

Managing Period Pain with Oska



If period pain is something you quietly dread each month, you are far from alone — and there's an option worth knowing about. The Oska Pulse is a small medical device that uses PEMF therapy to help ease period pain and discomfort. Rather than simply masking symptoms like a painkiller, it works more deeply at the cellular level to support your body's natural healing.

PEMF, made simple: *PEMF stands for Pulsed Electromagnetic Field therapy — soft, pulsing waves of energy, completely drug-free, that encourage your body's natural healing. You don't feel a thing while it works.*

How the Oska Pulse helps settle the discomfort

Calming inflammation. Those sharp cramps are often driven by high levels of prostaglandins — natural chemicals in the body that trigger inflammation and make the womb contract more strongly. The Oska Pulse is designed to gently reduce this inflammatory response at the cellular level, helping to ease the intensity of the cramps.

What are prostaglandins? *They're natural chemical messengers your body produces. They're helpful in many ways, but during a period they ramp up inflammation and make the womb contract more strongly — which is a big part of what we feel as cramps.*

Relaxing muscles and easing cramps. Your womb naturally tightens during your period, and extra tension in the tummy and pelvic muscles only makes cramps feel worse. PEMF may help these muscles relax by gently calming the nerves, easing spasms and the ache that comes with them.

Helping cells function properly again. When cells are stressed by inflammation or injury, they can't do their job as effectively. PEMF has been shown to help restore the natural electrical balance inside cells—like recharging a battery—so they can function normally again, supporting pain relief and faster recovery.

Designed to fit your life

The Oska Pulse is completely non-invasive and wonderfully discreet. It works silently, with no vibration and nothing to feel. That means you can wear it under or over your clothes and carry on with your day — or drift off to sleep — without interruption. It's gentle, convenient therapy that goes wherever you go.

Period pain doesn't have to run your month. A little gentle, drug-free support might be all you need to feel more like yourself.

This document is for informational purposes only and is not a substitute for professional medical advice. Please do not change or stop any current medication without first consulting your doctor.