



Intimate Care Guide

Everything there is to know
about your intimate area

Saforelle[®]

The power of being a woman

Let's get public about privates

Historically, talking about a woman's intimate area has often been taboo. Documents to educate and provide information don't show much and often do not show all of the female sex.

This leads to women not really knowing their bodies and intimate area very well.

Yet it is essential to know your body: understanding your intimate area is vital to being able to look after it.

This also enables women to accept themselves better, to build

self-confidence and take charge of their health.

In terms of health, **knowledge is power!**

And to know yourself, first of all you have to lay the foundations by looking at the anatomy: **vulva, clitoris, reproductive system and perineum** are on the program of the **Intimate Care Guide!**

Once the foundations have been laid, we move on to focus on the vulva with the concept of vulva-mapping and the myth of the **"normal vulva"**.

We then explain the words of the **female anatomy** in the chapter "Lots of words can be used for the anatomy".

When you get to these pages of the guide, you'll have already learnt quite a lot. This is therefore the time to test yourself with the **crosswords** we've created about your intimate area. The final chapter, and a good one at that, is devoted to your **personal hygiene**.

You'll know everything about looking after your intimate area from advice to the right things to do!

1. Female genital anatomy

There is a lot more to female genital anatomy than you think... Three diagrams are needed to have a full view of the female intimate area: that of the vulva, the clitoris and the reproductive system.

What is the vulva?

The **vulva** is a women's external genitalia.

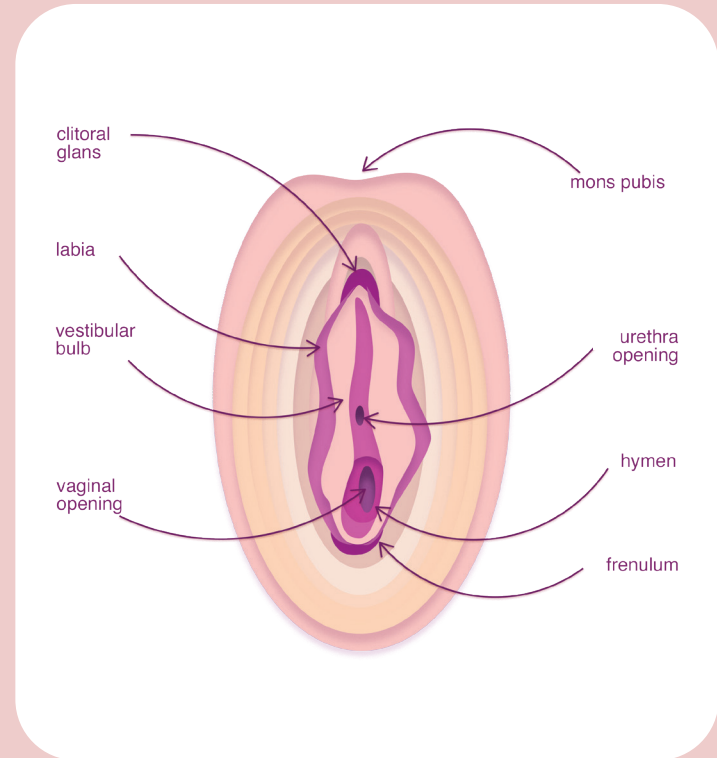
It is made up of the **labia minora and majora**, which surround the opening of the **urethra** (also called the urinary meatus) which enables urine to be released and the vagina to be protected.

On the front of the **vulva**, there is a rounded bone, formed by the pubic bone, called the **mons pubis**. It serves as the attachment point for the perineum muscles.

The **hymen** is found at the vaginal opening, which is a fine membrane which partially closes the entrance to the vagina. It generally tears during the first time of having sexual intercourse but also, more rarely, when doing certain sports like riding a horse or bike, or dancing.

On the other hand, contrary to what a lot of people think, it does not tear the first time a tampon is inserted.

The Vulva



The Reproductive System

You said “reproductive system”?

The reproductive system intervenes in a woman’s reproductive and sexual functions.

