

Labia Minora and Vulvar Appearance

www.largelabiaproject.org

OBJECTIVE: The purpose of the study was to describe the appearance and size of labia minora, in a wide range of adult and adolescent women, and to establish the range of different appearances. It also explored women's feelings and levels of happiness towards their labia.

STUDY DESIGN: An anonymous online survey was conducted, with 458 females between the ages of 14 and over 60 years from around the world participating. Participants were asked to physically measure their labia, and to rate and describe various characteristics of their vulvar appearance.

RESULTS: 91.3% of survey respondents were Caucasian. Labia minora widths varied from 0cm to 16.5cm. 68% of women will have labia minora between 0.4cm and 6.0cm wide, and 95% of women will have labia between 0cm and 8.6cm wide. 63% of women have asymmetric labia widths, with 54% of women having a difference of up to 1cm between the left and right. The left labium is 3% more likely to be wider than the right. 69.7% have light or dark pink labia, with 30.3% having another colour, including brown, grey, purple and black. Labia tend to become darker, more vivid, swollen and lengthened when sexually aroused. 77.9% have labia minora darker than surrounding skin. Labia are more likely to be wrinkled, at also 77.9%. The vast majority of participants across all ages groups said they were happy with their labial appearance, with the exception of the 14 to 18 year old age group who were significantly more likely to be unhappy with their labial size, overall appearance and other people's comments.

CONCLUSION: The overwhelmingly Caucasian response to the survey limits the applicability of these results to this racial group. Overall there is a very diverse range of vulvar sizes and appearances with the majority of females happy with their diversity. Of concern though are adolescents who regard their vulva far more negatively, which could lead to a number of body image-related problems or disorders.

1. Introduction

Visitors to the Large Labia Project website (www.largelabiaproject.org) routinely ask about how their labia, particularly their labia minora, compare to other women's' and how they rate against what is "average" for vulvar appearance. Ultimately what they are asking is "am I normal?"

For a number of reasons, including societal prejudices, censorship in pornography and in other media, there is a misguided view about what "normal" labia look like. For females with labia that don't conform to this prevailing view it can have significant negative effects on their self-image and can play a detrimental role in shaping their self-esteem. This can lead to feelings that they are not normal, preoccupation with their perceived defective labia, emotional and mental disorders such as body dysmorphic disorder (BDD), self-hatred, self-harm, and suicidal tendencies. It affects everyday activities for fear of being seen as abnormal, such as wearing tight fitting clothing, swimwear and exercise clothing. It affects women's sex lives, as many fear that males will not be attracted to them because of their labia. It has also seen the creation of a new industry surrounding female genital cosmetic surgery, with many plastic surgeons quick to provide a surgical "solution".

Other than through pornography there is very little opportunity for adult women and adolescent women to see other exposed labia minora, and

even fewer opportunities to see them in a non-sexual setting. Often images of female nudity in various media present a homogeneous view of vulva, if vulvas are shown at all. Typically that involves labia majora (the outer vaginal lips) completely covering the other vulvar structures, of the clitoral hood and labia minora. Images of visible and/or protruding labia minora are rare, and that provides women with fewer options to observe and compare.

There is very little research about vulvar appearance and labia size, other than a handful of small studies of females presenting for genital cosmetic surgery (labiaplasty). Women seeking information from medical professionals about this are faced with the same lack of knowledge. The few guidelines or recommendations about what constitutes normal labia appearance have conflicting information and the basis upon which their conclusions are drawn is vague or opaque. In all cases it appears to be based solely on opinion rather than any statistical study based on research.

This survey set out to gather information about labia size and vulvar appearance from a cross-section of females, to show the diversity and wide range of appearances that exist, and give women with concerns about their bodies some degree of reassurance that they are normal.

2. About The Survey

An anonymous online survey was conducted by the Large Labia Project during mid-2013, asking females about their vulva. A total of 458 females between the ages of 14 and 60+ from various countries around the world participated in the survey. Not all participants completed each question, so numerical results, where shown, are expressed in percentage terms instead of absolute numbers.

Survey participants were asked to physically measure their labia minora:

- Their width, spread but without stretching, from the midline of their body to the outer tip.
- The length of the labia minora from where they begin towards the clitoris, to where they end near the vagina.

