

Pubic Hair: 14 Things You Never Knew About Your Hair ‘Down There’



by [ILEANA PAULES-BRONET](#)

We all have it, but none of us like thinking about it or discussing it. That’s right, I’m talking about pubic hair.

If you just cringed at the word “pubic,” don’t worry — you’re not alone.

[Pubic hair](#) makes most of us uncomfortable, but it’s an important part of our body — and it’s there for a very specific reason.

Usually, when we read about pubic hair online or in magazines, it’s about how to remove it, which “styles” are best, and what celebrities do to their own “down there” hair.

But many of us don’t actually know much about pubic hair apart from how to groom it.

If you’ve ever found yourself wondering, “Why are my pubes a different color than the hair on my head?” or “What’s the purpose of pubic hair?” or “How should I groom before going to the Gynecologist or Aesthetician?” — this article is for you! (France Di Paola – Confident Image Chez France)

Keep reading to find out 14 important facts about your pubic hair!

1. Your Pubes Will Eventually Go Gray



Laura Caseley for LittleThings

Dr. Sweta Singh, ob-gyn, told LittleThings that, just like the hair on the rest of your body, your pubic hair will eventually turn gray.

What this means is that gray pubes are nothing to worry about — if they bother you, you can dye your pubic hair with a safe pubic hair dye.

“Plan on doing LASER HAIR REMOVAL “before” it turns grey!” (France Di Paola – Confidential Image Chez France)

2. Pubic Hair Protects Against Chafing During Sex



Laura Caseley for LittleThings

If you've ever played around with grooming your pubic hair, you might know that sex feels a little different when you have hair compared to the times where you don't.

One of the things pubic hair does for our bodies is protect from chafing.

When your body rubs together with another's, your skin may stick to theirs and cause painful chafing — pubic hair acts as a barrier between the skin that rubs together most during sex.

Nasimeh Yazdani, MD, told LittleThings, “I've always felt pubic hair should not be stripped down to nothing, because it helps with friction during sex.”

“Ask about “shaping” the remaining hair patch when planning LASER HAIR REMOVAL!” (France Di Paola – Confident Image Chez France)

3. Pubic Hair Protects Your Body from Infections



Laura Caseley for LittleThings

Just as pubic hair protects your skin from chafing; it also protects you from potential viruses and bacteria.

Dr. Yazdani explains, “More importantly, it enhances the microflora (healthy, helpful microbes) as it absorbs sweat and moves harmful particles out of the way of entering the vaginal and urethral areas.”

Unfortunately, if you have any small cuts on your skin, it could make you more susceptible to bacteria and infections.

“This is why it is NOT recommended to wax or sugar this area as it can cause ingrown and be prone to infection – LASER HAIR REMOVAL is the best in the long run!” (France Di Paola – Confident Image Chez France)