It is made up of organs that are external (**vulva**) and internal (**vagina** and **uterus** for example).

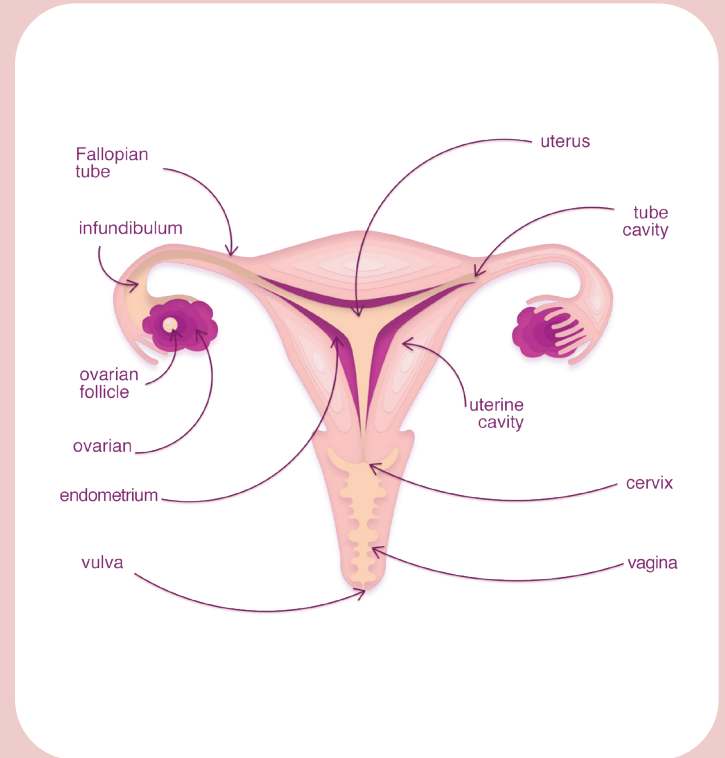
The **ovaries** are part of it, which are the genital glands that produce eggs and sexual hormones.

The **infundibulum**, which covers the ovary, enables the egg to be received during ovulation.

The **Fallopian tubes**, which enable the eggs to be channeled towards the uterus.

It’s then in the uterus that the fetus will develop. The **cervix** is the channel through which periods are discharged.

Finally, the **endometrium** is the internal mucous that lines the uterus and which serves to receive a fertilized egg at the start of pregnancy. If the egg has not been fertilized, the endometrium is shed, which is menstruation.



2. What you need to know about your perineum

The **perineum** is a set of muscles which can be compared to a “hammock”, which reaches from the pubis to the coccyx. It supports the pelvic organs (bladder, womb, rectum) and thereby is responsible for maintaining urinary and anal continence.

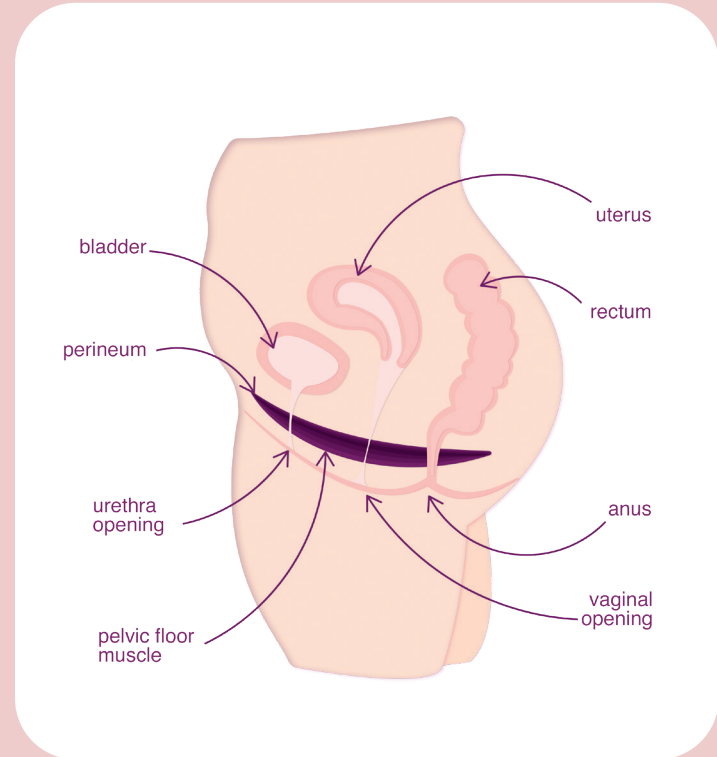
The **perineum** is used all day. It contracts when you want to pee, when you sneeze, laugh, or just when you’re standing up.