Participants were also asked to describe the appearance of their labia in terms of their colour and skin texture. This was done taking into account appearance changes during sexual arousal and pregnancy, and participants were briefly asked about their sexual history, whether

they were sexually aroused while taking measurements during the survey, whether they had been pregnant and/or given birth, and the changes that may have occurred to their vulvar appearance during pregnancy and afterwards.

Participants were also asked to rate their happiness towards attributes of their labial appearance, including: size, texture, colour, overall look, physical comfort with them, and other people's comments about them. The survey used a six point rating scale for each attribute. This did not allow respondents to "sit on the fence" and forced a decision; towards being either happy or unhappy. A rating of 6 meant "extremely happy". A rating of 1 meant "extremely unhappy".

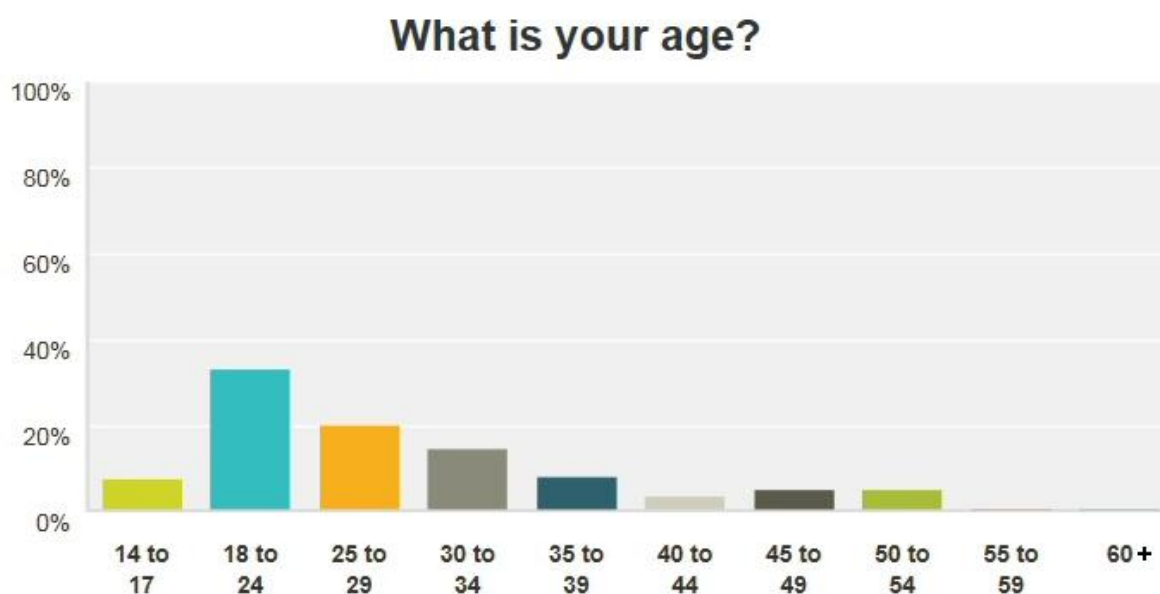
To avoid creating bias towards large labia, survey participants were sourced away from the Large Labia Project website. However there is some evidence to suggest that site followers participated and this may mean that respondents were not representative of the broader community.

