

INSIDE OUT

FROM DRYNESS TO INGROWN
HAIRS, HERE'S HOW TO
TEND YOUR LADY GARDEN

CRANBERRY COCKTAIL

Cystitis is sore and it stings. If it's a mild bout, symptoms usually clear up in a few days, and you may just need to take painkillers (ibuprofen or paracetamol*). Drink plenty of water and try mixing it with Superdrug Cystitis Relief Sachets x 6*, £3.89, to lower the acidity levels of your urine.

HAIRMARES

We've all had ingrown hairs downstairs, but wouldn't it be a dream if your shave didn't cause lumps and bumps the day after? Well, before you shave, apply Superdrug Ladies Sensitive Shave Gel, £2.85, to the skin around the vagina. If you suspect an ingrown hair post-shave, apply a warm compress to the area and tweeze it out with the Superdrug Ingrown Hair Remover Tool, £2.99.



PERSISTENT ITCH

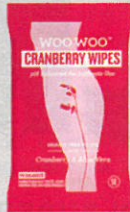
Thrush is such a common vaginal yeast infection that 75% of us will develop it in our lifetime**. It's easily treatable with an over-the-counter medication such as Canesten Thrush Internal and External Cream Combi*, £12.49. If you have recurring or persistent symptoms – these include discomfort and itching alongside irregular discharge – consult your GP for advice on treatment.

DRY DOWNSTAIRS
It's more common than you may think, so here are our tips. Use a daily vaginal moisturiser to fight off dry spells; try MegsMenopause Blossom Balm Intimate Skin Moisturiser, £10. Have a lubricant to hand, to use before sexual activity; try Superdrug Water Based Lubricating Gel, £2.49. Don't wash down there with a perfumed soap and please use warm water only.

THE DARE VAJAY VITALS



Yes Cleanse Intimate Wash, £7.99



Woo Woo Intimate Wipes with Cranberry and Aloe Vera, £2.25



Feathrs Ingrown Hair Solution, £9.99

WAX ON WAX OFF

Sick and tired of stubble? It might just be the time to give waxing a try. Whether you're after a quick tidy-up or you prefer to have the whole lot removed, à la Hollywood, our Superdrug Beauty Studios offer quick and gentle waxing treatments from experienced and skilled specialists. Want to know more? Go to superdrug.com/beauty-studio/waxing to find your nearest store.