

Happy V-Day!

8 ways to keep your vagina happy and healthy

By Stephanie Taylor, Managing Director, [Kegel8](#)

Every woman dreams of being treated like a goddess on Valentine's Day. Yet, many of us are guilty of not looking after number one...our vaginas.

The happiness and health of your intimate body parts should be high up on your list of priorities all year around, just like looking after your skin, hair and nails.

To help, Stephanie Taylor, women's health advocate and Managing Director of [Kegel8](#), gives her top tips every woman should follow...

1. Save, don't shave

[A recent study found that 84 percent of women](#) had shaved their pubic hair at least once in the past month, with 50 percent reporting they were hair-free.

While some women may feel cleaner, more comfortable or even sexier when they shave, pubic hair does serve a purpose. It protects from bacteria and infections such as *Folliculitis*, absorbs sweat and acts as a buffer against friction.

2. Stay balanced

You might not know it, but vaginas are actually self-cleaning thanks to good bacteria known as *Lactobacilli*.

Using perfumed shower gels, bubble baths, moisturisers and wipes can upset your carefully balanced pH levels, potentially leaving you with uncomfortable thrush or bacterial vaginosis. So, next time you're in the supermarket, opt for a perfume-free or sensitive products.

3. Brief encounters

Sexy underwear and Valentine's Day go hand in hand but the last thing you want is your fun ruined by a Urinary Tract Infection.

When it comes to pelvic health, some underwear is better for you than others. Typically, thongs are tight-fitting and sit close to the skin, moving back and forth throughout the day which can contribute to a UTI.

No matter what underwear you prefer, always opt for cotton which is the most breathable fabric, helping to keep moisture at bay.

4. Hello hydration

Hitting the daily recommended H2O level can be a struggle, but if the promise of glowing skin and more energy doesn't incentivise you, maybe your vagina might.

If you're dehydrated, the drier you'll be down there which could lead to issues like an infection, itching or burning.

Depending on how active you are, you should aim to drink between two and three litres of water a day. If the thought of tap water bores you, jazz it up with citrus fruits, cucumber and mint.

5. Work your pelvic floor

Pelvic floor weakness is often thought of as an "old woman problem" but the truth is it can affect any woman at any point in her life.

If you ignore your pelvic floor, you could end up with bladder incontinence, prolapse or a loss of sensation during sex.

Pelvic floor exercises should be part of your daily routine and if you need an extra helping hand, try a pelvic toner which uses electrical impulses to stimulate those all-important muscles.

6. The golden rule

While there are many sex myths, you should believe this one...peeing after sex.

That's because clearing your bladder instantly flushes out any bacteria in your vagina and urinary tract, cutting your risk of getting a UTI.

You may not feel the sensation to go immediately after, but don't worry, as long as it's done within a reasonable amount of time you can relax.

7. Change after the gym

The thought of brunch after a sweaty workout might be a great motivator but staying in your gym clothes for too long is a sin.

Sweaty clothes and underwear create the perfect breeding ground for bad bacteria, particularly if they're tight and made from latex or polyester. So, have a quick shower and put on fresh clothes before you get on with the rest of your day.

8. Get to know your flow

Periods aren't always predictable. If you often find yourself caught short or waiting and waiting, download a fertility tracking app to help you keep tabs on your cycle.

When your flow does start it'll be at its heaviest for the first day or two. Make sure to change your pad frequently (at least every 4 hours) and opt for a thicker night-time towel.

If you prefer tampons, always use the smallest size you can and never leave one in longer than eight hours to avoid putting yourself at risk of Toxic Shock Syndrome (TSS).

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About Kegel8

Kegel8 is one of the UK's leading pelvic healthcare companies. Its range of electronic pelvic toners offer women and men the chance to regain control of their pelvic floor from the comfort of their own home and in their own time. For over 13 years, Kegel8 has been the top choice for men and women who suffer from pelvic problems. Owned and managed by Stephanie Taylor, the company employs 40 people and is based in Hull, East Yorkshire.

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