3. Respondent Information Collected

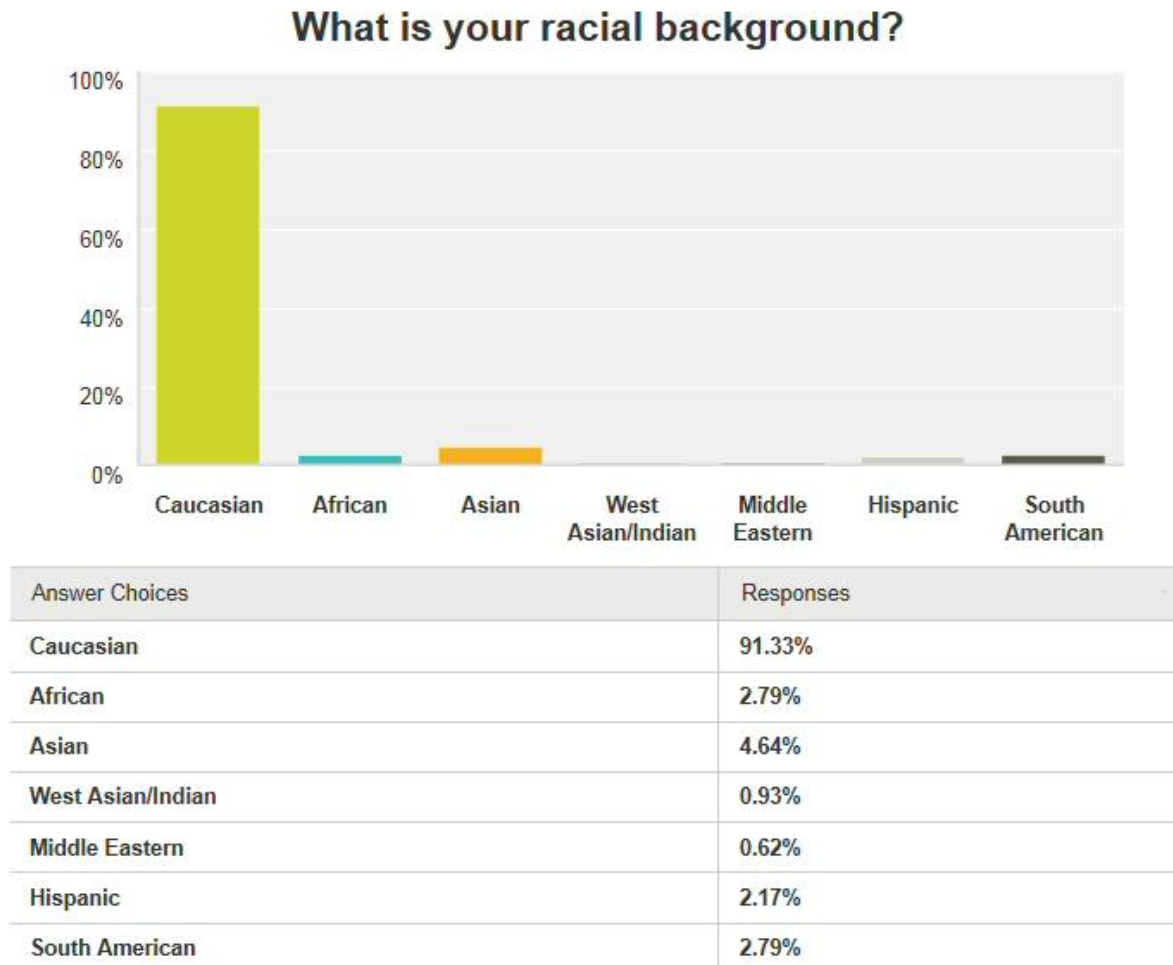
Participants provided information about their age and race, whether they have or had been sexually active, whether they had been pregnant and/or given birth. Information was provided under the

protection of anonymity and no personal information was collected to protect the privacy of respondents.

3.1 Age of Respondents



3.2 Respondents' Racial background

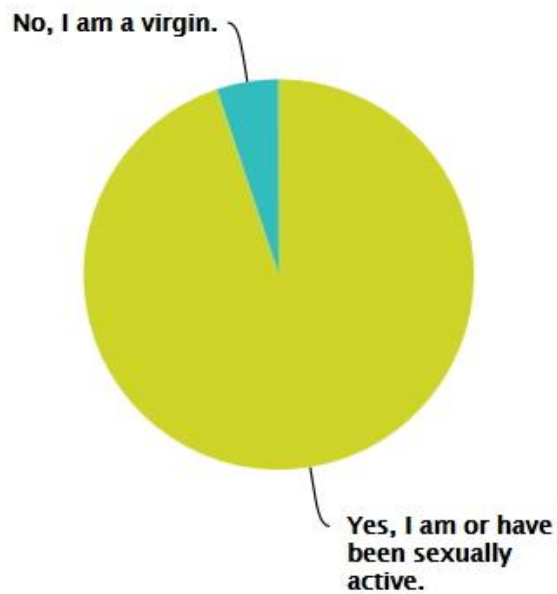


The overwhelming response from Caucasian females was very surprising given the number and wide range of sources used to gather survey respondents. While the results may also be applicable and hold some degree of relevance for

women in other racial groups, strictly speaking the results can be interpreted as applying to Caucasians. Further and more in-depth study should be done looking into other racial groups.

