

THE MONTHLY RESET SYSTEM™

A NATURAL SOLUTION.
REAL CONFIDENCE.

The Monthly Reset System™

Close The Freshness Gap and
End Vaginal Odor Naturally



RESTORE



BALANCE



REFRESH

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The Monthly Reset System

Close the Freshness Gap and End “Vaginal Odor” Naturally

By Debby Dina

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What If Vaginal Odor Wasn't Really About Being Unclean?

Dear Sister,

For years, I believed what many women believe.

If there was an odor, I simply needed to wash more.

Use stronger soap.

Buy another feminine wash.

Try another product.

And if that didn't work?

Try something even stronger.

But over time, I began noticing something strange.

Many women who were extremely clean still struggled with recurring odor.

Some noticed it after their monthly cycle.

Others noticed it after recovering from an infection.

Some noticed it after using product after product in search of freshness.

The more I listened to women, the more I realized something important:

This wasn't simply a cleanliness issue.

There seemed to be a missing piece of the puzzle.

A gap.

A period of transition that almost nobody talks about.

That discovery became the foundation for what I now call:

The Monthly Reset System

And in the pages ahead, I'll show you exactly what that means.

The Secret Most Women Never Learn

Most women know exactly what to do during their period.

They know how to manage their flow.

They know when to change their sanitary products.

They know how to stay clean and comfortable.

But very few women are ever taught what happens immediately after.

Once the period ends, everyone simply assumes life returns to normal.

But for many women, that's not what happens.

Instead, they begin noticing little changes.

A slight difference in freshness.

A feeling they can't quite explain.

A loss of confidence.

An increased awareness of odor.

Sometimes they start checking themselves more often.

Sometimes they become worried that others might notice.

Sometimes they begin trying product after product hoping to solve the issue.

And that's where the real problem begins.

Because what if the issue isn't that you're dirty?

What if your body is simply moving through a natural transition period?

A period we call:

THE FRESHNESS GAP

And understanding that gap could completely change how you think about freshness forever.

The Freshness Gap

The Freshness Gap is the period many women experience after their monthly cycle ends.

It is the space between feeling fresh during your period care routine and feeling completely like yourself again afterward.

During this time, some women notice changes in comfort, confidence, or personal freshness.

Unfortunately, many women misunderstand what is happening.

They assume they need stronger products, more washing, or more fragrances.

But freshness is not always about doing more.

Sometimes it is about allowing your body to naturally reset and return to balance.

Think of it like this:

After cleaning your home, you don't immediately start cleaning again. You allow everything to settle into place.

Your body works in a similar way.

The Monthly Reset System was created to help women support this often-overlooked transition through three simple stages:



Stages in the monthly reset system

It is a simple monthly ritual designed to help you feel refreshed, comfortable, and confident after every cycle.

Signs You May Be Experiencing The Freshness Gap

Not every woman experiences the Freshness Gap in the same way.

However, if you've noticed any of the following after your monthly cycle, you may be experiencing this often-overlooked transition period.

Check all that apply:

- ☐ I notice an increase in personal odor after my period ends.
- ☐ I find myself checking for freshness more often than usual.
- ☐ I feel less confident than I normally do.
- ☐ I don't feel quite as feminine, comfortable, or refreshed as I would like.
- ☐ I frequently switch between washes, sprays, soaps, or other products searching for a solution.
- ☐ I worry that other people may notice.
- ☐ I feel relieved when my cycle begins but less confident afterward.

If You Checked Two Or More...

You are not alone.

Many women experience a period of adjustment after their monthly cycle ends. The good news is that understanding this transition is the first step toward supporting your body's natural reset process.

On the next page, we'll look at the mistakes many women make when trying to solve the problem.

"The Freshness Gap is not about being unclean. It's about understanding what happens after your cycle"

Why More Cleaning Isn't Always The Answer

When women notice a change in freshness, the natural reaction is to clean more.

Wash more often.

Use stronger products.

Try a new feminine wash.

Add sprays, perfumes, or fragrances.

The intention is understandable. After all, nobody wants to feel uncomfortable or self-conscious.

But sometimes these efforts can create a frustrating cycle.

The more products you use, the more dependent you become on temporary fixes. When the freshness you're looking for doesn't return, you simply try something else.

Many women spend years moving from one product to another without ever addressing the real issue.

The truth is that freshness isn't always about doing more.

It's not always about stronger soaps.

It's not always about heavier fragrances.

And it's not always about washing more often.

