

Small Changes Can Make a Big Difference



Could Something *You're Using* Be Contributing?

The Intimate Product & Routine Audit

Your Step-by-Step Checklist to Spot
Hidden Triggers, Make Safer Choices
and Support Intimate Comfort

Audit
Your Products.
Review Your
Routines.
Protect Your
Comfort.



My Intimate Health Audit

- ☒ Body Care
- ☒ Soaps & Cleansers
- ☒ Sanitants
- ☒ Sanitary Products
- ☒ Hormonal Changes
- ☒ Medicines & Supplements
- ☒ Lifestyle Habits
- ☒ Other Possible Triggers



Be More
Informed



Make
Comfort-Focused Choices



Feel Confident
About Your Intimate Care

ZARA AMARI

Could Something *You're Using* Be Contributing?

The Intimate Product & Routine Audit



COULD SOMETHING YOU'RE USING BE CONTRIBUTING?

The Intimate Product & Routine Audit

A practical checklist for women whose sex suddenly became uncomfortable after years of being fine

BEFORE WE START

You may have asked yourself:

“Could something I'm using be contributing to this?”

Maybe you changed your soap.

Maybe you bought a new lubricant.

Maybe you started using an intimate wash.

Maybe you switched contraceptives.

Maybe you started using wipes, creams, oils or another product because you wanted to feel cleaner, fresher or more comfortable.

And now you're wondering:

“Could that change have anything to do with what I'm experiencing?”

It is a reasonable question.

But this guide is **not designed to diagnose the cause of your pain.**

Instead, it helps you conduct a simple **product-and-routine audit** so you can identify possible changes worth paying attention to and discuss with a healthcare professional if symptoms continue.

THE PRODUCT CHANGE CONNECTION™

The basic idea is simple:

BEFORE

You were comfortable.



SOMETHING CHANGED

A product, routine, medication or intimate habit changed.



AFTER

You began noticing discomfort.

That timing **doesn't prove that the change caused the problem.**

But it gives you something worth investigating.

PART 1

YOUR "BEFORE & AFTER" SNAPSHOT

Think about the period immediately before your symptoms started.

BEFORE THE PROBLEM

What products were you using?

How often?

How long had you been using them?

AFTER THE PROBLEM STARTED

What changed?

When did the change happen?

THE MOST INTERESTING CLUE

The change that stands out most to me is:

Why?

PART 2

THE INTIMATE PRODUCT AUDIT

Go through your current routine.

Don't judge it.

Just document it.

1. INTIMATE WASH / CLEANSER

Product:

How often do I use it?

Did I use it before the problem started?

☐ Yes

☐ No

☐ Not sure

Did anything change about the product or frequency?

☐ Yes

☐ No

☐ Not sure

2. BODY SOAP / SHOWER GEL

Product:

Does it come into contact with my genital area?

☐ Yes

☐ No

☐ Sometimes

Was this product introduced or changed recently?

- ☐ Yes
 - ☐ No
 - ☐ Not sure
-

3. LUBRICANT

Product:

When did I start using it?

Did discomfort begin around the same period?

- ☐ Yes
 - ☐ No
 - ☐ Not sure
-

4. CONDOMS / BARRIER PRODUCTS

Product/type:

Did I recently switch brands or types?

- ☐ Yes
 - ☐ No
 - ☐ Not applicable
 - ☐ Not sure
-

5. CREAMS / OILS / LOTIONS

What do I use?

Where do I apply it?

When did I begin using it?

6. WIPES

Do I use intimate or cleansing wipes?

☐ Yes

☐ No

How frequently?

7. PERFUMED PRODUCTS

Do I use any products specifically to create fragrance or “freshness” around the genital area?

☐ Yes

☐ No

If yes:

8. OTHER PRODUCTS

Anything else?

PART 3

THE “DID THIS CHANGE?” CHECK

Now look at every product you've listed.

For each one, ask:

Was I already using this when sex was comfortable?

☐ Yes

☐ No

☐ Not sure

Did I recently change the brand?

☐ Yes

☐ No

Did I increase how often I use it?

☐ Yes

☐ No

Did I begin using it differently?

☐ Yes

☐ No

Did symptoms appear around the same period?

