



R. DREW NATURALS, LLC

# Handy-Dandy Guide to Intimate Hygiene for the Modern Woman

Stay Fresh and Infection-Free



# Introduction

Intimate care is so essential for everyone. No matter how in control or comfortable you feel with your body, you've definitely wondered about your intimates.

You most likely learned about feminine hygiene from different sources. Was it from your mom, school, the internet, or your BFF?

Chances are you were never taught some intimate hygiene skills or maybe they've changed with time. Or maybe it's just last on your priority list? No need to feel guilty!

As a modern woman, you deal with so many challenges and stress in your daily life. But cleanliness and daily hygiene are core self-care practices you need to stay healthy and confident.

Intimate care shouldn't make you go into panic mode. It's not as complicated as you may think.

This guide will empower you with the best habits for care for your hygiene needs. These are simple rules to keep you clean, fresh, and infection-free.

You'll discover everything you need to know on how to take care of your lady bits.

Let's go!



# Why We Need To Be More Vocal About Intimate Hygiene

In the last couple of years, we've become more conscious of what we put in and on our bodies. Everyone is going natural or choosing organic products—from our hair to skin to diet.

It's crazy that half of the world's population has a vagina, but we shy away from talking about it. It's like a taboo topic only talked about in hushed tones between girlfriends, lovers, or the gyno's office.

For some ladies, the very mention of the word "Vagina" gets them squirmish and turning various shades of red.

You may find it cringy or uncomfortable. But it's super crucial to talk about this fascinating yet misunderstood organ.

The vagina is NOT some dirty or gross organ. In fact, there are more bacteria in your mouth than in your vagina.

Women need to be extra aware and careful about their vaginal health. You need to have a clear idea of what's going on down there to treat it better. You owe it to yourself!



# Optimal pH of the Vagina



If you want your love tunnel to thrive, you should maintain a specific pH balance. The pH measures how acidic or alkaline something is.

## *Fun Fact: Your vagina is almost as acidic as wine!*

The normal vaginal pH is 3.5 to 4.5 while the pH of most wines is around 3.0 or 4.0. This is the optimal pH to maintain the delicate balance of the protective bacteria in your vagina.

It's harmful when you wash too much, don't wash enough, or use the wrong products.

Most body washes and soaps have a pH range of 8-10, which can destroy the natural acidic layer that protects your vag. Any imbalance may mean irritation, itching, foul odor, and yeast infections.



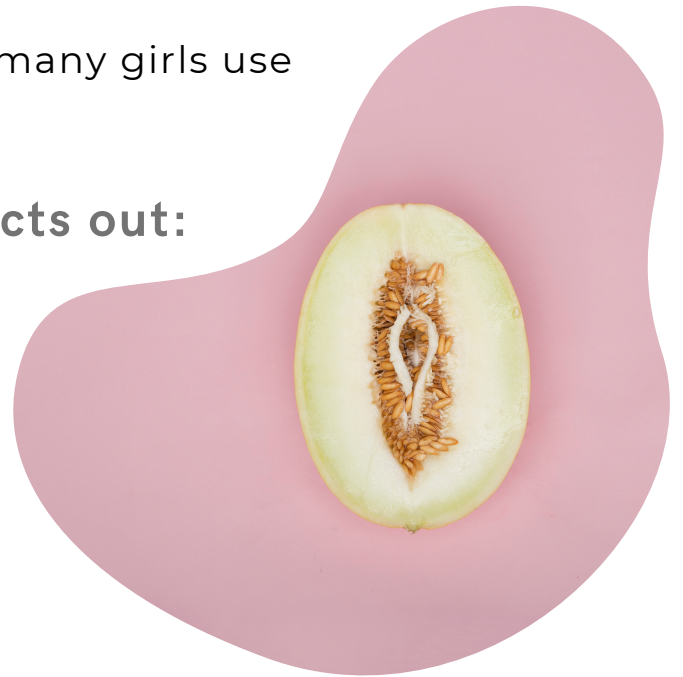
# How to Wash Your Vagina

***Did you know that the terms "vagina" and "Vulva" are two different things?***

When discussing the private parts, many girls use these terms interchangeably.

**Let's iron these anatomical facts out:**

The vulva is the outer part of the female genitals that you can see. This includes your inner and outer labia, clitoris, and perineum (the region close to your anus).



Technically, the vagina is the birth canal and where all the magic happens. It runs from the cervix (lower part of your uterus to your vulva).

