



## **Vaginal Health**

### **To avoid:**

Scented Products: Including soaps, detergents, dryer sheets, pads/ panty liners

### **To use:**

Soap: White bar soap

Pads and Liners: Seventh Generation is a good brand for pads and panty liners

Lubrication: Silicone based is the best. Good options are Uber lube or Wet Platinum

Vaginal Moisturizer: Revaree plus from Bonafide (need to use this on a regular basis). Can do nightly or a few times per week. Can use on alternating nights if using vaginal estrogen. Food grade coconut oil is also a good moisturizer (especially for the outside / vulvar tissue)

For vaginal PH: Clarvee probiotic from Bonafide as well as twice weekly vaginal boric acid that you can get from [amazon.com](https://www.amazon.com)