. Here are some common concerns addressed: Will it leak? Today's pads offer excellent protection against leaks if you choose appropriate absorbency and change pads regularly. Leaks primarily happen from poor pad positioning in a thong or infrequent pad changes. Will the pad show lines? Ultra thin pads specifically contoured for thongs shouldn't show visible lines under clothes. Darker colored pads also help hide any outline. Underwear that fits smoothly over the pad prevents outlines. Can I sleep in a thong with a pad? Overnight pads are ideal for sleeping in a thong since they have extra-long sizing and absorbency. Just ensure the pad adheres well and wings wrap under for security throughout the night. Will the pad irritate my skin? Seeking pads free of perfumes and irritants minimizes skin reaction risks. Change pads frequently and practice good hygiene to prevent rashes. Discontinue use if irritation occurs. Trying pads made for thongs alleviates most concerns over leaks, comfort and hygiene. Listen to your body and adjust products as needed to find your optimal period protection. Thong panties come in an array of styles, fabrics and sizes. Consider these factors when selecting thongs to pair with pads: Materials Choose non-irritating materials like: Cotton - Breathable and soft Microfiber - Silky, lightweight Modal - Smooth, stretchy Spandex blends - Flexible stretch Avoid thongs with scratchy lace, cheap rubber, or rough decorative edges. Style Elements Look for thong features like: Flat edging - Prevents digging in Low-rise cut - Enables pad placement Stretchy waistband - Allows pad lining up Moisture-wicking Reduces dampness Cotton gusset Maximizes comfort Thicker waistbands and smoother seams prevent rubbing and irritation from pads. Sizing Choose a thong that: Fits snugly without pinching Doesn't create folds around leg holes Offers full rear and crotch coverage Allows room for pad without bunching/twisting Proper thong fit ensures your pad stays put and you remain comfortable wearing it. Care Tips Caring for thongs well allows repeated pad pairing: Hand wash in mild detergent after each use Air dry to prevent elastic deterioration Use fabric softener and avoid harsh chemicals Inspect for holes, frays, and worn elastic Replace every 6-12 months depending on use Well-made thongs hold up better to frequent washing. Rotate pairs to maximize their lifespan. Menstrual Hygiene with Thong Pads Practicing good hygiene is essential when wearing thongs with pads during your period. Follow these tips: Change Pads Frequently Plan to change pads every 4-8 hours depending on flow. Replace immediately if leaking occurs. Regular changes prevent odor and discomfort. Clean Underwear Daily Wash thongs after each use to remove discharge and bacteria. Hand washing prevents deterioration of delicate materials. Avoid Harsh Soaps Clean underwear using gentle, fragrance-free soaps. Perfumes and strong detergents may irritate vulvar skin. Wipe Properly Always wipe front to back with toilet tissue after using the bathroom. This avoids spreading germs from the anus to the urethra. Pat Thoroughly Dry After washing the vulva exterior, pat dry using a fresh soft towel. Dampness can allow yeast overgrowth. Change Underwear at Night Wear clean panties and a fresh pad to bed rather than all day/night pairs. Yeast thrives in moist environments. Avoiding pads that contain deodorants, perfumes, and harsh materials also minimizes risks of irritation. Always remove underwear gently to prevent pulling pubic hair. Consider Alternatives for Sensitive Skin For some women, even the most natural pad ingredients cause vulvar irritation. Chemically-sensitive skin may require an alternative approach: Organic Cotton Tampons Unbleached, fragrance-free 100% organic cotton tampons minimize exposure to irritants. Choose the lowest absorbency needed. Menstrual Cup Silicone menstrual cups collect flow with no absorbent materials. Use sparingly and sterilize properly between cycles. Period Underwear Absorbent, washable underwear replaces single-use pads. Look for organic cotton gussets with minimal chemical treatments. Reusable Cloth Pads Cloth pads with snaps enable wearing pad folded away from vulva. Use unscented detergent and allow thorough drying. See your gynecologist for personalized advice if you experience recurrent irritation from menstrual pads. Temporary steroid cream prescription may help resolve flare-ups. Exercising Comfortably in a Thong Physical activity requires extra protection when wearing thong underwear: Choose Maximum Absorbency Pads Super or ultra pads withstand activity best. Consider extra-long overnight pads for more coverage while moving. Wear Dark Colors Black, navy and dark patterned thongs help hide any leaks or stains if one occurs during exercise. Double Up on Protection Layering a thong and boyshort panty allows a pad in the boyshorts for extra insurance against leaks during workouts. Clean Up Right After Shower and thoroughly cleanse your vulva after exercising to remove sweat and prevent irritation. Change to a fresh pad. With a few smart adjustments, wearing thongs during your period doesn't have to limit your fitness. Try different