Sometimes the body simply needs time, support, and a gentle approach as it moves through its natural monthly transition.

That's why the Monthly Reset System™ focuses on a different philosophy:

Restore. Balance. Refresh.

Not more cleaning. Not more products.

Just a simple monthly ritual designed to help you feel comfortable, refreshed, and confident after every cycle.



The Monthly Reset Cycle

Most women focus on what happens during their period.

The Monthly Reset System focuses on what happens afterward.

This simple approach follows three stages that support your journey back to comfort, confidence, and freshness.



Each stage serves a unique purpose.

Together, they form a simple monthly ritual designed to help you feel like yourself again after every cycle.

Stage 1: RESTORE

Day 1 After Your Period - (Clean and Groom)

The RESTORE stage begins immediately after menstruation ends.

For the past several days, your body has been focused on completing its monthly cycle.

During this time, you may have worn sanitary pads, tampons, menstrual cups, or other menstrual products for extended periods.

As a result, the intimate area may have experienced prolonged moisture, reduced airflow, sweating, and increased sensitivity.

By the end of your period, many women simply want to feel fresh, comfortable, and like themselves again.

This is why the first 24 hours matter.

RESTORE is about helping your body transition out of menstruation and creating a fresh foundation for the next stage of The Monthly Reset Cycle.

It is not about harsh products, excessive washing, or masking odors.

It is about cleanliness, comfort, and renewal.

A Personal Grooming Reset

As part of your personal hygiene routine, you should trim or shave the external intimate area after your period.

During menstruation, hair can sometimes retain moisture, sweat, and traces of menstrual fluid.

This could make the area smell fishy after menstruation and washing alone may not get this out.

With grooming the area, you will feel cleaner, fresher, and more comfortable after your cycle.

This step is entirely a personal choice.

The goal is not perfection.

The goal is simply to begin the reset process feeling refreshed and renewed.

Support Your RESTORE Stage

- ✓ Wash the external intimate area with clean water
- ✓ Trim or shave
- ✓ Wear clean, breathable cotton underwear
- ✓ Stay hydrated throughout the day
- ✓ Avoid excessive fragrances and harsh products
- ✓ Prioritize rest and self-care

Think of RESTORE as pressing the reset button after your monthly cycle.

Before balance can be restored, the body first needs an opportunity to recover, breathe, and begin fresh.

That is the purpose of RESTORE.

Because freshness doesn't begin with fragrance.

It begins with restoration.

Stage 2: BALANCE

Days 2 After Your Period (Renew and Smooth)

After the RESTORE stage comes BALANCE.

At this point, your body has already begun transitioning out of menstruation and returning to its normal rhythm.

Many women do not realize that the intimate area is constantly renewing itself.

Just like the skin on your face and body, the external intimate skin naturally sheds old cells and replaces them with new ones.

This is a normal and healthy process.

The BALANCE stage is about supporting that natural renewal while helping you feel clean, comfortable, and refreshed.

The Gentle Exfoliation Step

As part of The Monthly Reset System, perform a gentle exfoliation of the external skin of the vaginal area using ordinary granulated sugar.

Why sugar?

The tiny crystals provide mild physical exfoliation that can help remove surface dead skin cells from the outer skin area of the vagina.

Many women find that this leaves the skin feeling smoother, softer, and refreshed.

Most importantly, the goal is not aggressive scrubbing.

The goal is gentle renewal.

How To Use

- ✓ Wet the external skin with clean water.
- ✓ Apply a small amount of granulated sugar to the external skin only.
- ✓ Massage gently using light circular motions for a short period.
- ✓ Rinse thoroughly with clean water.
- ✓ Pat dry with a clean towel.

Important

Exfoliation should always be gentle.

Avoid irritated, broken, or sensitive skin.

If discomfort occurs, discontinue use immediately.

The BALANCE Mindset

Many women believe freshness comes from doing more.

More washing.

More products.

More fragrances.

But balance is often created by simplicity.

During this stage, your role is not to force the process.

It is to support it.

Support Your BALANCE Stage

- ✓ Continue wearing breathable cotton underwear
- ✓ Continue staying hydrated
- ✓ Continue avoiding heavily scented products
- ✓ Allow your body time to settle naturally
- ✓ Prioritize comfort and consistency

The body is remarkably good at maintaining balance when given the right support.

Sometimes the best thing you can do is less—not more.

Support. Don't interfere.

Because before you can feel fully refreshed, balance must come first.

