


# Tips for good vulva and vagina health featuring Neil Armayan

 [angelhoyunying.blogspot.com/2018/12/tips-for-good-vulva-and-vagina-health.html](http://angelhoyunying.blogspot.com/2018/12/tips-for-good-vulva-and-vagina-health.html)

Ladies, time to learn how to care for our intimate parts! Many feels embarrassed about this topic but it's actually very important to notice and report any abnormalities to your healthcare professionals.

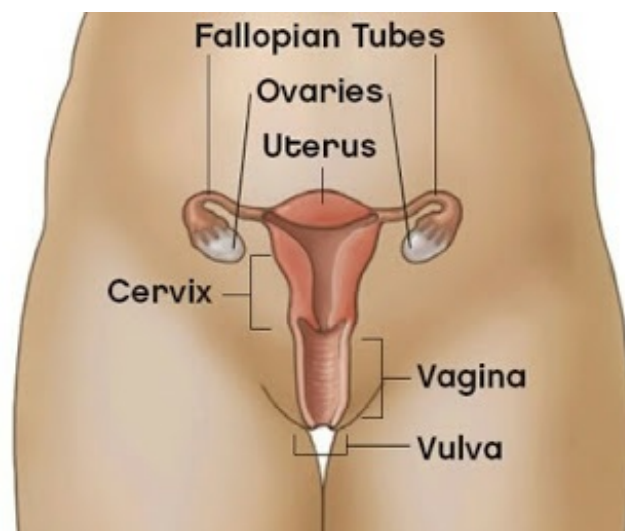
Firstly, refer to this photo to differentiate which is vulva vs vagina. We have to know the name of the body parts before we go into details how to keep them healthy. Vulva is external part of the female genitals. And vagina is the opening from vulva leading to the womb.

Image courtesy of [news-medical.net](http://news-medical.net)

What's normal and abnormal vaginal discharge?

Normal can have a big range. Normal vaginal discharge is produced by the cervix.

- clear and transparent
- white
- similar to raw egg white (near ovulation)
- amount can vary depending on phases in menstrual cycle and pregnancy



These are definitely abnormal

- fishy odor
- green/rusty color
- cheesy consistency
- itch
- pain
- lower tummy ache

Seek medical advice. There's a possibility of infection.

Then does keeping the V parts healthy mean that we should keep it free from bacteria? That's a big no-no.

Our V parts have the second most populous bacteria after her neighbor-rectum. But do you know that these are the good bacteria such as lactobacilli? They are the gate keepers

which maintain the acidity of the locality, produce antibiotics to fight against bad bacteria and secretion to stop bad bugs from sticking to the vaginal wall.

Read more at this [NHS](#) article-a reputable source from the UK.

Therefore, it's vital to take good care of our V parts. Let me run through how Neil Armayan Biosol can help with this. This area of skin is very delicate and gentle care is required.



This prebiotic feminine hygienic wash contains active ingredients such as  
Honey with antioxidants, antiinflammatories and antibacterial

Pueraria mirifica/ Kwao Krua

- contains phytoestrogen

- improves collagen production and keeps skin hydrated

Menthol

- provides a refreshing and soothing sensation

Liquorice root extract

- improves appearance of dry skin and restores suppleness

By cleansing the vulva at least once a day using Biosol, it helps to



- maintain the slightly acidic pH
- keeps the good bacteria population healthy
- softens and reconditions the skin
- tightens the loosen skin/muscle, a particular problem for women after bearing children
- alleviates vaginal dryness

I have started using Biosol during my second confinement. Love how refreshing it makes my private parts feel like. It can be tender down below at times but a good wash makes wonder. The faint fragrance gives just the right touch to the wash.



Please note that douching (flushing cleanser and water up into the vagina) is not helpful. In fact it may do more harm by removing the good bacteria stated before, increasing the risk of infections around the area.

Biosol does contain fragrance and preservatives like methylisothiazolinone and methylchlorisothiazolinone. Many women have no problems using this. But a small number may develop allergic reactions such as an itchy rash. This risk is especially minimal given that biosol is not left on the skin but will be washed away. If you have sensitive skin or are worried, please try it on an inconspicuous area of the inner arm about 24hours before using it on the intended area.



It's not easy to be working full-time and still care for our children. Often we have to be strong and put our feminine side away. But we still need to put effort and take good care of ourselves. Keeping our vagina and vulva healthy is definitely one of the essential ways. Pamper yourself with Biosol today.

[Neil Armayan](http://www.neilarmayan.com) official website

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