thong and pad styles to discover what works best for your body. Traveling with Thong Pads Trips and vacations pose unique challenges for wearing pads with thongs. These tips help stay prepared: Pack Plenty of Pads Overestimate rather than underestimate needed pads for length of travel. It's better to have too many than risk running out. Carry Spares in Your Bag Stash a couple extra pads in your purse or bag when out. sightseeing in case an unexpected change is needed. Bring Thong Options Pack a variety of thong styles and fabrics to alternate if certain pairs become uncomfortable during long days of wear. Have Discreet Changing Options Scope out clean restrooms in advance for changing pads while on the go if you won't have privacy at a hotel or relative's home. With extras pads on hand and breathable cotton thong options, you can explore new destinations worry-free during your period. Don't let wearing a pad with a thong complicate your travels. Common Questions Are thongs safe to wear while on my period? Yes, wearing thongs is completely safe with the right absorbent pad. Use wings, adhesive, and proper placement to secure the pad. Should I wear pads to bed with a thong? Overnight pads give you the most protection and absorbency. Just be sure to wear a fresh thong and pad before going to sleep. Can I go to the bathroom easily with a thong pad? Pulling thong to the side allows peeing without fully removing it. For bowel movements, take off the thong completely to prevent soiling. Will wearing pads with thongs cause ingrown hairs? Ingrown pubic hairs are caused by shaving methods, not your underwear. Use proper shaving technique and exfoliate to prevent ingrown hairs. Is it ok to trim pubic hair while wearing a thong pad? Wait until your period ends for hair removal to allow irritation-free access to the area. Keep pubic hair long when wearing pads to avoid chafing. Ditch Panty Woes During Your Period With so many innovative pad options made for minimal coverage underwear, you shouldn't have to sacrifice wearing thongs during your period. The secret lies in choosing the right pads for absorbency, shape and grip. Test out slender thong pads from quality brands to find one with a great fit, solid stick and excellent leak protection. Pair it with a well-fitting thong in breathable fabrics. Follow positioning tips and hygiene guidelines for a flawless experience. There's no need to stash away your favorite thongs for the week. Find the perfect pad match so you can wear thongs comfortably on your period without worry or hassle. FAQs What features should I look for in pads to wear with thongs? Look for moderate to high absorbency, narrow/contoured shape, strong adhesive, wrap-around wings, and moisture-wicking materials in a thong pad. What are some good pad brands for thongs? Some top recommended brands are Always, Kotex, Stayfree, Seventh Generation, and Natracare. Seek thong specific pads if available. How do I position a pad properly in a thong? Place the pad's center flush against your body and adhered well to the narrow thong strip in back. Ensure wings wrap under at leg openings. Can I sleep in a thong with an overnight pad? Yes, you can sleep in a thong while wearing an overnight pad made for extra absorbency and length. Just be sure to put on a fresh thong and pad before bed. What if pads irritate my skin while wearing thongs? Try hypoallergenic organic cotton pads. For very sensitive skin, consider tampons, menstrual cups, or reusable cloth pads as alternative options. Disclaimer: This article is for informational purposes only and does not constitute medical advice. Always consult with a healthcare professional before starting any new treatment regimen. We want to know the answer to the question: why do women wear thongs? Which is almost like asking why do we wear underwear? Its simple: its a necessary wardrobe staple to align with the needs of our varying wardrobe styles.It turns out, however, when you ask why do girls wear thongs, it beholds quite a bit of controversy. With strong female insight and opinions on the subject, we decided to look into the pros and cons of this unique piece of underwear,just as women come in all beautiful shapes and sizes, so do thongs. Whether you wear a Cheeky Thong, a G-String or a Tanga, at the end of the day, women want to feel good, comfortable, sexy and strong.THE PROS OF WEARING A THONG:1. COMFORT Many women agree that wearing a thong makes them feel comfortable, especially when wearing yoga pants, jeans, shorts or skirts. There is a perfect balance of comfort and freedom when wearing a thong, so if you pick the right fit and fabric, you are golden. You can choose from an array of simple, comfortable fabrics for your thong, like satin and lace options, and even cotton. But, if you want a dose of durability and breathability with your comfort, then youre definitely better off opting for a hemp thong option.Fabrics with more stretch tend to be most favorable since they allow better movement with you throughout the day. Overall, ladies will opt for a comfortable thong, as long as it feels like wearing nothing at all.2. REDUCES THE VISIBLE PANTY LINE What most women want when it comes