

Menstrual hygiene.

When we started to build societies women took a role of caring and service, which means we needed to be clean and ready to take care of others. In the present, that role has been changing slowly, but we still need to be comfortable all day, that's why we have been working hard to innovate and educate on solutions to better collect our period and take care of it.

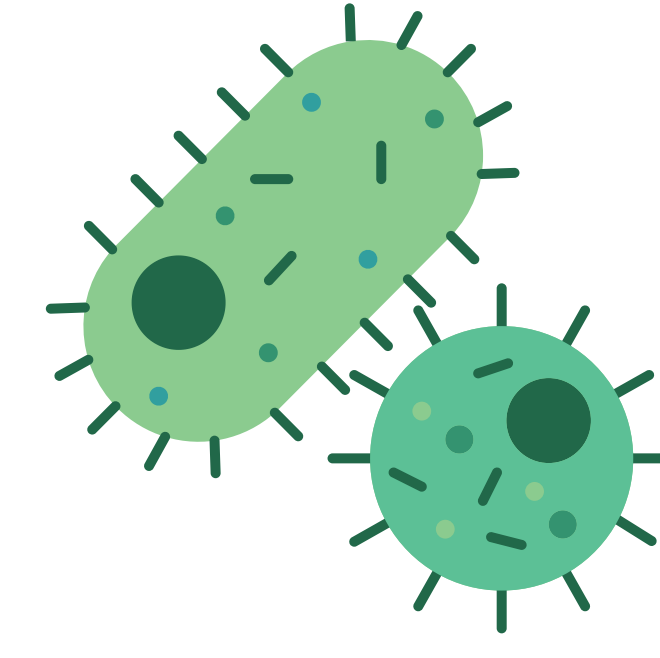
What's PH?

pH is a measure of how acidic/basic water is. The range goes from 0 - 14, with 7 being neutral. Our vagina is around 3.8 and 4.1. It avoid infections, protect from external agents, allow fertility, protect the internal organs, manifest our health status and keeps our vagina clean.

what could I do to take care of it?

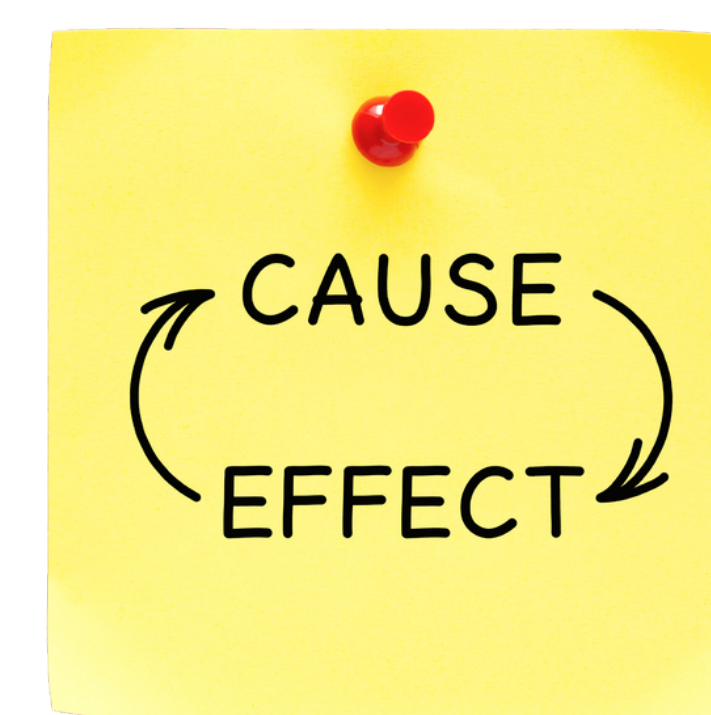
- - Drink enough water every day.
- - Consume probiotics.
- - Eat acidic fruit.
- - Don't wear tight clothing for too long.
- - Don't wear wet underwear or bathing suits for long.
- - Use cotton panties.
- - Reduce stress.
- - Use only clean water to wash your private parts. Soaps and feminine washes are not needed!

What happen if my pH changes?



GET INFECTIONS EASIER.

CAUSE OF OTHER DISEASES



VULNERABLE TO OTHER DISEASES

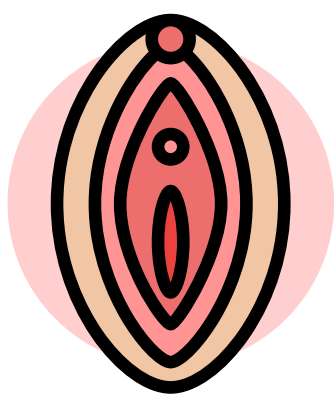
ALERT YOUR IMMUNOLOGICAL SYSTEM.



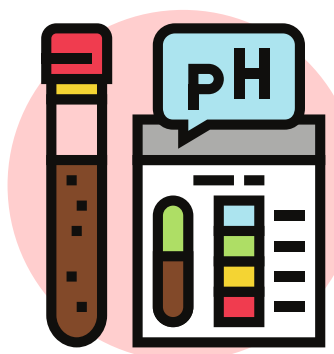
How should I clean my genitals?



We just need water.



take your labia apart and clean every fold of your vulva with your hands.



Don't introduce water to your vagina, it doesn't need to be cleaned, remember all about PH!

Common question: do I need soap to clean my vulva?
Answer: NOOOOOOOOO!!!

soap:

- has a different ph than my vagina.
- My vagina keeps clean by itself.
- Fragrance will damage the sensitive skin of our vulva.
- We lost the natural lubricant we produce, and need.

How should I keep the hygiene of my menstrual products?

- - If you use reusable pads: use them for just up to 8 hours, put them into cold water and clean them with just biodegradable soap, dry them in the sun. Don't use it when you are concerned about an infection.
- - If you use menstrual panties: When you feel them full or you had them for 12 hours put them into cold water and wash them the same way you wash your underwear. Do not dry or use chemicals, dry in the sun.
- - If you use single-use products remember to change them every 4 hours.
- - Every time you change your menstrual product clean your hands and if it's possible wash your vulva.
- - Don't use a product if it's dirty or it has dust on it.
- - Dispose of them in a proper location, not in the toilet.

We have a whole balanced enviroment inside us.

What's vaginal discharge?

Vaginal discharge is a fluid secreted from tiny glands in the vagina and cervix. This fluid leaks from the vagina each day to remove old cells and debris

what's its purpose?

Cleaning, Moistening, Prevent infections, Fight infections, Support Sperm travel during Ovulation and Indicate Fertility.

It changes!

It's normal for the color, texture, and amount of vaginal discharge to change at different times of the month during a cycle.

It's not necessary to use protection for discharge, it's natural and your vagina needs to transpire in order to keep its health.

DiVINE
DR  **PS**

Do you want to know more about this?

Contact us!



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