BONUS #1

THE ANCIENT V-FRESH RITUAL™

Traditional-inspired secrets for intimate freshness & everyday care.

By Amara Obi

The Secret Isn't Another Feminine Wash

There is a reason many women keep buying product after product and still don’t feel confident about intimate freshness.

They are trying to **cover the problem** instead of understanding the environment around the intimate area.

Freshness isn’t about making your vagina smell like perfume.

It’s about **cleanliness, comfort, moisture control, breathable clothing and knowing what is normal for your body**.

That is the idea behind the Ancient V-Fresh Ritual™.

The 5 V-Fresh Principles

01 — Clean Gently

Clean the **external intimate area** during your normal bath or shower.

You don't need aggressive scrubbing.

Your vagina is naturally self-cleaning.

> ***Remember: clean doesn’t mean over-cleaned.***

02 — Keep It Dry

After bathing, gently pat the external area dry.

After heavy sweating, change out of damp underwear or clothing when practical.

Heat + sweat + prolonged moisture can make you feel uncomfortable.

03 — Let Your Body Breathe

Your clothing matters.

Choose comfortable underwear and avoid staying in extremely tight, sweaty clothing for unnecessarily long periods.

After exercise or a very hot day, change when you can.

04 — Don't Mask What You Should Investigate

Perfume may cover a smell temporarily.

It doesn't tell you ***why*** the smell changed.

If you notice a persistent or unusual odour, especially alongside discharge, itching, burning or pain, don't keep adding products.

Get it checked.

05 — Know Your Normal

Every woman's natural scent is different.

Your period, sweating, exercise, hormones and other everyday changes can affect scent.

The most useful question is:

> ***"Is this normal for me, or has something noticeably changed?"***

Your Simple Daily Routine

Morning

1. Clean
Gently wash the external area.

2. Rinse
Make sure any cleansing product used externally is properly rinsed away.

3. Dry
Pat dry before getting dressed.

4. Fresh underwear
Start your day with clean, comfortable underwear.

5. Dress comfortably
Choose clothing that allows you to stay comfortable throughout the day.

The Hot-Day Reset

Living in a hot climate can make freshness more challenging.

Especially after:

- Long commutes
- Outdoor activities
- Exercise
- Busy workdays
- Events
- Heavy sweating

When possible:

CHANGE → CLEAN → DRY → FRESHEN UP

Change damp clothing. Gently clean externally. Dry properly. Put on fresh underwear or clothing.

That's it.

> ***You don't need ten products.***

7 Things to Stop Doing

Stop #1 — Douching

Do not wash inside the vagina to try to remove odour.

Stop #2 — Spraying perfume on the intimate area

Perfume is not intimate hygiene.

Stop #3 — Using lemon, vinegar or baking soda

"Natural" doesn’t automatically mean safe for sensitive intimate tissue.

Stop #4 — Putting homemade mixtures inside the vagina

Avoid inserting herbs, oils, soaps or other homemade preparations.

Stop #5 — Overwashing

More washing isn't necessarily better.

Stop #6 — Staying in sweaty underwear for hours

Change when practical after heavy sweating.

Stop #7 — Using products to hide persistent unusual odour

If something has changed significantly, find out why.

Your 3-Day V-Fresh Reset™

For the next three days, simplify everything.

Day 1 — Simplify

Use only the basic hygiene routine.

Avoid unnecessary fragranced intimate products.

Day 2 — Check Your Clothing

Wear clean, comfortable underwear.

Change after heavy sweating when practical.

Make sure towels are clean and completely dry between uses.

Day 3 — Know Your Normal

Pay attention to:

- Scent
- Discharge
- Irritation
- Comfort
- Changes after sweating
- Changes around your period

You're looking for **patterns**, not perfection.

Your V-Fresh Quick Checklist

Every Morning

- ☐ External area cleaned gently
- ☐ Properly dried
- ☐ Fresh underwear
- ☐ Comfortable clothing

After Heavy Sweating

- ☐ Changed damp clothing when possible
- ☐ Cleaned externally if needed
- ☐ Dried properly
- ☐ Put on fresh clothing

Every Week

- ☐ Check your intimate-care products
- ☐ Remove unnecessary fragranced products
- ☐ Wash towels properly
- ☐ Check underwear condition and comfort
- ☐ Pay attention to unusual changes

The "Is This Normal?" Check

Ask yourself:

Is the smell simply different after sweating or my period?
If yes, monitor it.

Has there been a persistent, noticeably unusual odour?
Pay attention.

Is there also unusual discharge, itching, burning, pain or sores?
Don't simply mask it with products.

Is something significantly different from your normal?
Consider speaking with a qualified healthcare professional.

When to Get Professional Help

Please seek professional medical advice if you experience symptoms such as:

- Persistent unusual odour
- New or unusual discharge
- Significant itching
- Burning
- Pelvic pain
- Pain when urinating
- Sores or unusual skin changes
- Unusual bleeding
- Symptoms that keep returning

A freshness routine can support everyday hygiene. It cannot diagnose or treat an infection or other medical condition.

The V-Fresh Golden Rule

> ***Don't try to make your intimate area smell like perfume. Aim for clean, comfortable, healthy and familiar.***

That's the real secret.

Your Personal V-Fresh Routine

My morning routine:

My after-sweating routine:

One product I need to stop using:

One habit I need to improve:

Something about my body I want to understand better:

One Last Secret…

You don't need to be ashamed of your body. You don't need to constantly worry about whether you smell. And you don't need a shelf full of feminine products to feel fresh.

> ***Simple care beats product overload.***

Know your normal. Keep the external area clean and comfortable. Change out of sweaty clothing. Avoid unnecessary irritation.

And when something genuinely changes, don’t cover it up — **pay attention to it**.

That is the heart of the Ancient V-Fresh Ritual™.

Stay fresh. Stay informed. Stay confident.

— Amara Obi

PLEASE READ

Important Disclaimer

This bonus material is for general educational and personal-care information. It is not a substitute for medical diagnosis, treatment or professional healthcare advice.

The term “Ancient V-Fresh Ritual™” is a branding concept inspired by traditional personal-care wisdom. It does not represent a medically proven ancient treatment or cure.

Do not douche or insert homemade mixtures, herbs, soaps, perfumes, oils or other substances into the vagina.

If you experience persistent unusual odour, abnormal discharge, itching, burning, pain, sores, unusual bleeding or other concerning symptoms, consult a qualified healthcare professional.