

A person's hands are shown resting on their lap, with a pink geometric graphic at the top. The background is dark and moody, with the person's skin and clothing visible. The text is overlaid on the image.

6 THINGS YOUR VAGINA WANTS YOU TO KNOW

ESSENTIAL TIPS TO MAINTAIN A **HEALTHY** VAGINA



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You might think you've lived enough with your lady parts and that you know it all. There are lots of common misconceptions about what you should do to maintain a healthy vagina.

Allow us to introduce you to some essential tips:



COTTON UNDERWEAR OR GO COMMANDO

Trust me your vagina has an underwear preference and that is cotton. Most panties come with a thin strip of cotton fabric in the crotch. It breathes and absorbs moisture making it the ideal way to cloth your ladies parts. Also, take advantage of the time in your place to go commando and let it air out.



BE CAREFUL WITH SOAP

Soap can be drying to the sensitive skin around your vulva. Your scented soap or body wash may give you that fresh clean feeling but your vulva doesn't need it. All you need is warm water to keep things clean down there. If you don't feel comfortable going soap-free you can always use unscented gentle soap.



CONSUME ANTIBIOTICS WITH CAUTION

Antibiotics can kill some of the lactobacilli that keeps your vagina healthy. If consumption is necessary try to add some Greek yogurt to your daily diet to reduce the damage.



LUBE UP

Sometimes your vagina doesn't get the memo when it's time to turn on. This is totally normal with 70% of women especially if you are taking medications like an antidepressants, antihistamines, or hormonal birth control. Additionally women who haven't had menopause or just after pregnancy may need extra lubrication. Make sure you're communicating with your partner so you both don't forge ahead without proper lubrication. Additionally it's very important that you make sure it's a water based lubricant and flavor and scents should be avoided



KEEP IT SEPARATED

Make sure when having anal sex change your condom or properly clean it off before inserting into the vagina. Going from back door to front without being careful exposes your vagina to bacteria and risk of infections.



ANNUAL EXAM

Don't make this gynecologist visit all about being half naked and an uncomfortable pinch. An annual exam is important to talk about any health problems involving your vagina. It's a perfect time to share any concerns about fertility, STDs, using condoms or any other questions.