



HarmQny® Feminine moisturiser

A water based natural vaginal moisturising gel that has been formulated specifically to:

- Relieve vaginal dryness
- Be certified COSMOS Natural
- Alleviate irritation, such as minor itching
- Moisturise and soothe dry and sensitive vaginal tissue
- Have a pH that is balanced to be similar to natural vaginal pH

WHAT IS A VAGINAL MOISTURISER?

Vaginal moisturisers aim to rehydrate dry mucosal tissue. Vaginal moisturisers are intended to be used for the non-hormonal alleviation of vaginal dryness and may provide relief if applied regularly.

DO MANY WOMEN SUFFER FROM VAGINAL DRYNESS?

Vaginal moisture is mainly produced at the top of the vagina by the cervix. The moisture is slightly acidic to fight against infections such as thrush. Vaginal dryness is a very common problem. It typically occurs during and after menopause, but may also affect breast feeding mothers, women who are experiencing certain medical treatments, and those who have had a hysterectomy. Itching, irritation, and discomfort are also very common symptoms of vaginal dryness, especially later in life.

WHAT CAUSES VAGINAL DRYNESS?

These common problems are caused by a lack of natural moisture – which originate inside the vagina. The amount of moisture produced is controlled by the hormone oestrogen. Whenever oestrogen levels remain low, the entire vaginal area tends to become dry inside and out, and this can lead to itching, irritation and discomfort.

There are a number of other causes of vaginal dryness. These include:

- Stress
- Use of hygiene products, such as feminine sprays and harsh soaps
- Use of swimming pool and hot tub chemicals
- Use of certain washing powders
- Breastfeeding (a result of low oestrogen levels)
- Some types of contraception
- Menopause