If you've ever been told that you need to douche or scrub your honey pot to properly clean it... You've been lied to!

Some women believe that using regular soap to wash inside there is the right habit for proper intimate hygiene. But this isn't true.

“ ***The vagina is a self-cleaning organ that discharges its own cleaning and lubricating fluid.*** ”

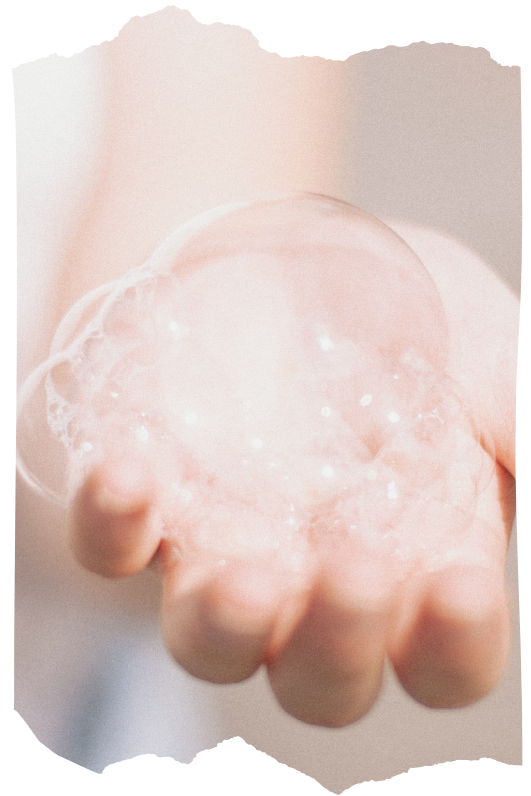
Overcleaning your vajayjay is the quickest way to invite infections like a thrush with symptoms like burning and itching.

That's why it's safer to use a *simple, natural cleanser* instead of douching or chemical-filled soaps/washes.

When you're in the shower, cleanse with a natural wash or mild, scent-free soap and water. It's best to use your hands to cleanse this area. Ditch the washcloths as they can trap bacteria.

### *The proper way to wash your vagina is:*

- ✓ Wet the intimate areas and pour the gentle feminine wash onto your palm.
- ✓ Gently swipe between the labial folds and along the perineum (near your butthole).
- ✓ Also, cleanse your pubic region and groin (inner part of your thighs).
- ✓ If you're in a situation where you need to use disposables, always throw them away.
- ✓ When you're done, rinse thoroughly with water and dry the skin completely with a towel. Don't rub the area aggressively!



It's best to use the intimate wash at least twice daily— during your morning showers and at night before going to bed.

Depending on your needs, using water in place of the feminine wash from time to time is a good idea.

And always wash and replace towels after you use them. Harmful bacteria tend to cling to their surfaces, putting you at risk of infections.

## Benefits of Using Intimate Hygiene Products

How much time do you spend cleaning the rest of your body? Your intimate area shouldn't be something you rush or avoid. It's totally worth spending time on.

The tissues there are super sensitive and prone to different changes. So you need to take special care by practicing healthy habits.



You also need to use the right intimate hygiene products daily. Why? They help:

- Cleanse and moisturize the external vulva area
- Upgrade everyday vaginal hygiene and freshness
- Maintain your natural acidic pH balance and the growth of good bacteria (lactobacilli)
- Keep funky post-workout or excessive sweating odor at bay.
- Prevent vaginal infection, dryness, itching, and irritation.
- Soothe, protect, and repair irritated skin in your intimate area.





# Essential Intimate Care Tips for Maintaining Hygiene Every Lady Must Know

## 1. Don't Douche

Your cookie knows how to take care of itself. Its natural discharge eliminates bacteria and germs from your body.

The only thing douching does is get rid of the microbiome or good bacteria that keep your vag healthy. When you wash out the good bacteria, you're only increasing your chances of infection.

That's because good bacteria keep bad microorganisms in check. It protects your body against urinary and reproductive tract infections.

## 2. Wear Breathable and Comfortable Underwear

Cotton is your vagina's best friend. You need to allow your honey pot to breathe every day just like you do with your exposed skin.

**Breathable, comfortable undies = Happy, healthy vagina.** You know how sticky and sweaty you get after wearing certain synthetic fabrics? That's how it is down there as well.

Silk, satin, and lace may look luxurious, but they're not the best underwear fabrics. Satin tends to retain moisture. That's why it's a popular choice for scarves and hair bonnets.

