

Thu Jun 05, 2008

## Embarrassing Question - How Do I Stay Fresh.... Down There?

Category: [Beauty Embarrassing](#)

**Question:** I shower everyday and of course change my undies daily too, but sometimes I get nervous of odors creeping up from my 'feminine area', if you know what I mean. How can I keep clean and fresh down there on a regular basis?

**Answer:** I think we all know what you mean. It's a never-ending surprise down there, and upkeep is no easy task. Vaginal odor occurs mainly from the presence of bacteria in the region, and bacteria shows up from excess moisture. So the key to smelling fresh is in staying clean and dry - but that's easier said than done. Yes, showering and clean undies are a must, but there are few extra things you can throw into your routine that will help you feel better about your below the waist region.



Instead of regular soap, or different soaps for different body parts, opt for **Summer's Eve Bath & Shower Gel** (\$4.39). This gel is made to be used over your entire body, including the area we're talking about, and offers gentle yet thorough cleansing. The scent is inviting and not too overpowering. And the fact that you only have to use one cleanser in the shower will save you a bunch of time.



Before you put your underwear on, spray a bit of feminine deodorant spray onto the interior of the panty. But make sure to choose a spray that is hypo-allergenic, since you're dealing with such a sensitive area. Also make sure to only spray on your undies and not directly on the area, as this may cause some irritation. **FDS deodorant spray** (\$3.79) is moisture-activated, so it will keep working to absorb moisture as your body produces it.



Lastly, it's always smart to pack some freshening cloths with you before heading out. **Shobha freshening cloths** (\$19) are unscented, which is important because they won't compete with the scent of the deodorant spray, and they offer a convenient way to keep clean and fresh when you are on the go.

And although we all love our lace thongs once in a while, cotton briefs are the best option for keeping the vaginal area dry and bacteria-free.

Have another embarrassing question you'd like SheFinds to answer? Post about it in the comments section - we'll help you out!