Some periods of life, like **giving birth** or the **menopause**, can make your perineum become weak, which can

lead to **urinary incontinence** mainly. If that happens, the first thing to do is to see a Health Professional.

Looking after it by doing muscle-development exercises (called Kegel exercises) means you can keep it in good shape!

The Perineum



3. Knowing your vulva

Have you already thought to look at your vulva in a mirror?

This practice, called **vulva-mapping**, enables you to understand your anatomy better.

All the more so as your **vulva** changes throughout your life, due to hormonal changes, the menopause, giving birth, or just age.

In concrete terms, looking at your vulva enables you to encourage accepting yourself by understanding that your vulva is unique.

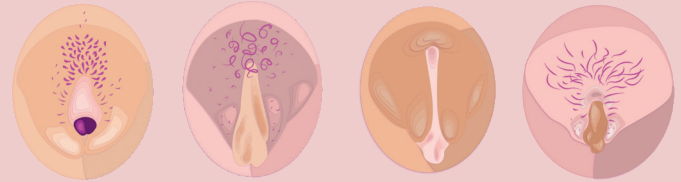
In terms of health, **knowledge is power!** Just as you look at your skin or face regularly, doing the same with your vulva will enable you to better understand the stages of how it changes.

If you have any questions don't hesitate to ask a Health Professional.

So get your mirror out!

All vulvas are personal

When it comes to the vulva, there's one thing you need to know: there is no "normal" vulva and there are as many different vulvas as there are women!



Draw your Vulva



4. Lots of words can be used for the anatomy

Fanny in England, little sister in China, butterfly in Italy, mouse in Sweden... myriad euphemisms and metaphors exist to talk about the female genitalia.

We've all used nicknames like this, thinking that the words clearly referring to the **female anatomy**

were too blunt. But don't worry: the female intimate area is a part of the body like any other and the words to describe it aren't dirty words!

It is vital to **learn** about your **own body** from when you are young.

For example, you should understand the difference between the terms "**vulva**", which is the part of the **genitals** that can be seen, and "**vagina**" which is only the internal canal of the reproductive system.

Using the right terms from childhood enables:

> Taboos to be avoided and feeling embarrassed when talking about private parts.

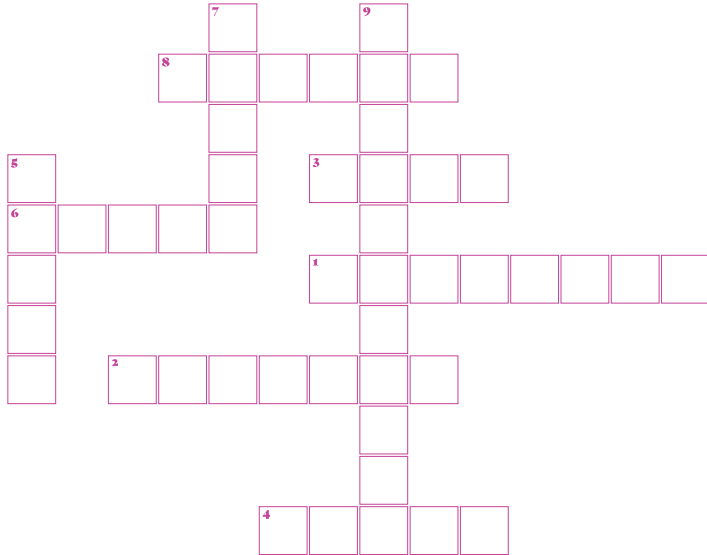
> Have the vocabulary needed to be able to ask questions and talk about gynecological problems with people around you or a Health Professional.