3.3 Sexual History of Respondents

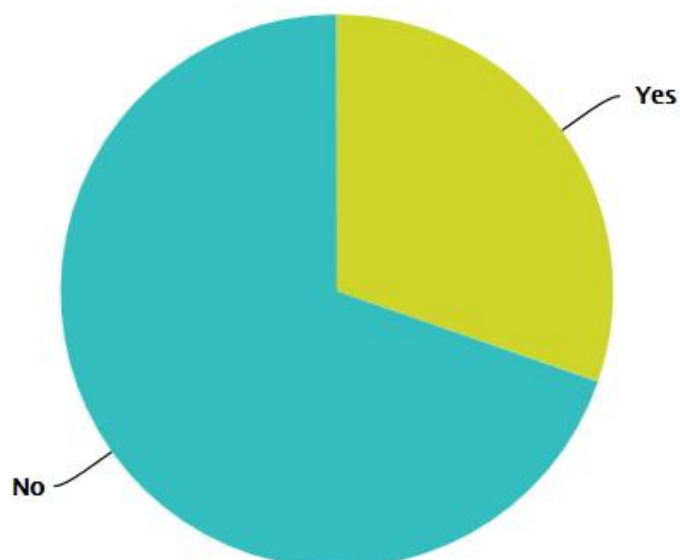
Are you or have you been sexually active?



Answer Choices	Responses
Yes, I am or have been sexually active.	94.85%
No, I am a virgin.	5.15%

3.4 Pregnancy or Birth

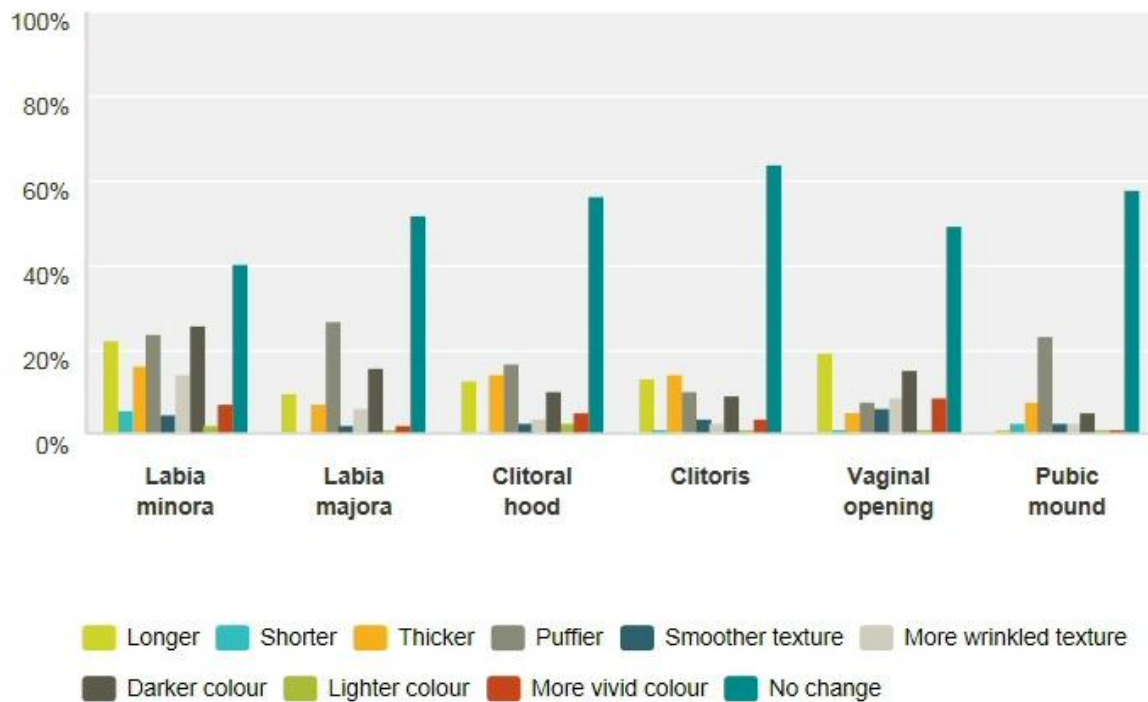
Have you ever been pregnant and/or given birth?



Answer Choices	Responses
Yes	30.30%
No	69.70%

3.5 Labia Changes During Pregnancy

If you answered yes to having been pregnant / given birth, did you notice any changes with your vulva? Choose as many options as appropriate to best fit your experience.



The majority of women who had experienced a pregnancy reported no change in their vulvar appearance. However a significant number of women reported changes to their labia minora including approximately 22% having longer labia, 24% having puffier labia and 26% experiencing

darker coloration. Approximately 28% of women also reported having puffier labia majora. Almost all of these changes were temporary, with around 15% of women reporting that these changes were permanent after their pregnancies.

