



How Are Womens Panty Liners Different from Sanitary Pads

Intimate hygiene products for both period day and non period days such as sanitary pads and **womens panty liners** are created to keep you clear of wetness, leakage and other discomforts. These products are easily available in both online and offline stores and are extremely affordable. Keep reading.

Intimate hygiene is an essential part of our health and well being. It becomes more important especially in cases of women. Maintaining a good intimate hygiene both during period and non period days contributes to an overall good health. Therefore, you must practice a healthy hygiene ritual on an everyday basis which will ensure that you always stay fresh and clean. During periods, along with the bleeding, there are a myriad of premenstrual symptoms such as soreness and aches in different parts of the body, mild nausea, fatigue, mood swings and so on which mostly occur every month. While you cannot really do anything about them, using some good quality menstrual products can help eliminate the chances of other additional troubles such as staining or leakage.

Similarly, during your non period days, using some exceptional quality **womens panty liners** can get you covered when you experience the regular vaginal discharge. Panty liners are not as popular as sanitary pads as not many women are aware of them even today. Panty liners are a thinner and tinier version of sanitary napkins which are to be used during your non-period days. They are created to soak up your regular vaginal discharge and keep you dry at all times. Just like sanitary pads, you need to keep changing into them every three to four hours or even before depending on your comfort. However, you are never supposed to rely on them for soaking menstrual blood flow. As they are super thin in nature, they are not equipped to give you protection from menstrual blood flow.

You will find a plethora of different variants of sanitary pads and panty liners. Here are some of the best ones for you to try -

- **Sanitary Napkins**

Sanitary pads night

The night pads are created for giving maximum coverage at night time so that you can have a peaceful sleep every night. Many women often dread waking up to a stained bed or clothes especially during heavy flow days and therefore try staying up all night. This results in complete sleep deprivation. Hence, these special night pads are equipped to give you the best coverage. They are created with a wider hip guard which helps in covering your panty entirely from the back so that the blood drips right on top of the napkin and not anywhere else. They also have a unique flexi absorb system which makes the napkin move along with your body as you toss and turn in sleep making them the [best sanitary pads for night](#)

Antibacterial pads

These [antibacterial xl sanitary pads](#) are for women who are prone to catching germs and infections during periods. These napkins are created with a green sheet which is made with natural ingredients and can give 99.9% protection from bacteria such as Escherichia Coli, Staphylococcus Aureus and Candida Albicans. These **extra large sanitary napkins** are also equipped to give you long lasting hygiene all through the day. All you have to do is change into fresh ones every three to four hours or before.

- ***Panty Liners***

Daily Fresh

These panty liners are created with quick absorb pores which can absorb the daily vaginal discharge efficiently, keeping your panty clean. This way they can also keep you fresh and clear of stuffiness.

Antibacteria

Just like the antibacterial [ultra thin sanitary napkin](#), these antibacterial panty liners can also give 99.9% protection from bacteria such as Escherichia Coli, Staphylococcus Aureus and Candida Albicans. The subtle fragrance it comes with helps in keeping the vaginal odour at bay so that you can smell good at all times. Just change into fresh ones every three to four hours or before to maintain hygiene. They are so tiny that you can even carry them in your wallet.