- ☐ Yes
- ☐ No
- ☐ Not sure

PART 4

THE “MORE IS BETTER” TRAP

This is where many women accidentally make their routines more complicated.

You want to feel:

cleaner

fresher

more comfortable

more confident

So you add another product.

Then another.

Then another.

Suddenly your routine contains several different products serving essentially the same purpose.

The problem?

If irritation occurs, you may have no idea which product is contributing.

YOUR CURRENT ROUTINE

How many products do you regularly use specifically because you want to feel “fresh” or “clean” around your intimate area?

Number: _____

Now ask yourself:

“Do I actually need all of these?”

You don't have to answer immediately.

Just notice the pattern

PART 5

THE “NATURAL” DOESN'T MEAN “NON-IRRITATING” RULE

This deserves its own section.

You may have heard recommendations involving:

- essential oils
- herbs
- homemade washes
- vinegar
- baking soda
- lemon
- various oils
- homemade mixtures
- other traditional remedies

Some people swear by them.

But:

Natural does not automatically mean suitable for sensitive genital tissue.

The vagina and surrounding genital skin can be sensitive.

A substance that feels harmless on your hand or skin elsewhere doesn't automatically belong inside the vagina.

BEFORE USING A HOMEMADE REMEDY, ASK:

Do I know exactly what this is doing to sensitive tissue?

☐ Yes

☐ No

Was it recommended by a qualified healthcare professional for my specific situation?

☐ Yes

☐ No

Could it irritate or disrupt the normal environment?

☐ Yes

☐ No

☐ I don't know

If you don't know, don't assume it's safe simply because someone online says it worked for them.

PART 6

YOUR "LESS IS MORE" AUDIT

Now temporarily divide your routine into three categories.

KEEP

Things you genuinely need and have been using without obvious problems.

QUESTION

Things you're unsure about or want to investigate.

REVIEW

Products you introduced around the time the problem began.

The purpose isn't to create a new treatment plan.

It's to make your routine **easier to understand**.

PART 7

DON'T FORGET THE THINGS THAT AREN'T "INTIMATE PRODUCTS"

Sometimes the relevant change isn't something you bought specifically for sex.

Consider:

LAUNDRY

Did you change:

- ☐ Detergent?
- ☐ Fabric softener?
- ☐ Scent boosters?
- ☐ Underwear washing routine?

CLOTHING

Did you change:

- ☐ Underwear?
- ☐ Tight clothing?
- ☐ Workout clothing?
- ☐ How long you remain in damp clothing?

MEDICATION

Did you:

- ☐ Start medication?
- ☐ Stop medication?
- ☐ Change medication?
- ☐ Change dosage?

CONTRACEPTION

Did you:

- ☐ Start contraception?
- ☐ Stop contraception?
- ☐ Change method?
- ☐ Notice symptoms after a change?

BODY / LIFE

Did something change with:

- ☐ Your menstrual cycle?
- ☐ Hormonal circumstances?

☐ Stress?

☐ Sleep?

☐ General health?

Again:

These are clues—not diagnoses.

PART 8

THE “TIMING” TEST

Write down three dates or approximate periods.

PRODUCT / ROUTINE CHANGE

FIRST NOTICEABLE DISCOMFORT

FIRST TIME SEX BECAME PAINFUL

Now ask:

“How close were these events?”

If the timing is close, record it.

That doesn't establish causation.

It simply gives you something useful to discuss and observe.

PART 9

THE ONE-CHANGE RULE

If you're changing your routine because you suspect a product may be contributing to irritation, avoid changing **everything simultaneously** unless a healthcare professional has advised otherwise.

Why?

Because if you change:

- your soap
- your lubricant
- your wipes
- your underwear
- your cream

all at once...

and then your symptoms change...

you've learned very little about what happened.

SIMPLIFY.

OBSERVE.

DOCUMENT.

That's much more useful than throwing your entire routine into chaos.

PART 10

YOUR PRODUCT TIMELINE

Fill this in.

Product / Routine	Started	Changed	Symptoms started	Notes
_____	_____	_____	_____	_____
	—			—
_____	_____	_____	_____	_____
	—			—
_____	_____	_____	_____	_____
	—			—
_____	_____	_____	_____	_____
	—			—
_____	_____	_____	_____	_____
	—			—

Now circle the changes that occurred **closest to the beginning of your symptoms.**

Those are your strongest **investigation clues.**

Not answers.