4. Labial Appearance

4.1 Labia Measurement Methodology

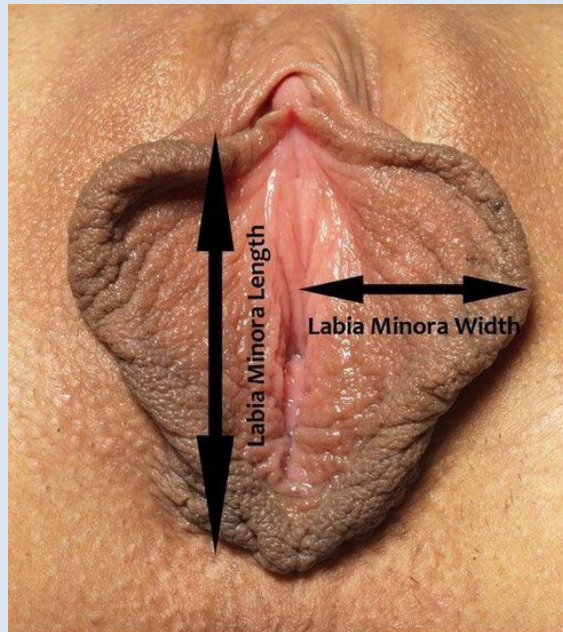
Survey respondents were asked to measure and record their labia minora width and length using the instructions and image below:

Measuring Your Labia Minora Width

1. To measure your labia minora (inner lips), take a ruler with centimetres as a measure.
2. Remove your underwear, and lie on your back, with your knees wide apart. It might help to do this in front of a mirror, or with your partner's help.
3. Gently spread your labia minora apart, but don't stretch them. The idea is to get a regular measurement as your lips generally appear every day.
4. Take the ruler, and hold it against your labia, with the ruler's zero (0) mark in line with the middle of your body e.g., directly in line with where your clitoris and vagina are.
5. Measure sideways across from that mid-line point, from the zero (0) mark to the outer edge of your labia minora.
6. Do the same thing for the other side, so you have a measurement for both your left and right labia.

Measuring Your Labia Minora Length

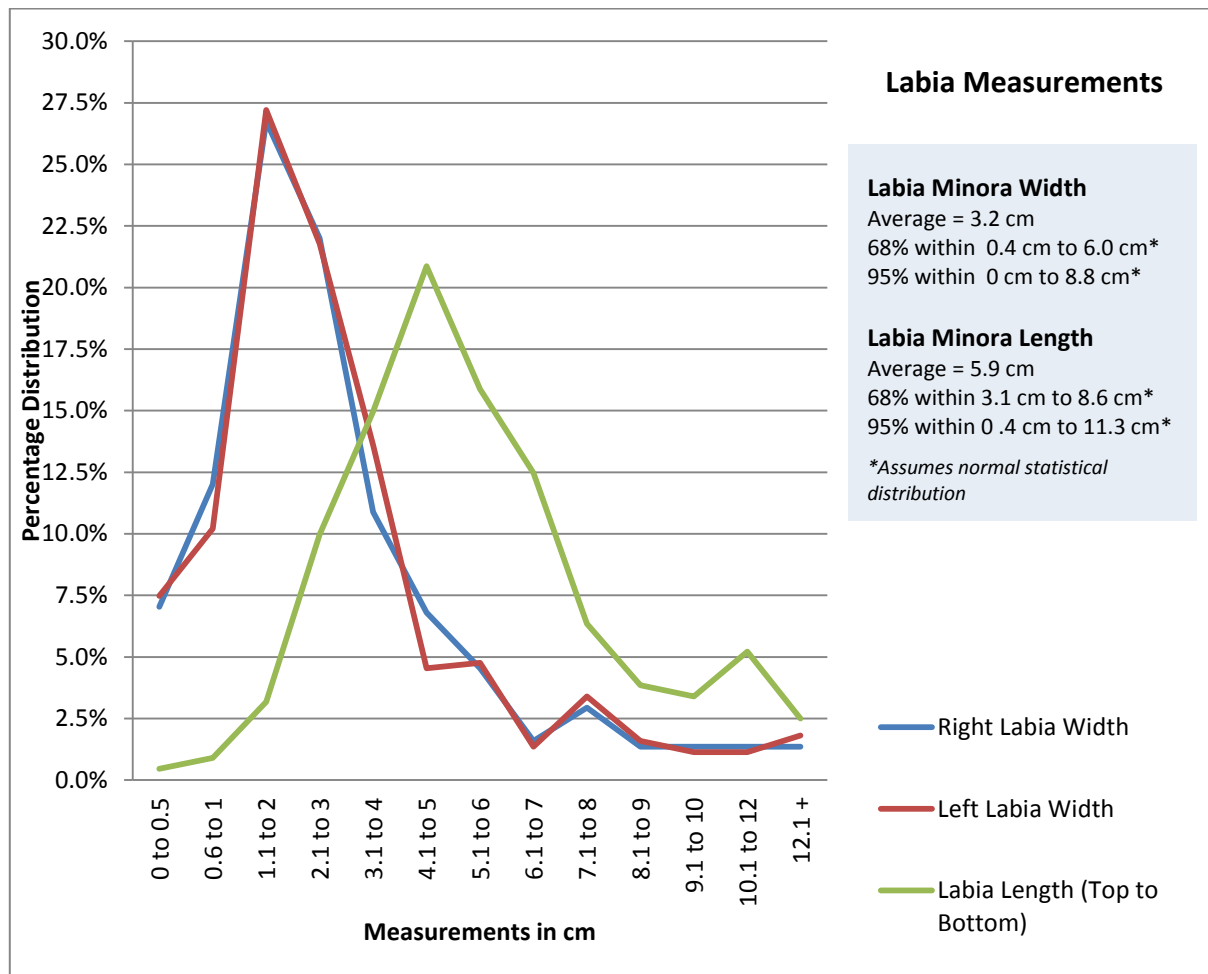
1. Stay in the same position on your back with your legs spread.
2. Take the ruler and measure down from where your lips start near your clitoris, to where they end, nearest to your vaginal opening.



