

**Unlock a Blissful Holiday Season:**

**Top 5 Women’s Health Tips to Ensure Your Festive Season Stays Uninterrupted**

As the holiday season approaches, Salome, the women's health brand under the umbrella of 3Sixty Biomedicine, steps forward as your health companion. With a commitment to empowering women, Salome shares essential health tips that will keep you thriving and ensure your well-being without compromising your style this festive season. Bid farewell to period fatigue and discomfort as you embrace a care-free holiday experience guided by expert recommendations from Salome.

**Redefining Rest: The Power of 8-9 Hours of Sleep**

Acknowledge the reality of year-end and period fatigue. Prioritize rest by aiming for a solid eight to nine hours of sleep each night. Make rejuvenation a holiday goal for a more energized and vibrant you.

**Empowering Menstruators: Comfort is Key**

Tailor your approach to period pain management. For heavy menstrual bleeders, choose comfort with loose clothing and 12-hour period products. Salome recommends options like night-time pads, menstrual cups, period underwear, and tampons for a worry-free experience.

**Busting Myths, One Swim at a Time**

Challenge the myth that swimming is a no-go during your period. Engage in gentle exercises like swimming to stay cool and release endorphins. Opt for low-stress activities such as hiking, dancing, and yoga stretches to manage pain and mood swings.

**Mindful Eating: A Holiday Gift to Your Body**

Avoid bloating-inducing foods like dairy and high-sodium options. Navigate festive temptations by making conscious, healthy choices. Stay hydrated to support your body during the menstrual cycle.

**Herbal Harmony: Natural Solutions**

Embrace the benefits of herbal-based medicine for menstrual cramp relief. Salome's herbal extract products, with minimal side effects, provide a holistic approach. Choose a healthier route to address women's health issues without compromising your holiday festivities.

According to Nokuthula Msibi, Project Lead at Salome, "As a brand, Salome aims to empower women to prioritize their well-being, especially during the festive season. These health tips are designed to ensure a joyful and carefree holiday experience, allowing women to embrace every moment with confidence and comfort."

Launched in 2020 by 3Sixty Biomedicine, Salome offers a range of herbal extract-based products addressing women's reproductive health concerns. From menstrual pain to menopause, Salome provides over-the-counter treatment options, available online at Takealot.com and www.salome-range.co.za, as well as at selected pharmacies nationwide.

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**Notes to the Editor**

***About 3Sixty Biomedicine***

3Sixty Biomedicine was registered in 2019 and is based in Gauteng. Their goal is to provide biomedical scientific services focussed on natural extracts and organic ingredients. 3Sixty Biomedicine is committed to providing world-class innovative healthcare solutions to the global market and have partnered with industry leaders to realise this vision of “improving livelihoods, improving lives.”

The Salome range of products provides solutions for previously unmet, or poorly met, medical needs related to women's health and address issues such as infertility in women with Polycystic Ovary Syndrome (PCOS), menstrual pain, heavy menstrual bleeding, premenstrual syndrome and menopausal symptoms. In response to a growing demand in the SA consumer base this product range provides women with options based on herbal extracts.

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