

Conquering heavy flow days: Introducing Senora Long, your period superhero

Periods. A fact of life for every woman and let's be honest — not always the most pleasant one. Cramps, bloating, mood swings...the joys! Imagine attending that important meeting or rushing to that evening lecture with a nagging worry in the back of your mind. Perhaps, the most common concern during those heavy flow days is the constant fear of leaks and discomfort as you attempt to carry on your daily chores.

On May 28th, the world unites for Menstrual Hygiene Day. This year, the global campaign rallies under the theme "Together for a #PeriodFriendlyWorld." The goal? To shatter the stigma surrounding menstruation and ensure everyone has the resources they need to manage their periods with dignity and confidence. This means access to safe and effective sanitary products, proper sanitation facilities, and open conversations that normalize menstruation as a natural part of life.

Senora, Bangladesh's leading brand in feminine hygiene products, stands firmly behind this mission. They recognize that periods shouldn't be a source of shame or limitation. For years, Senora has been a champion for menstrual health, offering a diverse range of high-quality sanitary pads

like Senora Feather Light and the recently launched Senora Long. Their commitment extends beyond products, actively promoting period education and working to break down taboos. By prioritizing accessibility, comfort, and open dialogue, Senora plays a vital role in creating a #PeriodFriendlyWorld where all women and people who menstruate can experience their periods with confidence and understanding.

No matter your needs, Senora has a solution that lets you manage your period with confidence. And this time, designed especially for

those heavy flow days, when you need a superhero on your side, Senora Long has come forth.

Gone are the days of constant anxiety of restroom dashes. Senora Long is a leap forward in the range of

Long prioritises your comfort with a luxuriously sandwich top sheet that feels gentle against your skin. It's like a comforting hug during this time of the month.

At 290 mm, Senora Long is a game-changer. This extended length ensures maximum coverage, so you can move freely and confidently throughout your day. Whether you are hitting the gym, tackling a presentation, or simply catching up with friends, Senora Long offers the peace of mind you deserve.

Length, however, is just one part of the story. Senora Long incorporates cutting-edge technology to deliver superior absorbency. Advanced core effectively traps and locks away fluids, keeping you dry and comfortable for extended periods. No more embarrassing leaks or that dreaded feeling of dampness.

Designed for the modern, woman on the go

We live in a fast-paced world where, as much as we would like, we do not have the option to slow down during periods. Senora Long caters to the needs of the modern woman who juggles work, study, social commitments, and self-care. With its 10-hour protection and comfortable design, you can focus on everything life throws your way without period worries holding you back.

Senora Long is a statement of confidence. It empowers you to embrace your period as a natural part of your life, not a hindrance. No more stolen glances at your chair, no more missed opportunities because of fear.

Senora Long lets you take control and redefine what it means to have a period. It's a chance to celebrate your strength and resilience. It's about knowing that you can conquer anything your day throws your way, period included!

Don't let your period dictate your days. Embrace the incredible power within you and choose Senora Long. This innovative pad provides the ultimate protection you deserve, allowing you to move through your day with confidence and comfort.

With Senora Long by your side, you can conquer anything — heavy flow days included. So, ditch the fear and embrace the freedom. It's time to rewrite the period narrative and redefine what it means to be a powerful woman on the go. Choose Senora Long. Choose confidence. Choose you.

By Nusrath Jahan
Photo: Courtesy



sanitary napkins for us, specifically developed to conquer heavy flow days.

Imagine a worry-free confidence for a full 10 hours, without sacrificing comfort? That's the power of Senora Long.

Long, unmatched absorption

Let's face it, heavy flow days can already be uncomfortable enough. The last thing you need is a scratchy, bulky pad adding to the misery. Senora