Instructions

Measure your naturally opened (not stretched) width of your labia minora (inner lips), from the mid-line to the outer edge of your lip, and the length of your labia from the clitoris to their lowest point where they join the body nearest to your vaginal opening.

4.2 Labia Minora Measurements



“68% of all women will have normal labia minora widths ranging from 0.4cm to 6.0cm”

Key findings from the survey measurements are:

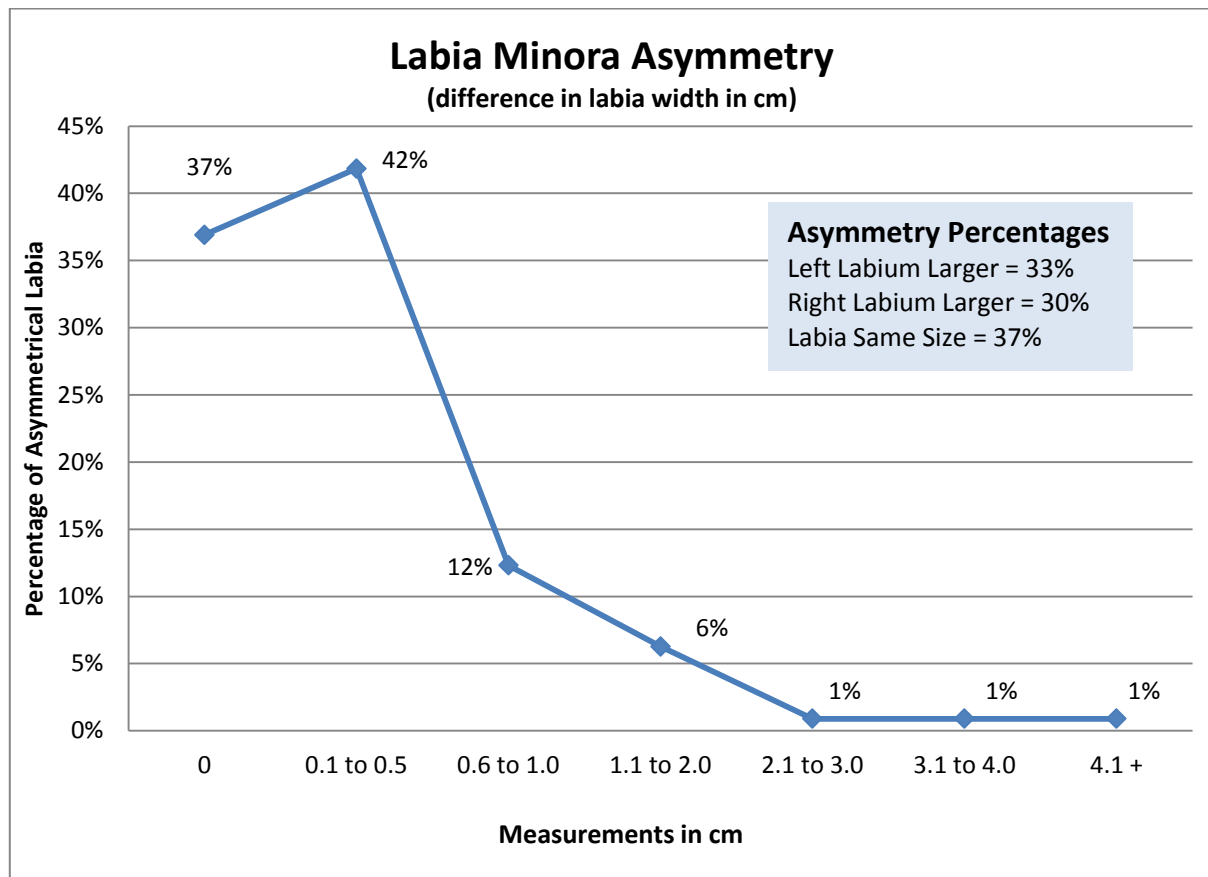
Labia Minora Width

- The range of labia minora widths was from 0cm to 15cm right and 16.5cm left.
- The average labia minora width is 3.2cm per labium.
- 68% of all women will have labia minora width ranging from 0.4cm to 6.0cm (assuming a normal statistical distribution, with measures within one standard deviation [2.8cm] of the mean.)
- 95% of all women will have labia minora width ranging from 0.0cm to 8.6cm (assuming a normal statistical distribution, with measures within two standard deviations [5.6cm] of the mean.)