Clues.

PART 11

THE “WHAT AM I TRYING TO FIX?” QUESTION

This question can completely change how you approach intimate products.

Before using something, ask:

“What problem am I actually trying to solve?”

If your answer is:

“I want to smell fresher.”

Ask:

“Is there actually a new or unusual odour—or am I trying to make my normal body smell like perfume?”

“I want to feel cleaner.”

Ask:

“Am I actually unclean, or have I been taught that normal vaginal secretions are something I need to remove?”

“I want to prevent irritation.”

Ask:

“Could the number of products I'm using actually be making my routine more complicated?”

“I want sex to stop hurting.”

Ask:

“Do I know why it hurts, or am I trying random products because I don't know what else to do?”

That final question matters.

PART 12

THE “DON'T MASK THE SIGNAL” RULE

If your body is repeatedly giving you a warning signal, covering the signal isn't necessarily the same as solving the problem.

For example:

If there is an unusual odour, don't simply keep adding fragrance.

If there is irritation, don't automatically add another product.

If there is recurring pain, don't simply find a way to tolerate it.

If symptoms persist, get appropriate medical advice.

PART 13

YOUR PERSONAL PRODUCT SCORECARD

Choose one product or routine you are most curious about.

PRODUCT:

WHY I'M QUESTIONING IT:

I STARTED USING IT:

MY SYMPTOMS STARTED:

THE TIMING:

☐ Very close

☐ Somewhat close

☐ Not close

☐ I don't know

DID I HAVE THE PROBLEM BEFORE USING IT?

☐ Yes

☐ No

☐ Not sure

HAS ANYTHING CHANGED ABOUT HOW I USE IT?

☐ Yes

☐ No

☐ Not sure

MY NEXT STEP:

PART 14

WHEN TO STOP THE PRODUCT INVESTIGATION

There comes a point where the question:

“Could it be something I'm using?”

is no longer enough.

If your pain:

- keeps returning
- is becoming worse
- occurs even when you're not having sex
- is accompanied by unusual symptoms
- is interfering with your relationship or quality of life
- remains unexplained despite simplifying your routine

then don't spend months investigating your bathroom shelf.

Move the investigation forward.

Talk to an appropriate healthcare professional.

YOUR 10-MINUTE PRODUCT AUDIT

If you're short on time, do only this.

- 1.** Write down everything you use around your intimate area.
- 2.** Circle anything introduced or changed recently.
- 3.** Write down when the pain started.
- 4.** Compare the timing.
- 5.** Note any other symptoms.
- 6.** Avoid randomly adding more products.
- 7.** Keep your observations.
- 8.** If the pain continues or concerns you, seek appropriate professional advice.

That's your complete audit.

YOUR FINAL PRODUCT AUDIT CARD

WHAT I USE:

WHAT I RECENTLY CHANGED:

WHEN THE PAIN STARTED:

THE CHANGE CLOSEST TO THAT TIME:

OTHER SYMPTOMS:

WHAT I'M GOING TO STOP EXPERIMENTING WITH:

WHAT I NEED TO ASK A PROFESSIONAL:

THE BIG TAKEAWAY

Your first instinct when something suddenly feels wrong may be:

“I need to buy something to fix this.”

But sometimes the smarter first move is:

STOP. LOOK. AUDIT.

Look at what changed.

Look at what you're using.

Look at the timing.

Look at the pattern.

Then decide what makes sense next.

You don't need a bathroom full of products.

You need **clarity**.

And if the pain keeps coming back, the goal isn't to become better at managing the pain.

The goal is to understand **why you're experiencing it and get appropriate care when necessary**.

Don't add another product before you understand the problem.

IMPORTANT

This bonus is an educational self-observation tool. It cannot determine whether a specific product is causing pain, and it should not be used to diagnose or treat an underlying condition.

If painful sex is persistent, recurrent, worsening, or accompanied by concerning symptoms, seek evaluation from a qualified healthcare professional.

For severe pelvic/abdominal pain, significant or unusual bleeding, fever or feeling very unwell, fainting/significant dizziness, or new sores/significant genital changes, seek prompt medical “**Could something in my routine be contributing?**” without pretending that a product audit can diagnose the cause.