

comforté



*Love* being a woman,  
every day of the month

*Temporary relief of monthly feminine  
discomfort from **PMS4PMS***

# The story of comforté

Nadine Kennedy, daughter of Alexandria Professional® founder Lina Kennedy, was due at a soccer game. But pain from her menstrual cramps had reached an intolerable level. However, being an enterprising young lady, she tried an ointment that her mother manufactured in Africa for massage therapists to use for temporary pain relief for clients.

Within minutes, all of her menstrual pain was gone! Nadine was ecstatic and immediately told her mother. Her mother then called every woman she knew and asked them to try the ointment when they had their menstrual cramps or periods. The results were unanimous. The product was reformulated specifically for women and the period relief product “Comforté” was born!

Because the relief from period cramping and pain was her discovery, the “Comforté” business is now in the hands of budding entrepreneur Nadine Kennedy.

Lina Kennedy has a long personal relationship with the family in the African village where her period symptom relief product is sourced. As more women find relief from period cramping with this remedy, more support flows to this African tribe. It's all about women supporting women.



# what is comforté

Comforté is a topical cream made from all natural ingredients direct from the primordial forests of Africa. You simply apply a nickel sized drop to your palm and begin rubbing it into sore and swollen areas to relieve symptoms from periods. You can feel relief and relaxation flowing directly from your fingers to your pain. And your body chemistry is unaffected.

This is important to most women, especially young teenage girls who experience the onset of cramps early in life. When girls as young as 9 or 10 years old begin their cycle, many parents want to find an all natural solution that doesn't add hormones or chemicals into their daughters' bodies. What better remedy than an all-natural topical cream?

*Natural remedies for PMS don't "invade" a woman's body. They complement, caress, and comfort a woman through her own bodily processes.*

## why it's unique

The special formulation of our PMS remedy is based on natural healing rubs used by village healers in Africa for thousands of years. PMS remedies like Comforté are best suited for women who:

- are allergic to acetaminophen or caffeine
- cannot or will not ingest pills
- must avoid painkiller-laced remedies because of past addictions
- are looking for natural medication remedies for Premenstrual Syndrome or PMS

***Don't go another day without Comforté. Say goodbye to cramps. Women everywhere are discovering the wonderful relief Comforté offers. Make sure it's in your bag today!***

# ingredients

## Calatropis Procera

A plant extract found in the primordial forests of Africa. Temporarily relieves pain associated with PMS symptoms.

## Carapa Procera

Used by African tribal women for thousands of years to reduce swelling and bloating.

## Natural Essence of Menthol

Generates soothing warmth to penetrate the skin and muscles. Works as a carrier for natural plant extracts.

## 100% Raw Shea Butter

(Butyrospermum parkki)

Base formula of Comforté – promotes skin hydration.

## Soya Bean Extract

(Glycine Soja)

Keeps skin soft and silky while supporting the menthol warmth. Also acts as a buffer for sensitive skin.

# benefits

**All green and all natural:** Everything in Comforté is derived from plant sources in primordial forests of Africa. We have made every effort to minimize the impact on the environment from transportation to storage to packaging.

**Safe:** Comforté is entirely all natural and safe to use for any woman regardless of the severity of her discomfort. It is especially helpful for women who are allergic to painkillers or have addiction issues with ingested painkillers.

**Fast acting:** As with any natural remedy, it varies with each person. However, the vast majority of women report relief within minutes. Most women enjoy relief for many hours or for the rest of the day. And because this is an entirely all natural product applied externally, you are free to use as often as necessary.

**Hydrating:** Our 100% raw Shea butter hydrates the skin. And the Soy bean extract keeps our tummies' skin soft and silky and also helps to support the warmth created by the essence of menthol by acting as a buffer for sensitive skin types.



### **How fast does it work?**

As with many natural remedies, it varies with each person. However, the vast majority of women report relief within minutes.

### **How long does it last?**

Again, it depends on the user. Most women enjoy relief for many hours or for the rest of the day. And because this is an entirely all natural product applied externally, you are free to use this natural remedy as often as you need!

### **How is it used?**

Comforté is a thick gel that should be used as a topical application for PMS symptoms only. Simply squeeze a nickel sized drop on your hand and gently rub into your tummy, lower back or shoulders. Relief comes in minutes.

### **For Best Results**

Place a small dab of Comforté cream in your hands and rub from ovary to ovary before the onset of cramps. Massage across your abdomen for a few minutes to really penetrate and begin the magic. Best used across abdomen, lower back and breasts or anywhere you feel pain or discomfort.