STAGE 3: REFRESH

Days 3–5 After Your Period - (Refresh Ritual & Renewal)

The final stage of The Monthly Reset Cycle is REFRESH.

Many women spend so much time focusing on cleanliness that they forget an important part of feminine wellness:

Feeling refreshed.

Feeling renewed.

Feeling like yourself again.

After completing the RESTORE and BALANCE stages, your body has already begun its natural transition back to everyday life.

REFRESH is simply the final touch.

A moment to care for yourself.

A moment to close The Freshness Gap

The Refresh Ritual

Across generations and cultures, women have often embraced simple self-care rituals after menstruation.

These rituals solve the freshness problem.

The Monthly Reset System includes one such traditional wellness practice known as **The Refresh Ritual**

Many women choose to perform this ritual during the final stage of their monthly reset because it helps to complete personal care and solve the fishy and embarrassing vaginal smell problem.

The Four Ingredients Behind The Refresh Ritual

One of the questions women often ask is:

"Why these ingredients?"

The Refresh Ritual combines four familiar ingredients that have been valued in various cultures for generations.

Each ingredient contributes something unique to the overall experience.

Together, they create a warm, aromatic ritual designed to help you feel refreshed and renewed after your cycle.

GARLIC



Garlic has been treasured for centuries in traditional wellness practices around the world.

It contains naturally occurring sulfur compounds, including allicin, which is responsible for its distinctive aroma.

In traditional wellness traditions, garlic has long been associated with cleansing, purification, and renewal.

Within The Refresh Ritual, garlic contributes to the rich aromatic character of the steam and forms part of the overall sensory experience.

What Garlic Contributes

- ✓ A long history of traditional wellness use
- ✓ Distinctive natural compounds
- ✓ Aromatic depth to the steam experience
- ✓ A feeling of traditional self-care

CLOVES



Cloves are the dried flower buds of the clove tree and are widely known for their warm, spicy fragrance.

They contain naturally occurring compounds such as eugenol, which gives cloves their recognizable scent.

For generations, cloves have been used in traditional wellness and beauty practices across many cultures.

Within the Refresh Ritual, cloves contribute warmth and fragrance to the steam.

What Cloves Contribute

- ✓ Warm aromatic properties
- ✓ Traditional wellness heritage
- ✓ Rich, comforting fragrance
- ✓ A sense of comfort and relaxation

LEMON



Lemon is valued for its bright, fresh aroma and refreshing qualities.

Rich in naturally occurring plant compounds and vitamin C, lemons have long been associated with freshness and cleanliness.

The uplifting scent of lemon is one reason it remains a popular ingredient in many wellness traditions.

Within the Refresh Ritual, lemon contributes a light, refreshing note that complements the warmth of the cloves and garlic.

What Lemon Contributes

- ✓ Fresh citrus aroma
- ✓ A feeling of cleanliness and renewal
- ✓ Brightness within the steam blend
- ✓ A refreshing sensory experience

SALT



Kitchen Salt has been used in cleansing and wellness rituals for centuries.

Across different cultures, salt has often symbolized purification, preservation, and renewal.

Within The Refresh Ritual, salt helps complete the traditional blend and contributes to the overall wellness experience.

What Salt Contributes

- ✓ Long-standing traditional use
- ✓ Symbolic association with cleansing
- ✓ Complements the ritual blend
- ✓ Supports the overall sensory experience

Individually, each ingredient brings its own unique qualities.

Together, they create a warm, aromatic ritual to refresh the vaginal and end unpleasant odor after a monthly cycle.

The goal is not complexity. The goal is intention.

A few simple ingredients. A few quiet minutes.

A moment dedicated to yourself.

Because sometimes feeling refreshed begins with creating space for self-care.

How To Prepare The Refresh Ritual

Step-by-Step Instructions

The Refresh Ritual is the final step of The Monthly Reset Cycle

It is a simple self-care practice designed to help you feel refreshed, renewed, and end odor that comes after your menstrual cycle.

Below is a simple guide on how to prepare and perform it safely and effectively.

INGREDIENTS

To prepare The Refresh Ritual you will need:

- 5–6 cloves of garlic (lightly cut or crushed)
- 5–6 pieces of cloves (whole or slightly crushed)
- 1 fresh lemon (sliced)
- 1 tablespoon of salt
- Clean hot water
- A clean bucket or bowl (The one you can comfortably sit on).

PREPARATION

Step 1: Prepare Your Space

Choose a clean, private, and comfortable space where you can sit undisturbed for a few minutes.