Vulva, clitoris, uterus, vagina... Dare to call them what they are !



Crosswords

1. All of the muscles located between the anus and genital parts that support the bladder and all the pelvic organs.
2. The channel through which urine passes when it leaves the bladder and comes out.
3. Fold of the vulva covering the upper and side aspects of the clitoris.
4. The thin membrane that separates the vagina from the vulva.
5. The female genital gland that produces the egg and sexual hormones.
6. All of a woman's external genitalia.
7. Small or big, they are the folds of the skin that are part of the vulva.
8. Channel in which the cervix ends which opens in the vulva.
9. The tissue that lines the uterus.



Answer:
1. Perineum **2.** Urethra **3.** Hood **4.** Hymen
5. Ovary **6.** Vulva **7.** Labia **8.** Vagina **9.** Endometrium



5.

Knowing how to look after your intimate area

Your intimate area is a sensitive area, which is more fragile than other parts of the body. However, good habits mean you can avoid discomfort. But sometimes, you get lost with everything you read and hear about personal hygiene...

So here's a recap of the things you need to know for looking after your intimate area!

> Wash your intimate area every day with a product formulated specially for this area which is soap-free, like **Saforelle Gentle Cleansing Care**.



> Change your underwear every day. Choose cotton underwear and avoid wearing underwear that is too tight.

> Do not wash it more than twice per day to avoid irritating it. Wash yourself with your bare hands and ban washcloths which are a haven for germs.

> When you're out and about, **Saforelle Intimate Hygiene Wipes** mean you can stay fresh and are gentle wherever you are.





> Friction every day and hair removal can create irritation. **Saforelle Intimate Soothing Cream** is perfect for calming sensations of discomfort and irritation. Also remember that pubic hair plays a role in vaginal health and protecting your intimate area: it limits vaginal dryness in particular. Full hair removal is therefore not advised.

> Avoid infections by peeing after each time you have sex.

> If you experience urinary leaks, even if it's light, feel at ease talking about it with your health professional: 1 woman in 3¹ experience it! Exercises to train your perineum that you can do easily at home can help with this problem.

To train your perineum, you can use **the PelviTonic²**, the solution to strengthen your perineum by restoring its tonicity and avoiding urinary leaks.


If you are experiencing this, to give you peace of mind and make you feel comfortable, **Saforelle Bladder Weakness Panties³** protect you while being comfortable and discreet.

¹Source: <https://www.urofrance.org/2019/03/27/pour-43-des-francais-lincontinence-est-un-sujet-tabou/> ²PelviTonic prevents and reduces bladder leaks thanks to strengthening the perineum. Manufactured by ECAREYOU Innovation SL, distributed by Laboratoires Iprad Pharma. Read the package leaflet carefully. You are advised to consult a health professional prior to use. This medical product is a regulated health product bearing the CE mark, in line with this regulation.



> During periods, change disposable sanitary pads and tampons every 4 to 6 hours. You can also try **the Saforelle Period Panties**, washable, they combine security, effectiveness and comfort. If your periods are too painful, think about seeing a Health Professional, it is not normal to suffer and it can lead to other dysfunctions.

³Bladder weakness panties, a solution for women experiencing mild to moderate urinary leakage. Made by IMPETUS Portugal Texteis, SA, distributed by Laboratoires Iprad Santé. Read the package leaflet carefully. You are advised to consult a health professional prior to use. This medical product is a regulated health product bearing the CE mark, in line with this regulation.



To sum up:

- › Every woman is unique and its intimate area is too!
- › 3 diagrams (vulva, clitoris and reproductive system) are needed to fully show a woman's intimate area.
- › Knowledge is power! Being familiar with your intimate area means better understanding how it changes and staying confident.
- › The right things to do for personal hygiene are learnt from a young age.
- › Using products every day that are specially formulated for the intimate area enables you to protect this particularly fragile area.
- › During your period, change sanitary protection regularly and continue good hygiene habits.

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