to underwear is a pair that wont show any signs of a VPL. You know, that perfect pair for when youre wearing your favorite tight jeans confident there is no sign of any line. The kind of look that one can really only accomplish while wearing a thong or going commando.I think we can agree that wearing a thong is way more hygienically friendly than the alternative.A thong will ensure that you are free and clear of any health issues, skin irritation or odors so when youre feeling sexy in your clothing, you can be confident that no visual interruptions will be in the way.A panty line is not something you should have to worry about, so get yourself that thong.3. SEXINESS FACTOR Thongs have this magical ability to make you feel super sexy, no matter what you choose to wear over it. And with thongs making a major comeback, I think we are allowed to embrace the confidence that comes along with wearing the controversial piece of underwear.Im talking about that feeling when youre wearing a thong to work, knowing you can run your whole day effortlessly while exuding confidence and sexiness. Or feeling like you can command the elliptical at the gym while donning your thong. No one needs to know what you have going on underneath your outfit, but its just so fun!It also helps to see an emergence of ladies rocking the thongs, from J.Lo to Bella Hadid, as a way to accept its normalcy. Women like to feel sexy, and they deserve to feel this way.4. HIP CLEAVAGE Wearing a thong can accentuate a womans hip cleavage, which is the skin roll created at the top and front of the thigh when you bend forward, sit, or kneel. This concept could have easily been part of Sexiness Factor but I think it deserves its own attention.One can achieve this look by wearing a high-waisted thong and pulling the waistband up above the hip bone, in order to let it rest on the skin, exposing the crease between your hip and thigh bones. Hello to the newest member to the cleavage family.Im intrigued by this intricate nuance, because as a woman I am in love with all of our parts, both perfect and imperfect. So lets take the time to respect the beauty of our bodies that, when accentuated by a thong, is pure art in its own right.THE CONS OF WEARING A THONG:1. UNCOMFORTABLE There is a level of discomfort for ladies who cant seem to find the right thong, and instead of feeling that barely there feeling, they experience the opposite. Which leaves women on the cons side of the thong debate wondering so, why do women wear thongs? Its so uncomfortable!For some women, they are more comfortable in full coverage for added warmth in the cold weather. For others, it may not be functional for their wardrobe. Why wear a thong when youre wearing stockings and a skirt all the time? Why go through feeling tight and constricted if you dont have to?As many women see it, thongs are a less-than-practical kind of underwear that they prefer not to invest in. How I see it, finding the right underwear is like dating - you have to go through a few bad pairs until you find the right one.2. HEALTH CONCERNS Many thongs are made of a less breathable fabric, allowing moisture to be trapped, and increasing your chances of bacteria imbalance, leading to infections.Since thongs are essentially a very close fitting fabric, nestled right against your lady parts, absorbing every bit of natural and totally normal vaginal discharge, its just one of the side effects of wearing a thong.Depending on how much your body produces and how your body reacts are legitimate reasons as to why some women choose to live thong-less. To reduce and even eliminate these types of health concerns, you can always turn to a natural, more breathable thong option or, find out how to hand wash underwear for the ultimate clean for your thongs.3. CLOTHING IS TOO CLOSE Because there are different dyes and additives in our clothing, like jeans for example, there are some residual chemicals that, when worn too close to our body, can have negative effects on our skin. For many women, thongs dont cut it when it comes to coverage for this reason.Your skin is your largest organ, and although its main job is to act as a barrier to toxins, its also super vulnerable to the problems we face as a result of the clothing we wear, absorbing these not-so-friendly chemicals.Textile dyes and other garment additives can cause allergies like eczema and dermatitis, leading to some uncomfortable rashes and itchiness where youre not protected from the fabric.From this perspective, I can see that wearing full coverage underwear is way more protective than a thong.4. NOT PERIOD FRIENDLY When youre rocking a thong, there is virtually no room for a pad or a panty liner. Even tampons can cause some problems.When you try to wear a pad or a panty liner in a thong during your period, dont expect much success. A pad will absolutely not sit right, and good luck trying to make sure it does a nice cleanup job. Yes, pads are absorbent, but gravity will always win and when that pad is moving all around, everything else will too.Not only is wearing a pad in a thong uncomfortable and impractical, but its also unhealthy. It leaves a higher risk for bacteria to move around, which