

The 7-Day Feminine Care Reset™

A Simple 7-Day Routine to Simplify Your Intimate-Care Habits, Reduce Unnecessary Product Use, and Get Clearer About Your Body

You don't need another shelf full of feminine-care products.

You probably need fewer things competing for your attention.

The 7-Day Feminine Care Reset™ is a simple routine designed to help you step back from unnecessary intimate-care habits and return to basic, sensible care.

This isn't a treatment.

It isn't a detox.

And it isn't about changing the natural environment inside your vagina.

It's about simplifying your routine so you can stop guessing.

For the next seven days, your job is simple:

Less experimenting. More observing.

Before You Start

There is one important rule.

The vagina does not need to be washed or “reset” from the inside.

Avoid douching or putting soaps, perfumes, deodorants, antiseptics, or other products inside the vagina. Guidance from the NHS recommends gentle washing of the external

genital area and avoiding perfumed soaps, gels, deodorants, scented wipes, and douching.

If you already have persistent unusual odor, unusual discharge, itching, burning, pain, sores, pain when urinating, pelvic pain, fever, or other symptoms that concern you, don't wait for seven days to finish before seeking medical advice.

The Reset is for simplifying your habits—not delaying healthcare.

DAY 1 — CLEAR THE NOISE

Today isn't about changing everything.

It's about seeing what you're currently doing.

Look at the products you use around your intimate area.

Write them down.

My current products

Product	Why I use it	Where I use it
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Now ask yourself:

“Am I using this because I need it, or because I've been told I should?”

Don't judge yourself.

You're simply collecting information.

Today's Reset

Do not add a new intimate-care product today simply because you're worried about odor.

Keep your routine simple.

DAY 2 — SIMPLIFY

Today we're removing unnecessary complexity.

For basic external care, gentle washing of the vulva with water and, if tolerated, mild unscented soap is generally recommended. Avoid putting soap or other products inside the vagina.

Today's checklist

- ☐ Keep external washing gentle.
- ☐ Avoid douching.
- ☐ Avoid vaginal deodorants.
- ☐ Avoid scented wipes.
- ☐ Avoid strongly perfumed soaps or gels around the area.

☐ Don't introduce a new product just because you're worried about odor.

Then ask:

“What can I stop doing?”

Sometimes that question is more useful than:

“What else should I buy?”

DAY 3 — KNOW YOUR NORMAL

Today is about your baseline.

There is no single smell that every woman's vagina is supposed to have.

Your body can have a natural scent, and normal vaginal discharge can vary in amount and appearance over time.

So don't compare yourself with your friend.

Don't compare yourself with a woman on Instagram.

And definitely don't compare yourself with an advertisement selling “feminine freshness.”

Compare today's experience with your own normal.

Write it down

My usual discharge:

My usual scent:

What feels normal for me:

What feels different:

This is your baseline.

DAY 4 — FIND THE SHIFT

Remember the Decoder?

NOTICE → SHIFT → RESET → DECODE → DECIDE

Today we're focusing on SHIFT.

Think back over the last few days.

Did anything change?

Maybe:

☐ Your period started or ended.

☐ You had sex.

- ☐ You exercised more than usual.
- ☐ You were sweating more.
- ☐ You changed underwear or clothing habits.
- ☐ You started using a new product.
- ☐ You travelled.
- ☐ Your routine changed.
- ☐ Something else: _____

Don't force a connection.

A change happening before an odor change does not prove that it caused it.

You're simply recording the timeline.

DAY 5 — STOP THE COVER-UP

This is where many women get trapped.

They notice an odor.

Then they try to cover it.

Perfume.

Wipes.

Sprays.

Extra washing.

Another product.

But covering a smell doesn't tell you why it changed.

And fragranced products can irritate sensitive skin.

Today's challenge

For today:

Don't try to make your vagina smell like perfume.

Let your natural body be your baseline.

If you're worried about a persistent unusual odor, don't try to hide it.

Understand it.

And if it comes with other concerning symptoms, get checked.

DAY 6 — DECODE THE WHOLE PICTURE

Today, step back and look at everything.

Ask yourself:

WHAT?

What exactly changed?

WHEN?

When did I first notice it?

SHIFT?

What happened before I noticed it?

WHAT ELSE?

Have I noticed:

- ☐ Unusual discharge
- ☐ Itching
- ☐ Burning
- ☐ Pain
- ☐ Pain when urinating
- ☐ Sores
- ☐ Pelvic pain
- ☐ Fever or feeling unwell
- ☐ Unusual bleeding
- ☐ None of these

A change in vaginal discharge, smell, or texture can sometimes be associated with infection, and different conditions can have overlapping symptoms. That's why self-diagnosing from odor alone isn't reliable.

DAY 7 — DECIDE

You made it to Day 7.

Now don't ask:

“Did I completely remove every smell?”

That's not the goal.

Ask:

“Do I understand my routine better?”

“Do I know what is normal for me?”

“Did I stop unnecessary product use?”

“Did I notice a pattern?”

And most importantly:

“Do I need professional medical advice?”

If the unusual change has persisted, keeps returning, or comes with symptoms that concern you, speak with a qualified healthcare professional. For example, bacterial vaginosis can cause an unusual fishy odor and changes in discharge, but other

conditions can also cause changes in odor or discharge. Testing and clinical assessment may be needed to determine the cause.

Don't guess.

Don't keep buying products.

Get the right information.

YOUR 7-DAY RESET CARD

DAY 1

Clear the noise.

See what you're currently using.

DAY 2

Simplify.

Keep external care gentle and avoid unnecessary scented products.

DAY 3

Know your normal.

Understand your own baseline.

DAY 4

Find the SHIFT.

Look at what changed before you noticed the difference.

DAY 5

Stop the cover-up.

Don't use fragrance to hide an unusual change.

DAY 6

DECODE.

Look at odor together with other symptoms and patterns.

DAY 7

DECIDE.

Observe, pay attention, or seek professional care.

One Last Thing

The goal of this Reset isn't to make you afraid of every product.

It's to make you less dependent on products and more confident in your own awareness.

You don't have to fight your body.

You don't have to make it smell like perfume.

You don't have to panic every time something changes.

Simplify. Observe. Understand. Act when necessary.

That's the Reset.