4. Your Gyno Doesn't Care How You Groom Down There



Laura Caseley for LittleThings

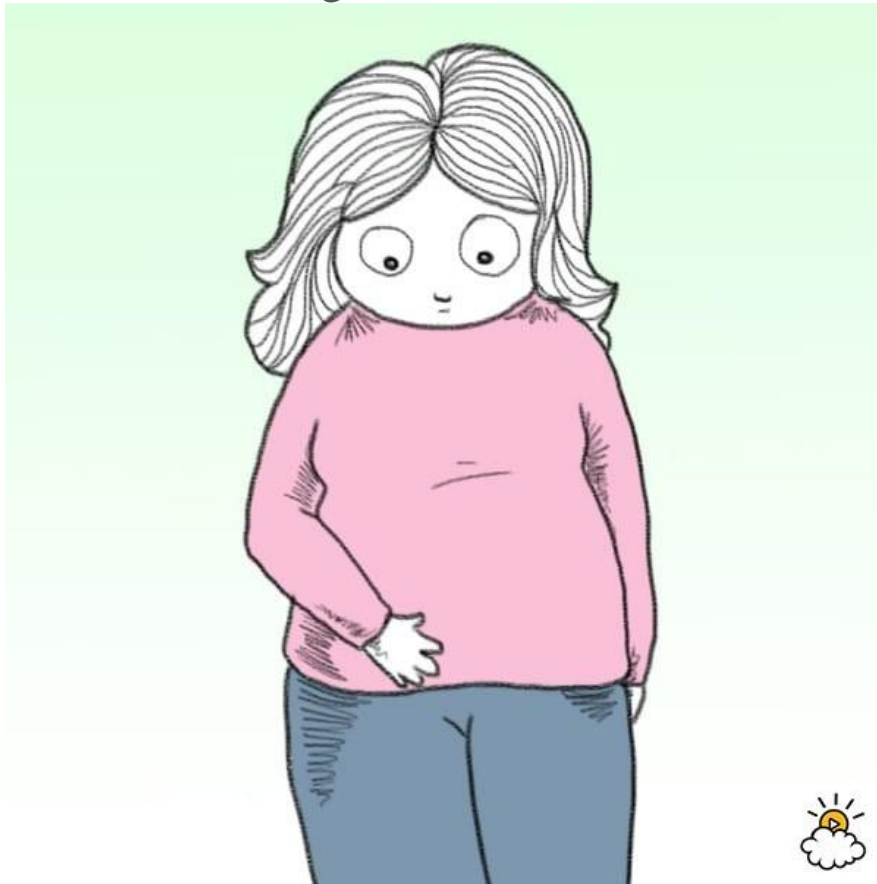
Lots of women worry about what their pubic hair looks like before going to the gynecologist, but there's no reason to think twice about it.

Your gynecologist has seen every type of pubic hair, and as long as you have good hygiene practices down there, your gyno won't care at all what your pubes look like.

They're way more concerned with making sure everything is hunky-dory on the inside.

“Your Aesthetician is also a trained professional who has seen every type of pubic hair and as long as you have good hygiene practices down there, don't worry about what they look like!” (France Di Paola – Confident Image Chez France)

5. Pubic Hair Regrowth Can Be Painful



Laura Caseley for LittleThings

Most women who shave, wax, or pluck will not find this surprising, but pubic hair regrowth can sometimes be painful.

Dr. Singh says, “Regrowth hurts because of ingrown follicles.”

Having stubble in your groin region can be uncomfortable, itchy, and even sometimes downright painful.

“If you eliminate the “HAIR” with PERMANENT HAIR REMOVAL methods such as; LASER or ELECTROLYSIS, you will NOT have these problems with your skin!” (France Di Paola – Confident Image Chez France)

6. Hair Removal Is More Painful Around Your Period



Laura Caseley for LittleThings

According to a [study](#) published in the journal *Clinics*, women have a lower pain threshold during the premenstrual and menstrual phases of the menstrual cycle.

Dr. Singh also explained, “Hair removal is more painful during menses because of increased vascularity.”

This means that it will hurt most to wax, pluck, or shave while you’re PMSing or while you’re on your period.

“Yes this is true with most hair removal methods!” (France Di Paola – Confident Image Chez France)

7. Your Hair Doesn't Grow In Thicker After Being Shaved



Laura Caseley for LittleThings

Many people believe that if you shave your hair, it will grow back thicker afterwards. This is a myth!

When hair grows in naturally, it's shaped like an arrow — meaning it's tapered at the end.

When you shave, you cut the hair directly across its diameter. Thus, when it grows in, it looks thicker because it isn't tapered anymore.

“Yes this is true AND most Aestheticians will tell you otherwise. I am a trained Electrologist who has studied in-depth the HISTOLOGY of hair and I can assure you of this! Cutting a hair at skin level DOES NOT stimulate growth at the root!” (France Di Paola – Confident Image Chez France)

8. Pubic Hair Is Often A Different Color Than The Hair On Our Heads



Laura Caseley for LittleThings

If you've ever heard the phrase "does the carpet match the drapes?" you might be wondering if your pubic hair should perfectly match the shade of hair on your head.

