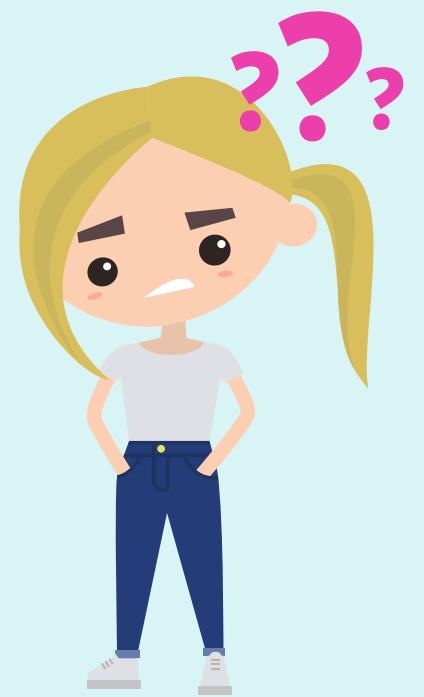
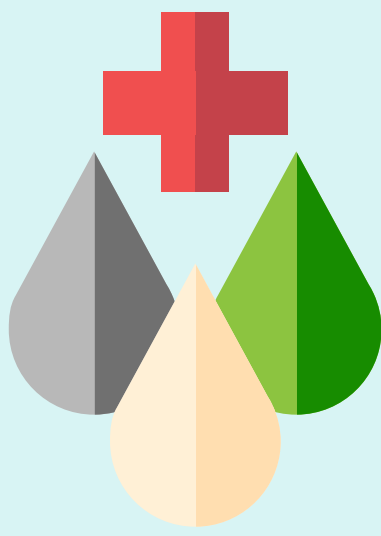


IS MY VAGINA NORMAL?



Stressed out, worried or too embarrassed to speak to someone about your vagina? Chances are, what's going on down there is totally normal. Whether you think about your vagina a lot, a little or not at all, she's an important part of your life, and it's about time you got to know her better! Here are some very common vagina 'issues' that you might have been wondering about...



DISCHARGE

It's totally normal to have vaginal discharge that is usually clear but can be cloudy, whitish, even pale yellow and dries on your underwear—this is just your body's way of cleaning itself. However, vaginal discharge with itching, burning or strong odour may be a sign of infection, so head to a doctor.

VAGINAL DRYNESS

Vaginal dryness is much more common than you think. It can affect women of all ages due to stress, menopause, certain medications and breastfeeding. It can impact your intimate relationships if left untreated. Vagisil's [ProHydrate® Natural Feel Internal Moisturizing Gel](#) offers instant and long-lasting relief from dryness and uses hyaluronic acid to restore and retain moisture.



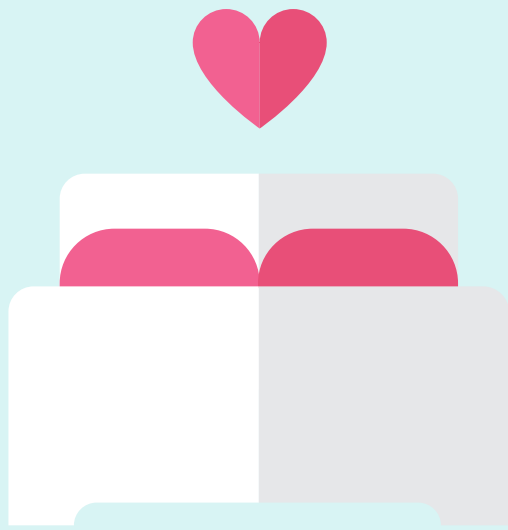
ODOUR

Every vagina has its own unique scent and you probably have a good idea of what smells 'normal' for you. However, a strong-odour—like a 'fishy' smell—might be abnormal and should be discussed with a doctor.



LABIA

Just like you, your vagina is a snowflake, and no two are the same. Your labia minora (the smaller, inner lips of the vulva) may seem long, uneven or a different colour to the rest of you, but it's completely normal and beautiful.

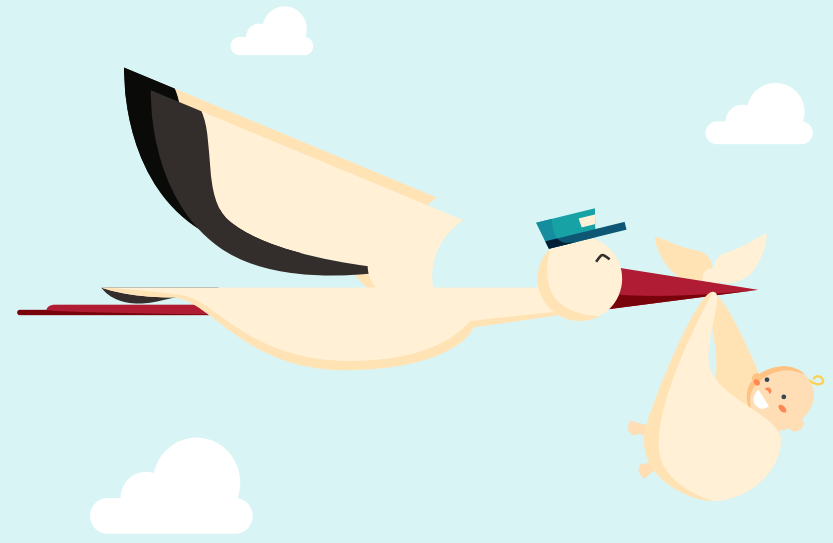


ORGASM

Despite what media (and porn) would have us believe, not everyone orgasms vaginally. You're not weird, or broken—you're in the majority! Stop putting pressure on yourself and find ways to feel good.

STRETCHING AFTER VAGINAL CHILDBIRTH

Your intimate area should heal after a few weeks, but it could take longer for things to return to business as usual. Things may feel looser down there for a while, but your vagina is made for childbirth and is incredibly resilient and stretchy. Go team!



ITCH

Did you know that a vaginal itch is more common than the common cold? It's no wonder since there are over 60 causes that can trigger it – including antibiotics, tight clothes, pH imbalance, even stress. Good thing Vagisil Anti-itch cremes relieve itch fast.

Still not sure? Consult a doctor for full peace of mind

