

# The Best 100 Natural Feminine Hygiene Recipes That You Need To Know Now



## The Best 100% Natural Feminine Hygiene Recipes, That You Need To Know Now: Over 45 Easy Recipes

by BOOK CITY

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Maintaining good feminine hygiene is essential for your overall health and well-being. However, many conventional feminine hygiene products are made with harsh chemicals that can irritate your skin and disrupt the delicate balance of your vaginal flora. Fortunately, there are many natural alternatives that are just as effective and much gentler on your body.

This article provides 100 easy-to-follow recipes for natural feminine hygiene products that you can make at home. These recipes are made with all-natural ingredients that are safe, effective, and gentle on your skin. They are also free from harsh chemicals, fragrances, and dyes.

## 100 Natural Feminine Hygiene Recipes

1. **Apple cider vinegar douche:** Apple cider vinegar is a natural antifungal and antibacterial agent that can help to keep your vagina healthy and free of infection. To make an apple cider vinegar douche, add 1/2 cup of apple cider vinegar to 1 cup of warm water. Use a douche syringe to gently rinse the solution into your vagina. Hold the solution in for 5-10 minutes, then rinse with warm water.
2. **Baking soda bath:** Baking soda is a natural deodorant that can help to neutralize odors and keep your vagina feeling fresh. To make a baking soda bath, add 1/2 cup of baking soda to a warm bath. Soak in the bath for 15-20 minutes, then rinse with warm water.
3. **Coconut oil suppositories:** Coconut oil is a natural antifungal and antibacterial agent that can help to treat and prevent vaginal infections. To make coconut oil suppositories, melt 1/2 cup of coconut oil in a double boiler. Pour the melted coconut oil into suppository molds and let cool until hardened. Insert a suppository into your vagina once or twice a day as needed.
4. **Cranberry juice:** Cranberry juice is a natural diuretic that can help to flush out bacteria from your urinary tract. Drinking cranberry juice can help to prevent and treat urinary tract infections (UTIs). You can drink cranberry juice straight or add it to water or other beverages.
5. **Douching with water:** Douching with water can help to remove bacteria and other debris from your vagina. However, it is important to douche only occasionally, as over-douching can disrupt the delicate balance of your vaginal flora. To douche with water, use a douche syringe to gently rinse the water into your vagina. Hold the solution in for 5-10 minutes, then rinse with warm water.

6. **Garlic suppositories:** Garlic is a natural antifungal and antibacterial agent that can help to treat and prevent vaginal infections. To make garlic suppositories, peel and crush 1-2 cloves of garlic. Insert the crushed garlic into your vagina once or twice a day as needed.
7. **Green tea douche:** Green tea is a natural antioxidant that can help to soothe and protect your vaginal tissue. To make a green tea douche, brew 1 cup of green tea and let cool. Use a douche syringe to gently rinse the solution into your vagina. Hold the solution in for 5-10 minutes, then rinse with warm water.
8. **Hydrogen peroxide douche:** Hydrogen peroxide is a natural disinfectant that can help to kill bacteria and other microorganisms. To make a hydrogen peroxide douche, add 1/2 cup of 3% hydrogen peroxide to 1 cup of warm water. Use a douche syringe to gently rinse the solution into your vagina. Hold the solution in for 5-10 minutes, then rinse with warm water.
9. **Lavender oil bath:** Lavender oil is a natural relaxant that can help to soothe and calm your vagina. To make a lavender oil bath, add 10-15 drops of lavender oil to a warm bath. Soak in the bath for 15-20 minutes, then rinse with warm water.
10. **Plain yogurt:** Plain yogurt contains live cultures that can help to restore the balance of your vaginal flora. Eating plain yogurt or applying it directly to your vagina can help to prevent and treat vaginal infections.
11. **Tea tree oil suppositories:** Tea tree oil is a natural antifungal and antibacterial agent that can help to treat and prevent vaginal infections. To make tea tree oil suppositories, add 5-10 drops of tea tree oil to 1 tablespoon of coconut oil. Pour the mixture into suppository molds and

let cool until hardened. Insert a suppository into your vagina once or twice a day as needed.

12. **Vaginal steaming:** Vaginal steaming is a natural way to cleanse and detoxify your vagina. To vaginal steam, boil 1 quart of water and pour it into a heat-resistant bowl. Sit on the toilet or over the bowl and allow the steam to penetrate your vagina. Steam for 10-15 minutes, then rinse with warm water.
13. **Witch hazel pads:** Witch hazel is a natural astringent that can help to reduce inflammation and swelling. To make witch hazel pads, soak cotton pads in witch hazel and apply them to your vagina as needed.

These are just a few of the many natural feminine hygiene recipes that you can use to take care of your body. By using these recipes, you can avoid the harsh chemicals found in conventional feminine hygiene products and enjoy the peace of mind that comes with knowing that you are using safe and effective products on your body.



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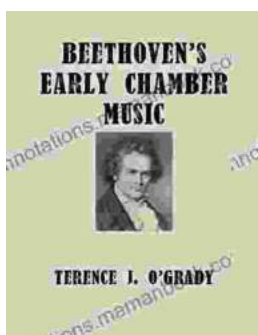
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