Ensure proper hygiene of all materials used.

Step 2: Combine Ingredients

Place the garlic, cloves, lemon slices, and salt into a clean bucket or bowl.

Step 3: Add Hot Water

Carefully pour hot/almost boiled water over the ingredients.

Allow the mixture to sit for a few moments so the steam and aroma can gently develop.

Step 4: Begin The Ritual

Position yourself comfortably above the steam.

Ensure you are at a safe and comfortable distance to avoid excessive heat.

Remain in position for approximately 3–5 minutes.

You may pause briefly if the steam feels too hot and resume when comfortable.

Remember you had shaved/trimmed the hair around the area and exfoliated with sugar before this.

Now, the steam easily gets there, causing the pores of the vaginal skin to open up and absorb the fragrance of the refresh ritual.

TIMING

The Refresh Ritual is best performed:

- 3–5 days after menstruation ends
- During the final stage of The Monthly Reset Cycle
- For effectiveness, once a day for 3 days.
- Monthly, as part of a personal self-care routine

It should not be overused or performed excessively.

The goal is consistency, not frequency.

Why Women Love The Refresh Stage

Many women describe the Refresh Stage as the most meaningful part of The Monthly Reset Cycle

Not because it is complicated, but because it feels intentional.

After days of managing their cycle and returning to daily routines, this stage becomes a quiet moment of self-focus—a pause to reconnect with comfort, confidence, and personal care.

Women often describe the experience in simple but powerful ways:

- Feeling refreshed after days of physical and emotional transition
- Feeling more feminine, present, and put together again
- Feeling clean, light, and comfortable in their own skin
- Feeling like they have “reset” both physically and emotionally
- Feeling more confidence as odor ends naturally after the reset.

What stands out most is not just the physical feeling, but the emotional shift that comes with it.

Many women report that this stage helps them move from “getting through the month” to “feeling back to themselves.”

It is less about what is being done, and more about the intention behind it:
a deliberate moment to care for oneself after a monthly cycle.

For some, it becomes a ritual of calm.

For others, it becomes a reminder that their body deserves attention, not anxiety.

And for many, it becomes the part of the month they look forward to most not because of the necessity to smell good.

The Confidence Connection

Across many women's experiences, one theme appears consistently: confidence is closely tied to how comfortable they feel in their body.

When discomfort, uncertainty, or self-consciousness shows up after a cycle, it can quietly affect other areas of life.

This is where the emotional side of The Monthly Reset Cycle becomes important.

Women often describe improvements in:

- Confidence in social situations
- Comfort in intimate or close relationships
- Emotional ease and reduced self-consciousness
- A greater sense of peace of mind in their daily routine

When a woman feels refreshed and comfortable, she is more likely to feel grounded in herself. She is less focused on worry and more present in her day-to-day life.

This is why the experience is not just physical—it is emotional.

Feeling “like yourself again” after your cycle is not about perfection. It is about returning to a sense of normal comfort and confidence that allows you to move through your month with ease.

Final Thoughts

Close The Freshness Gap And Feel Like Yourself Again

Throughout this book, we explored a simple idea: many women experience a subtle shift after their monthly cycle that is rarely discussed, often misunderstood, and often responded to with unnecessary worry or overuse of products.

We called this the Freshness Gap.

We also introduced a simple framework for navigating it:

The Monthly Reset Cycle

Restore → Balance → Refresh

It is not only about fixing something wrong with the vagina alone

It is also about supporting comfort, confidence, and personal freshness after a natural monthly transition.

Many women who follow a consistent post-cycle self-care routine describe feeling noticeably more refreshed, more comfortable in their bodies, and more at ease in their daily lives.

Some also share that the worries they once had about lingering discomfort or odor after their cycle become less prominent over time, allowing them to feel more relaxed and confident as they move through their month.

This is the real value of the Reset Cycle—a promise of change, a shift in experience: from anxiety and self-consciousness to comfort and ease.

Because freshness is not something to chase through pressure or excessive products.

It is something you return to when you feel balanced, comfortable, and supported in your body.

At its core, the Monthly Reset System represents a simple truth:

When women feel comfortable in their bodies, they feel more confident in their lives.

And that is what this is really about.

Not masking. Not forcing. Not overcorrecting.

Just a gentle monthly ritual that helps you feel refreshed, comfortable, and confident after every cycle.

And when that happens, many women describe something simple but powerful:

They feel like themselves again, especially down there - the vaginal.