

A top-down view of various natural home remedies for women's hygiene care. The items are arranged on a light-colored, textured surface. At the top, there is a white pump bottle, a small jar of cream, a round brush, a bar of soap, and several green leaves. In the center, a white rectangular box contains the text. Below the box is a circular logo with a central bowl and surrounding symbols. At the bottom, there is a bar of soap, more green leaves, and a small white bottle.

EASY HOME REMEDIES

FOR WOMEN'S
HYGIENE CARE



Natruveda

UNDERSTANDING YOUR VAGINA

THE BASICS



KNOWING YOUR BODY MATTERS

- Many women feel unsure or negative about their vaginas, but every vagina is unique and normal.
- Just like men might measure themselves, women should take time to understand and appreciate their anatomy.

WHY VAGINAL MOISTURE IS ESSENTIAL

- The vagina's inner walls are like the skin inside your cheeks—they need moisture to stay healthy.
- Natural lubrication protects and hydrates, especially since the vagina handles much more contact than the mouth.

HOW NATURAL LUBRICATION WORKS

- Cervical glands produce about 2 teaspoons of mucus daily to:
 - a) Hydrate the vagina.
 - b) Remove dead cells and native bacteria as part of a self-cleansing process.
- Good bacteria help prevent infections and maintain balance.

NORMAL DISCHARGE

- Vaginal discharge varies by person and menstrual cycle phase.
- Typically, it is colorless/white, slightly odorous (not foul), and watery or saliva-like.
- It peaks during ovulation and may leave slight stains or wetness on underwear.

TAKEAWAY

- Embrace and care for your vagina—it's self-cleansing, protective, and essential for your overall health.



MISCONCEPTIONS ABOUT VAGINAL DRYNESS

- **VAGINAL DRYNESS ISN'T JUST FOR MENOPAUSE**

Vaginal dryness can affect women of all ages, not just those going through menopause. Any fluctuation in estrogen levels, regardless of age, can lead to dryness. Around 20% of women aged 15–60 experience vaginal dryness.

- **VAGINAL LUBRICATION ISN'T JUST FOR SEX**

Vaginal secretions are important for more than just intercourse. They help keep the vagina clean, moisturize its walls, and maintain a healthy, protected environment. This lubrication is needed all the time, not just during sexual activity.

UNDERSTANDING VAGINAL DRYNESS & ITS SYMPTOMS

Vaginal dryness can occur alone or with other symptoms, often revealing itself when discomfort arises.

KEY SIGNS INCLUDE:

- **SORENESS & BURNING:**
Discomfort in and around the vagina.
- **PAIN DURING INTERCOURSE:**
Difficulty and pain during intimate moments.
- **REDUCED SEX DRIVE:**
A noticeable decline in libido.
- **LOW VAGINAL DISCHARGE:**
Minimal lubrication even after arousal.
- **LIGHT BLEEDING AFTER INTERCOURSE:**
Occasional staining post-intimacy.
- **DIFFICULTY WITH AROUSAL & ORGASM:**
Trouble achieving pleasure.
- **FREQUENT UTIS:**
Recurring urinary tract infections.
- **BURNING AFTER URINATION:**
Pain or irritation while peeing.
- **INCREASED URINATION:**
A constant need to use the bathroom.
- **THINNING OF VAGINAL SKIN:**
Delicate and pale vulva and vaginal tissue.



A photograph of a woman's midsection, wearing a grey skirt, holding two cards: a white one with a black question mark and a red one with a white sad face icon. The image is framed by a pink, wavy border. The background of the entire page is a soft-focus pattern of white and light green flowers.

TOP FACTORS THAT CAUSE VAGINAL DRYNESS

- **MENOPAUSE**

A common cause due to reduced estrogen levels, leading to thinner, inflamed vaginal walls (vaginal atrophy) and less lubrication.

- **MENSTRUATION**

Estrogen dips during your period, causing reduced mucus production. You may notice this when using tampons.

- **BREASTFEEDING**

Hormonal changes after childbirth focus on feeding the baby, reducing estrogen and lubrication. Usually, this resolves after nursing ends. If dryness persists, consult a doctor.

- **CONTRACEPTION**

Some birth control methods, like pills, IUDs, or injections, can temporarily lower estrogen levels and reduce lubrication.

- **MEDICATIONS & CHEMOTHERAPY**

Certain medications (e.g., antihistamines, beta-blockers) and chemotherapy can reduce mucus production, causing dryness. Discuss this with your doctor if it coincides with new treatments.

- **OVARIAN ISSUES**

Ovaries produce estrogen, so surgeries or cancer treatments affecting them can lead to dryness.

- **SMOKING & ALCOHOL**

Smoking reduces blood flow, affecting mucus production. Alcohol dehydrates the body, reducing lubrication and sensitivity.

