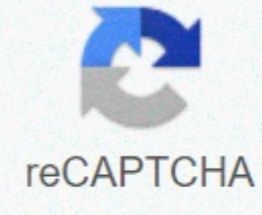




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Cetaphil gentle cleansing bar ph

Cetaphil cleaning bar. ⇒ 280.00 Philippine Cetaphil Set Na 2 + 2 Beauty Soap ⇒290.00 Philippine Cetaphil Gentle Cleansing Bar Soap ⇒134.00 Philippine Cetaphil Soap Cleaning Bar ⇒ 260.00 Philippine Cetaphil Bar Soap 4 5 Oz 00 Philippine CETAPHIL Antibacterial Bar 127g ⇒ 522.00 Cetaphil 3 Boxes Cleaning Bar ⇒520.00 Philippine Cetaphil Authentic Cleaning Bar-3 Bars ⇒ 680.00 Cetaphil Toddler Kit ⇒ <2> 767.00 Philippine CETAPHIL Ms Antibacterial Bar 127g Buy 2 Take 1 ⇒1,118.00 Cetaphil's Complete Hand-Washing Routine Even Sensitive Skin Paraben-Free Sulfate-Free Non-Alcoholic Silicone-Free EU Allergen-Free Fungus (Malassezia) Safe UV Protection From 1 Ingredient(s): Dry Skin Oily/ Acne Prone Skin Sensitive Skin Ingredient Safety Distribution (EWG Health Ratings) Low Risk Moderate Risk Unknown (shows first 5 17 Ingredients) EWG CIR ingredient name and cosmetic functions Notes 1 B Sodium dodecyl benzene benzene sulphonate (shown by first 5 17 Ingredients) EWG CIR ingredient name and cosmetic functions Notes 1 B Sodiumdodecylbenzene benzene sulphonate (surfactant active substance) ,Emulsifier,Cleansing) 1 A Sodium stearate (surfactant, viscosity, viscosity, viscosity-enhancing agents,emulsifying,sufactant) 1 B Sodium sodium serumrate (Skin Conditioning, Antistatic, Hair Conditioner,Cleansing) 1 Sodium isostearoy L Lactic (Surfactator) 1 Sodium cocoa (Surfactant, emulsifier, cleansing) More cetaphil Amazon / Jewel Butron Let's get one thing straight, jump straight: Your vagina cleanses itself. This means that all these feminine hygiene products are there-douching, feminine cleansing-is basically BS. Wait, so then * how * do you clean the skin around the vagina safely? With these sensitive skin soaps, of course. Your vulva-aka sensitive skin surrounding your vagina, forming your labia, clitoris, vaginal opening, and opening the urethra-can be cleaned, and the soaps you choose in this area are BFD. The tissues [there] are a little different, says Bethanee Schlosser, MD, associate professor of dermatology and obstetrics and gynecology at Northwestern University. It is more fragile in terms of irritant-potential, developing allergies, and physical trauma, because the skin is not as thick, so to speak, as the outer skin. The products you use in this area are also important because they can get into the opening vagina, which must maintain a certain pH balance to be healthy, says Jessica Shepherd, MD, ob-gyn in Dallas. Normal vaginal pH is usually less than 4.5 pH on a scale, which means it has an acidic environment. Maintaining that normal vaginal pH prevents overgrowth bacteria and yeast, which can cause infection, adds Dr. Jodie Horton, MD, ob-gyn in Oakton, Virginia, and chief wellness advisor for Love Wellness. That's why douching is so bad for your vag-it can get rid of good bacteria out there and increase vaginal pH, leading to yeast infections, bacterial vaginosis, inflammatory disease. This can be particularly problematic for Black women because studies have shown that they tend to have fewer Lactobacilli bacteria in their bodies that are necessary to maintain normal vaginal pH. As a result, it is two to three times more likely to have bacterial vaginosis. So how do you keep this area clean without throwing out your vaginal vegetation? Tbh, you can completely clean your vulva if you're in the shower with warm water. But if you want to feel extra fresh, adding soaps that are gentle enough to use around that area is good. And you don't have to do anything extra or use stronger soap if you have an approval or have your own period. Just wash as usual it would! Some tips for vag-and-pubic-friendly soap? A lightweight cleanser is the best, and you really don't need anything that claims to balance your pH. While soap can throw your healthy vaginal pH, it can't fix an unhealthy one. But if you use something light, like the options below, and