

How Does a Camgirl Deal With Her Period?

I'd say this one's for the ladies lol. That's right, we're talking about menstruation. **Bookmark this one if you're like most ladies and have a monthly cycle to deal with. You'll want to refer back before things get messy!**

Okay, so let's say you're a new camgirl. You've been doing everything right – sticking to a [regular cam schedule](#) and building up your [initial fan base](#). It's been a few weeks and things are looking good. You're loving your new webcam modeling job and you're excited about the better life you're creating for yourself. Then that time of the month rolls around and you're all like, "Oh shit, what do I do?!" A week off as a new model can mean losing a lot of the progress you've made.

I'm going to share several methods that work for successful webcam models. Take notes!

Method 1: Alternate Shows

There are tons of shows you can still offer on cam without going anywhere near your vagina. If you don't have too bad a time with cramps or nausea and you still feel up to getting on cam, here are some ideas.

- Dancing
- Teasing
- Dirty talk
- POV blowjobs
- Foot fetish
- [Domination](#)
- [Girlfriend Experience](#) (GFE)
- Breast/nipple play
- Role play

Just be clear before entering the show that the pussy's taking a break today lol

Method 2: Embrace the Flow

Okay, I'll admit this one grosses me out. But I have to include it because there is actually a market for period play fetish, and many webcam models take advantage of this during their cycle. It's messy and most sites don't allow blood on cam, but it is an option on more fetish-friendly sites like Kink Live, among others that I have not personally tried as of yet.

Method 3: The Tampon

Cut or conceal the string! The tampon will be out of sight and the show can go on. Another way to work with this is to wrap the string around the tampon before putting it in. To help prevent losing it, this is probably not the time to offer deep penetration with toys. Light penetration and fingers can work fine.

Method 4: The Sea Sponge

They work like magic, and some camgirls have even reported forgetting it's there while on cam. They can be difficult to retrieve afterward, which is a risk factor similar to the tampon. Limit shows to light penetration. These are likely the most comfortable option, and possibly the least messy.

Method 5: Menstrual Cups

Menstrual cups (aka soft cups) basically block your cervix so that nothing leaks past. They are easier than sponges to get out afterward, but can be messy since they don't absorb anything. Many camgirls have been successful using menstrual cups, and they are comfortable as long as you get the right size! The [Lunette](#) and [Moon](#) cup descriptions help with figuring out what size you need, and they are both reported as being great for starting out with this method.



Method 6: Long Term Contraception

This is the method I personally use. I stay on birth control pills continuously to prevent periods because I have Endometriosis, which in my case causes an extremely painful menstruation cycle. Obviously it is probably most convenient as a webcam model to just not have a period, although I can't comment on any health or risk factors involved. I just know it works for me, but this is one you'll have to discuss with a doctor.

**Method 7:
For Established Models Only**

Take a vacation. Emphasis on Established Models Only! If you have regular customers you can count on to come back after you've been off cam for a week, then go ahead and have your period in peace.

For new models, this is one possibility you can look forward to with a lot of hard work and patience.



Cheers!