### **Mild Cramps**

At the first twinge or onset of cramping begin to massage your Comforté cream on any areas of discomfort and reapply every 1 to 3 hours or as needed.

### **Moderate Cramps**

Begin massaging Comforté cream on the areas of discomfort a day prior to the onset then reapply every 2 to 3 hours or as needed.

### **Intense Cramps**

Massage your Comforté cream across areas of discomfort 1 to 2 days prior to your cycle. Reapply every 2 hours on intense discomfort areas.

# Testimonials

I am a registered massage therapist and I have suffered from severe menstrual cramps since the age of 12. I generally take approximately 2400mg – 3000mg of ibuprofen per day for the first two days of my period. During my last period, a friend of mine suggested that I try Comforté before I took more drugs. As I rolled my eyes, convinced that topical pain relievers are ineffective, I applied the cream as directed. To my great surprise within 20-30 minutes I noticed that I wasn't in more pain. The Comforté had removed about 85-90% of my pain from cramps. I was happily shocked! I continued to use the cream at about the same interval that I would have taken the ibuprofen for the next 24hrs.

**Michelle B**  
*BHK, RMT*

As a business owner who sells pain relief products and also a chronic pelvic pain sufferer, I was thrilled to try a sample of Comforté. I soon discovered that unlike the other topical relief brands I have tried, the scent was subtle and clean, leaving a wonderful warming sensation that helped me relax almost immediately. I am happy to be able to offer this amazing product to my customers knowing they too will be pleased.

**Babette G**  
*Owner, Pelvic Pain Solutions*

My pain level was definitely a level 8 or 9. After applying the ointment, I instantly felt relief! I was so amazed. My period will never slow me down again.

**Amie**  
*Ontario, Canada*

For the first time in over 20 years I made it through a period without massive amounts of pain relievers. I am so happy that I will be able to continue through life without dependence on large amounts of NSAIDS. I will be a pain free customer for life!

**Owner**  
*Andari Spa*

Thank you SO MUCH for making such a great, effective product! I certainly wouldn't have believed it if I didn't experience it. I'm still amazed at how much my cramps completely subsided.

**Lori**  
*Los Angeles, California*

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*The information presented herein by PMS4PMS is intended for educational purposes only. These statements have not been evaluated by the FDA and are not intended to diagnose, cure, treat or prevent disease. Individual results may vary, and before using any natural wellness products, it is always advisable to consult with your own health care provider.*

# interesting facts

1

A woman will spend approximately 3,500 days menstruating.<sup>b</sup>

2

The average woman in a modern industrialized society menstruates 450 times in her life. Conversely, prehistoric women menstruated only 50 times- and today, women in agrarian regions menstruate about 150 times in a lifetime.<sup>d</sup>

3

At one point in history, women who complained of menstrual cramps (dysmenorrhea) were sent to psychiatrists because menstrual cramps were seen as a rejection of one's femininity.<sup>a</sup>

4

Eighty-one percent of women say they've experienced painful cramps. This occurs because the prostaglandin hormone causes the uterus to cramp, causing the abdomen to spasm.<sup>d</sup>

5

Nearly 15% of menstruating women suffer from debilitating cramps.<sup>c</sup>

6

A young woman can get her first period anywhere between 10 and 16 years of age.<sup>d</sup>

7

Periods tend to be heavier, more painful, and longer in the colder months.<sup>b</sup>

***Don't go another day without Comforté.  
Say goodbye to cramps!***

*a Delaney, Janice and M.J. The Curse: A Cultural History of Menstruation. Champaign, IL: University of Illinois Press.*

*b Grahn, Judy. 1993. Blood, Bread, and Roses: How Menstruation Created the World. Boston, MA: Beacon Press.*

*c James, Susan Donaldson. "New Drug May Lift Curse of Menstrual Cramps." ABCNewsHealth.com. October 13, 2009. Accessed: February 27, 2010.*

*d Livoti, Dr. Carol, and Elizabeth Topp. 2004. Vaginas: An Owner's Manual. New York, NY: Thunder's Mouth Press.*

\* <http://facts.randomhistory.com/random-facts-about-menstruation.html>

# Connect

1-877-675-1198  
[www.pms4pms.com](http://www.pms4pms.com)



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*Comforté is a part of the Alexandria Professional® line of products.*