avoid going inside your vag during cleaning, you shouldn't have any problems. And certainly don't grab anything that claims to be peeling (aï!). Also important: Skip rough washcloths and sponges-hands are the only tools you need to clean your vulva, says Dr Schlosser. If you're not sure where to start (most of us aren't!), here's a list of 12 ob-gyn- and dermatologist-recommended cleaning products, soaps and napkins that won't irritate you there. Advertising – Continue reading Down 1 Base Sensitive Skin Bar Since the soothing and moisturizing effects of chamomile and aloe vera, both of which are packed into this bar, it's always Lauren Streicher, MD, clinical professor of obstetrics and gynecology at Northwestern University with a list of recommendations for vulvar soaps. 2 Vanicream Cleansing Bar This cream-based cleanser is packing all the moisture that sensitive skin is begging for. And even for those whose vulva are not particularly reactive irritants, Dr. Streicher says that this allergy option ensures that they remain that way. 3 Cetaphil Gentle Cleansing Bar You won't find any harsh ingredients in this Dr Streicher rec. Cetaphil promises not to strip skin moisture and keep it feeling nourished throughout the day due to the fact that it is soap and detergent-free. But if you're particularly sensitive, Dr. Schlosser says to remember that unsaturated doesn't mean fragrance-free, which means that this bar still has perfume that masks the smell of its ingredients, which can be irritating. 4 Cetaphil Gentle Skin Cleanser If the pump works better in your shower situation, this cleanser, such as a bar, has been shown on the skin not to exacerbate or cause problems with the vulva, according to Dr Streicher. 5 Soap-free lipid-free amazon.com Aquanil has \$13.85 Aquanil bills itself as a watering cream that can be used with butter Water. It's oil-free, soap-free and odour-free, which makes it the main pick for ob-gyns, says Dr Streicher. 6 CeraVe moisturizing soap amazon.com This detergent is made of ceramides, which is part of a glue that sticks cells together so promote natural barrier function, says Dr Schlosser. Super-delicate ingredients strengthen and shield the pubic area of the skin to keep it healthy. 7 Eucerin Ultra Sensitive Dry Skin Soothing Care Eucerin amazon.com This is one that Dr Schlosser says is so delicate that you can make it delicate on your skin-which makes the ideal vulva. (Btw: If you don't put it on your face, it shouldn't be anywhere in the skin around your vagina.) This cleanser is preservative-free, paraben-free, odour-free and non-alcoholic, which both soothes pubic irritation and keeps it from reappearing. 8 Aveeno Gentle Moisturizing Bar Cleanser amazon.com This pick's biggest highlight, according to Sherry Ross, MD, ob-gyn in Santa Monica and author of She-ology, is the fact that it's fragrance-free, which means that it's unnecessary perfumes. 9 Dove Sensitive Skin Beauty Bar Dr. Ross is also a fan of this allergy bar which, he says, is a delicate vulva. It washes off without residue, leaving the skin feeling soft and moisturizing. 10 Advanced Cleansing Body & Face Cleanser Eucerin amazon.com This cleanser is one that Dr Ross says you can confidently use for feminine hygiene because it's still gentle enough for your face. While it may not be as mild as the oversensitive Eucerin choose above, it's still a great choice because it's fragrance and soap-free. 11 SweetSpot Labs Feminine Wet Salvas SweetSpot Labs amazon.com \$25.00 a shower is always better than a wipe, but if you're in a pinch, these are a good bet to update safely. Dr Shepherd recommends these napkins because they are pH-balanced and unsaturated, meaning they are less likely to cause irritation if you have sensitive skin. 12 Love Wellness Do It All Swept Love Wellness amazon.com These napkins are a great option because they also contain aloe vera and chamomile extract, which is a soothing vulva, says Dr Horton. 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