It doesn't mean you have to throw out your lacy undies. Instead, you can line the crotch with cotton from an old t-shirt. Also, be mindful of using harsh fabric softeners when washing your underwear.

### **3. Have Designated Undies for that Time of the Month**

When Aunt Flo comes around for a visit, you know what that means? All the fancy, sexy thongs take a break. To avoid messing up your good underwear, select specific ones for your period.

Remember that you may need to change your sanitary pad or tampon 2-4 times during the day. So choose the comfortable ones that you won't mind getting bloodstains on.

You also need to wash your external areas at regular intervals. This helps to remove blood remnants, stains and prevent odors.

### **4. Wear Panty Liners to Keep Dry If You Have Heavy Discharge**

Listen up, it's completely normal to see fluids or discharge at the end of the day. It's simply a way your body flushes out impurities from your system.

This clear mucus-like discharge can vary in thickness based on where you are in your hormonal cycle. So don't be scared if you have a heavy discharge.

You can wear a panty liner to absorb it and avoid dealing with damp, sticky panties all day. This tiny savior will tackle any uncomfortable feeling so you can enjoy all-day freshness. Remember to change them frequently to prevent irritation.

### **5. Use Feminine Wipes or Sprays for Quick Refreshers When On The Go**

Hey, it may be tempting to laze around in your swimsuit or gym gear. But your smell might become more noticeable after a workout.

You start feeling “not so fresh down there.” Or Miss V may feel funky after staying in a hot and humid place like during the summer.

If you're on the go and want to keep things fresh, get some feminine wipes. You can also keep our [refresher spray](#) on hand to combat odors. Also, use a natural deodorant in the creases to help with sweating.

## **6. Eat Right and Stay Hydrated**

Psst... want to smell good down in your lady garden? Try changing your eating habits. A healthy diet is not just good for your body but also for your pretty peach.

Fresh yogurt and kombucha are probiotics that contain health-promoting bacteria. Also, reach for fruits like pineapple and cranberries to encourage a great scent.

Having a slight smell is absolutely normal. Your scent can change throughout the month. For instance, it can become sour/acidic before your monthly flow and sharp/pungent after.

And if the odor becomes unbearably funky or comes with an unusual discharge? Go see your doctor!

## **7. Sleep Without Undies to Help Ward off Bacteria**

Yes, sleep naked! Rest those lacy thongs and opt for loose shorts or just sleep in your Eve form.

Even though cotton undies are lightweight and breathable, they may still trap moisture. And you know what that means—a minefield for nasty odor-causing bacteria.

## 8. Invest in the Right Intimate Care Products

Every woman needs *gentle feminine care products* as part of her bathing ritual. If you want to keep your vag happy, you need to up your hygiene game down there.

First, stay away from washes with perfumes. They can be irritating and disrupt your natural balance.

If this happens, use 2 cups of our *feminine herbal soak* for about 30 minutes to bring pH levels back to normal. Created with soothing, natural ingredients, it cleanses your nether region by expelling unwanted toxins. Win-win, right?

Always keep a *hygiene kit* with you, so you're never caught off guard or in \*ahem\* sticky situations. It's perfect for those discreet, hassle-free just-in-case moments.





## ABOUT R. DREW NATURALS, LLC

Launched by Rochell Selvey, R. Drew Naturals, LLC, is one of the leading all-natural beauty, skincare, and hygiene powerhouses. A passion for finding suitable handmade skincare products inspired the brand's launch.

Today, Rochell has built an engaged community for anyone on a quest to improve their skincare and hygiene routines.

R. Drew Naturals, LLC is dedicated to promoting healthy hygiene and safe skincare. We use only the best natural ingredients with the power of herbs. And we don't mess around with quality. Now, that's confidence!

As a brand, our priority is to develop the best formulas that support body hygiene and healthy, glowing skin. That's why our products have received overwhelmingly positive results from customers around the globe.

Our products are specially designed to gently cleanse, hydrate, pamper, and nourish your skin from head to toe.

**We've got you covered! You're guaranteed to enjoy super potent products:**

- ✓ Made with 100% naturally-sourced herbal ingredients
- ✓ No irritating, harsh, or harmful chemicals. No artificial fragrances, synthetic materials, or toxic ingredients.
- ✓ Affordable and suitable for daily use
- ✓ Revitalizes and rejuvenates dry, itchy skin while providing long-lasting freshness
- ✓ Cruelty-free and recyclable

Use this one-time code to save 30% off your order. Enter 'handy' at checkout