The truth? Your pubic hair probably won't be the exact color of the hair on your head.

Dr. Wendy Askew told [Women's Health](#) that it's usually a lot closer to the color of your eyebrows!

"The genes that determine the characteristics of pubic and other bodily hair are different from those that determine the hair on your head. It all is dependent on the amount of melanin in your skin for that region." (France Di Paola – Confident Image Chez France)

9. Your Pubic Hair Can Thin Or Bald With Age



Laura Caseley for LittleThings

Like the hair on the rest of your body, your pubic hair can thin or bald as you get older.

According to the [Mayo Clinic](#), some women will experience more severe thinning or balding because of menopause.

If you're young and notice your pubic hair is thinning or balding, it might be because of a medication you're on or a medical condition you have — this is something you should bring up with your doctor.

“It is also true with someone who has a thyroid problem which can cause thinning on the scalp or the eyebrows, hence what also occurs is hair growth on other areas such as; the chin! (France Di Paola – Confident Image Chez France)”

10. Having Pubic Is More Hygienic Than Going Bare



Laura Caseley for LittleThings

Many women think that it's more hygienic to groom down there, but it's actually the opposite — having pubes is more hygienic than not having them.

If you're concerned about the hair holding onto odors or bacteria, just make sure to practice good hygiene.

The hair is an easy part to clean; it's the labia and folds of skin that are more likely to hold onto odors and bacteria.

Just practice good hygiene habits and your pubic hair will stay pretty clean!

11. People With Thick, Curly Hair Are More Prone To Ingrown Hairs



Laura Caseley for LittleThings

The [Mayo Clinic](#) describes ingrown hairs as the result of tweezed, shaved, or waxed hair growing back but into the skin. They are uncomfortable, and they happen to all of us.

Unfortunately, people with curly, thick hair are more likely to get ingrown hairs because the hair has a harder time poking back through the skin.

“Because curly hair is dense, there are more ingrown follicles,” explains Dr. Singh.

Many people have thicker, curlier hair in their pubic area than they do on their heads, which makes us more prone to ingrown hairs in that region.

“The BEST SOLUTION is to get rid of the hair! LASER HAIRE REMOVAL or ELECTROLYSIS will eliminate the culprit permanently. Also, during an ingrown phase, electrolysis can help release the trapped hair and kill the bacteria that forms with it!”

(France Di Paola – Confident Image Chez France)

12. Plucking Can Be Worse Than Shaving Or Waxing



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According to the [Daily Mail](#), you might think that plucking is gentler than waxing or shaving, but plucking thick hairs can actually cause more harm to the skin.

Plucking your pubic hairs can also lead to more irritation and ingrown hairs, as well as increase your chance of infection.

"I disagree; all TEMPORARY methods lead to the same skin irritation/ingrown and furthermore, is known to stimulate growth of hair on regions such as; upper lip, chin, cheeks and neck!" (France Di Paola – Confident Image Chez France)

13. Pubic Hair "Splinters" Are A Real Thing



Laura Caseley for LittleThings

It's a little scary, but it is possible to get splinter-like ingrown hairs in your pubic region.

Basically, hair splinters occur when the hair grows out of the skin, curls back downward, and goes back into the skin, continuing to grow under the surface.

If it sounds horrible, don't worry — it's easy to deal with.

[LiveStrong](#) recommends that you just clean the area and use a hot wash cloth as a warm compress on the area, then pull the hair out of where it's grown back in.

“Schedule and ELECTROLYSIS appointment to permanently release and remove these hairs. It will be much easier to let a “trained-eye” do the work for you!” (France Di Paola – Confident Image Chez France)

14. Your Pube Habits Are Totally Up To You!



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No matter what you read about pubic hair styles, what men want, or what's popular, your pubic hair habits are entirely your choice!

Whether you want to remove everything or go full-bush, it's totally up to you.

If you think more people should know about pubic hair, please **SHARE** this article!

"If you want to REMOVE it PERMANENTLY, talk with an expert Electrologist!" (France Di Paola – Confident Image Chez France)