- **DOUCHING**

Douching disrupts the vagina's natural self-cleaning and lubrication process, washing away protective flora and mucus. Avoid it entirely.

- **IRRITANTS**

Soaps, perfumes, lotions, and other non-natural products can inflame and irritate the vagina, reducing lubrication. Stick to natural products.

- **AUTOIMMUNE CONDITIONS**

Disorders like Sjogren's syndrome can cause extreme dryness in the vagina, mouth, and nose. These conditions are rare but impactful.

- **STRESS AND ANXIETY**

Mental stress disrupts hormone balance, affecting lubrication. A calm mind helps maintain optimal vaginal health.



**NATRUVEDA NATURAL VULVA BALM
DISCOVERY PACK**

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ABOUT NATRUVEDA'S VULVA BALM

Mrs. Sampita struggled with irritation and discomfort, finding no relief in chemical-based products. Turning to home remedies, she discovered a natural blend that truly worked. Inspired, she and her husband created Vulva Balm—a gentle, chemical-free formula to soothe and hydrate sensitive areas. Perfect for post-shaving, pregnancy, or when extra care is needed, Vulva Balm delivers real results.

Sampita shares, **"It's been a game-changer for my intimate care."** With Vulva Balm, comfort and confidence come naturally.



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WHY NATRUVEDA'S VULVA SOOTHING BALM

Thoughtfully Crafted Formula: Natruveda's Vulva Soothing Balm is designed to heal, soothe, and protect sensitive intimate areas.

All-Natural Ingredients: Made with simple, effective, and natural components, rooted in Ayurvedic principles.

No Harsh Chemicals: Free from chemicals and artificial additives, ensuring gentle care for intimate skin.

Variants for All Preferences: Available in Unscented and Lightly Scented options to suit individual preferences.

Safe and Effective: Specifically designed to nourish and support sensitive areas with safety and efficacy.



- **100% NATURAL INGREDIENTS**

- Free from chemicals, parabens, artificial fragrances, and hormones.
- Crafted with only four primary ingredients and essential oils for added benefits.

- **TWO THOUGHTFUL VARIANTS**

- **Unscented:** For pure, neutral care without any essential oils.
- **Lightly Scented:** Fragrance-free yet naturally aromatic, offering subtle benefits from essential oils.

- **GENTLE YET EFFECTIVE**

Soothes, hydrates, and protects without any harsh chemicals, making it safe for long-term use.

- **AYURVEDIC EXPERTISE**

Inspired by Ayurvedic principles, ensuring the balm aligns with the body's natural balance and needs.

- **NON-GREASY FORMULA**

Absorbs quickly, leaving the skin soft and comfortable without a sticky residue.



Available in ***Unscented*** and ***Lightly Scented*** variants, it provides options to suit every preference while ensuring safety and efficacy.

- **UNSCENTED VERSION**

- **Unscented Formula:** No added essential oils or fragrances.
- **Perfect for Sensitivity:** Ideal for individuals with extremely sensitive skin.
- **Neutral Option:** Designed for those who prefer a completely neutral balm experience.

- **LIGHTLY SCENTED VERSION**

- **Fragrance-Free:** No artificial scents, only natural aromas from essential oils.
- **Therapeutic:** Subtle scent with added healing benefits.
- **Gentle:** Perfect for sensitive skin, offering a soothing, refreshing touch.



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NATRUVEDA | KEY INGREDIENTS VULVA BALM FOR GENTLE CARE



- **PURE VIRGIN COCONUT OIL**
- **Properties:** Antibacterial, antifungal, and intensely hydrating.
- **Benefits:** Soothes irritation, combats dryness, and helps maintain the skin's natural barrier. Its anti-inflammatory properties reduce redness and promote healing.



- **BEESWAX**
- **Properties:** A natural emollient that forms a breathable barrier.
- **Benefits:** Locks in moisture, protects against irritants, and accelerates healing while soothing sensitive skin



- **JOJOBA OIL**

- **Properties:** Closely mimics natural skin sebum for optimal hydration.
- **Benefits:** Absorbs quickly, balances skin moisture, and soothes irritation without clogging pores.



- **SWEET ALMOND OIL**

- **Properties:** Packed with vitamins E and A and essential fatty acids.
- **Benefits:** Nourishes, softens, and hydrates skin, reducing inflammation and irritation while enhancing skin elasticity.



- **ROSE ESSENTIAL OIL**

- **Properties:** Anti-inflammatory and hydrating.
- **Benefits:** Reduces redness, soothes irritated skin, and provides a calming natural floral aroma.



- **SANDALWOOD ESSENTIAL OIL**

- **Properties:** Antimicrobial and calming.
- **Benefits:** Helps reduce inflammation, promotes healing, and adds a subtle earthy note that enhances relaxation.