ultimately can lead to infection. As previously discussed, we dont like infections.CONCLUSIONThere are some obvious plus sides to wearing a thong that inevitably comes with some downsides. I think personal preference is key, but if you are looking to feel sexy or try out that hip cleavage, I say go for it!If you want to play it safe and reduce your chances of getting that UTI, you should consider working with a breathable, anti-bacterial hemp thong. Its the best way to go.At the end of the day, its always good to keep everything in moderation. You can switch up your underwear styles so not to stick to the same one every day, especially if youre wearing thongs.So lets keep it real, and give us your pros and your cons. Why do you wear a thong? Are you on the hunt for a game-changing solution that lets you wear your favorite thongs without worrying about periods? Look no further! Here at Trade To Aid, were all about offering innovative, sustainable, and discreet period protection. Lets dive into why our reusable sanitary pads are your go-to option for thongs, ensuring invisible protection that you can feel good about. Why Choose Reusable Sanitary Pads for Thongs?Its no secret that finding the right sanitary pad for thongs can feel like mission impossible. Traditional pads arent always the best fit for thong wearers looking for comfort and invisibility. Thats where Trade To Aid steps in! Our reusable sanitary pads are not just eco-friendly, theyre designed with your needs in mind. First off, lets talk sustainability. Our pads are made from recycled materials, significantly reducing plastic waste from period products. This isnt just good for the planet; its good for you too. By choosing reusable, youre also opting for a chemical-free period, saying goodbye to irritations and discomfort commonly associated with disposable pads.But how do they work with thongs, you might wonder? The answer is simple. Our reusable pads are thin, flexible, and come with wings that can be tucked discreetly under any thong. This design not only offers invisible protection but also ensures the pad stays in place, giving you peace of mind to move freely throughout your day. Trade To Aid: A Pad for Every NeedAt Trade To Aid, we understand that every period is different. Thats why we offer a variety of pad sizes to cater to your unique flow, from light to heavy. Each pad features super absorbent layers that lock in moisture, keeping you dry and comfortable. Plus, theyre easy to wash and can last for years, making them a cost-effective solution for your period care. But our initiative doesnt stop at providing top-notch products. For every pack of Trade To Aid pads sold, we donate one pack to someone in need of period products. This means your switch to reusable not only benefits you and the planet but also supports menstrual equitya cause were deeply passionate about. Join the Movement: How to Start with Trade To Aid Reusable PadsReady to make the switch to a more sustainable, comfortable, and discreet period solution? Starting with Trade To Aid reusable pads is easy! Visit our website at www.tradetoaid.org/product/reusable-sanitary-pads/ to explore our range and find the perfect fit for your needs.Washing and caring for your pads is a breeze. Simply rinse them in cold water after use, then toss them in the washing machine. Ensure theyre fully dried before using them again. With proper care, your Trade To Aid pads can accompany you for many years, making them a sustainable and reliable choice for period protection. Conclusion: Empower Your Period with Trade To AidChoosing the right sanitary pads for thongs doesnt have to be a compromise between comfort and discretion. With Trade To Aid reusable pads, you get the best of both worldsinvisible protection thats kind to your body and the planet. Not to mention, youll be part of a global movementempowering women and girls around the world with each purchase.Embrace a worry-free period with our reusable pads and join us in our mission to reduce plastic waste and promote menstrual equity. Together, we can make a difference, one pad at a time. Thong sanitary pads are ideal for wearing with thong underwear or even just narrow gussets in ordinary bikini pants. Thong sanitary pads are a fabulous panty liner or a back up for a menstrual cup DAILY COMFORT AND PROTECTION Protection from periods, leaks, odors, and everything in between. AMERICA'S #1 SELLING THONG PANTY LINER Ideal shape for thong underwear so you can stay protected and feel confident, no matter what you're wearing. NEW LOOK, SAME GREAT PROTECTION The Carefree liner you know and love, with a whole new look. Packaging may vary. STAYS IN PLACE Wings keep your liner in place for a secure, no-shift fit, and end-to-end adhesive eliminates bunching.FIND YOUR FIT Carefree panty liners are available in different lengths and absorbencies for your unique needs: thong liners, thin liners, regular liners, long liners and extra long liners.FSA, HSA and HRA-ELIGIBLE Check with your FSA or HSA plan on the coverage of feminine products.

**Can you put pads on thongs. Do thong pads work. Do they have pads for thongs. Do you need pads for spotting. Pads made for thongs.**