

*I am really self conscious about my bits. A guy once told me one of my inner lips is longer than the other - I nearly died of embarrassment. Am I abnormal?*

I remember being told that all girls look the same “down there”. It’s like saying we all have a mouth, but, of course no two are exactly alike. Each of us has bits that are individual and unique. I love to compare women’s intimate parts to beautiful and exquisite flowers. Orchids especially inspire my imagination.

Labia minora, or inner lips come in remarkably different shapes, sizes and textures. They frame our vagina like petals, with the outer lips or labia majora enveloping and protecting them. Both sets of lips swell and flush as our arousal heightens.

As with belly buttons, some people have innies and some have outies. By this I mean that sometimes the outer lips completely cover the inner lips, while in other women the inner butterfly wings can be seen. It is natural not to be perfectly symmetrical, as with the rest of our bodies.

Most women judge their appearance by comparing themselves to air-brushed models they see in girlie magazines. Censorship laws impose tighter restrictions if inner lips are showing, creating a situation where an unreal picture is promoted.

The porn industry loves “the perfect clamshell” look and some women succumb to plastic surgery to achieve it. Can you imagine how boring it would be if everyone looked the same? No doubt being a little bit different will come back into fashion.

Look at yourself in a stand alone makeup mirror, with a curious rather than critical eye. Seek out examples of real women – there’s a lovely book called Femalia that shows the variety and gloriousness of the female genitals. And Betty Dodson has done some amazing drawings that feature in her book “Sex for One”.

Love your bits – they’re exclusive, distinctive and special.