- **TEA TREE ESSENTIAL OIL**

- **Properties:** Antibacterial and antifungal.
- **Benefits:** Protects against infections, soothes irritation, and maintains a healthy skin environment.



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NATURAL REMEDIES FOR _____ VAGINAL ITCHING & LUBRICATION



- **Ingredients:**
- **Virgin Coconut Oil**
- **How to Use:**
 - Warm a small amount of coconut oil.
 - Gently apply it externally to the affected area.
 - Use 2-3 times daily for best results.
- **Precautions:**
 - Use only pure, virgin coconut oil to avoid irritation.
 - Avoid using internally in large quantities.



- **Ingredients:**
- **Fresh Aloe Vera Leaf**
- **How to Use:**
 - Extract fresh gel from the aloe leaf.
 - Apply directly to the external vaginal area.
 - Allow it to absorb naturally without rinsing.
- **Precautions:**
 - Ensure the aloe vera is fresh and chemical-free.
 - Perform a patch test before use.



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- **Ingredients:**
 - **Unflavored Yogurt with live Probiotics**
 - **How to Use:**
 - Apply a small amount externally.
 - For internal use, dip a clean tampon in yogurt and insert for 15–30 minutes.
 - Use once daily until symptoms improve.
 - **Precautions:**
 - Avoid flavored or sweetened yogurt. Always use fresh yogurt.
-



- **Ingredients:**
 - **Cold-pressed Olive Oil**
 - **How to Use:**
 - Warm a few drops of olive oil.
 - Apply externally to moisturize and reduce irritation.
 - Use daily as needed.
 - **Precautions:**
 - Ensure the oil is pure and avoid using internally.
-



- **Ingredients:**
- **Raw, Organic Honey**
- **How to Use:**
- Apply a thin layer externally.
- Leave it for 10–15 minutes before rinsing with warm water.
- **Precautions:**
- Avoid processed honey and do not use internally.



- **Ingredients:**
 - **Finely Ground Oatmeal, Warm Water**
 - **How to Use:**
 - Add 1 cup of oatmeal to a warm bath.
 - Soak for 15–20 minutes.
 - **Precautions:**
 - Avoid hot water, which can worsen dryness or irritation.
-



- **Ingredients:**
 - **Tea Tree Essential Oil,**
 - **Carrier Oil (e.g., Coconut Oil)**
 - **How to Use:**
 - Mix 1–2 drops of tea tree oil with 1 tablespoon of carrier oil.
 - Apply externally to the affected area.
 - **Precautions:**
 - Never use undiluted tea tree oil. Perform a patch test before use.
-



- **Ingredients:**
- **Fresh Cucumber Slices or Juice**
- **How to Use:**
- Apply slices or juice to the external area for 10–15 minutes.
- Rinse with cool water.
- **Precautions:**
- Wash the cucumber thoroughly before use.



- **Ingredients:**
 - **Chamomile Tea Bags, Water**
 - **How to Use:**
 - Brew tea, let it cool, and use as a rinse.
 - Alternatively, soak a clean cloth in the tea and apply as a compress.
 - **Precautions:**
 - Use organic tea to avoid chemicals.
-



- **Ingredients:**
 - **Organic Sesame Oil**
 - **How to Use:**
 - Warm a small amount and gently massage the external area.
 - Use once daily for best results.
 - **Precautions:**
 - Ensure the oil is lukewarm to avoid burns.
-



- **Ingredients:**
- **Baking Soda, Water**
- **How to Use:**
- Mix 1 teaspoon of baking soda in a cup of warm water.
- Use as an external rinse.
- **Precautions:**
- Do not use too frequently, as it may disrupt pH balance.



- **Ingredients:**
 - **Pure Rosewater**
 - **How to Use:**
 - Apply with a cotton pad to the external area for a soothing effect.
 - Use daily for hydration.
 - **Precautions:**
 - Ensure it is 100% natural without artificial fragrances.
-



- **Ingredients:**
 - **Fenugreek Seeds, Water**
 - **How to Use:**
 - Soak 1 tablespoon of seeds overnight.
 - Boil in 2 cups of water, strain, and let it cool.
 - Use the water as a rinse.
 - **Precautions:**
 - Ensure the rinse is at a comfortable temperature before use.
-



- **Ingredients:**
 - **Turmeric Powder, Warm Milk**
 - **How to Use:**
 - Mix 1 teaspoon of turmeric in a glass of warm milk.
 - Drink daily to reduce inflammation.
 - **Precautions:**
 - Avoid if allergic to turmeric or dairy products.
-

- **Important Note:**
- These remedies are for mild and temporary symptoms. Persistent issues require consultation with a healthcare professional. Always test for allergies before using any remedy.



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