



SHOPPING FOR

INTIMATE CARE PRODUCTS

The skin of the vulva, the external area of the female genitalia, is sensitive to irritation, infection, and allergic reactions. Because of this, some ingredients that are safe at certain concentrations in other personal care products should be avoided in products intended for use on the vulva.

When shopping for these products, avoid ingredients that can lead to irritation, allergy, infection, or have been associated with hormone disruption, or endocrine-disrupting chemicals (EDCs). Common EDCs include some parabens, phthalates, and undisclosed fragrance ingredients.

The vagina, which is the internal passage that connects the vulva to the uterus, is a self-cleaning organ. Using any products to cleanse the vagina can be harmful and may cause vaginal infections. If you choose to use any intimate care products, make sure to only use them externally.

All personal care products should be formulated with ingredients that do not cause harm – especially products used in sensitive areas, like the vulva. If you choose to use an intimate care product, follow these tips for safer use:

Use products from brands that disclose 100% of their ingredients.

Avoid ingredients that can lead to irritation or allergy, like sulfates or isothiazolinones.

Choose unscented or fragrance-free products.

If you are prone to yeast infections, avoid products that contain glycerin.

Check brand websites to see if products have been clinically tested for safety.