Labia Minora Length

- The range of labia minora lengths was from 0cm to 18cm.
- The average labia minora length is 5.9cm.
- 68% of all women will have labia minora length ranging from 3.1cm to 8.6cm (assuming a normal statistical distribution, with measures within one standard deviation [2.7cm] of the mean.)
- 95% of all women will have labia minora length ranging from 0.4cm to 11.3cm (assuming a normal statistical distribution, with measures within two standard deviations [5.4cm] of the mean.)

4.3 Labia Minora Asymmetry



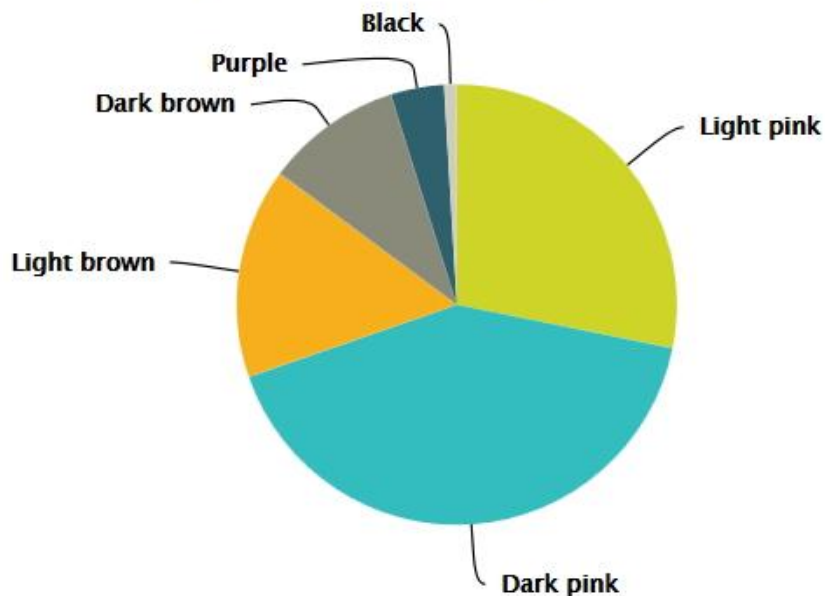
***“Almost two thirds of females have asymmetric labia.
54% have a difference between lips of up to 1cm.”***

The survey findings showed that asymmetry in labia minora widths was common. Asymmetry refers to differences from one labium to another such that they are not symmetrical.

- The vast majority of women (63%) have asymmetrical labia minora.
- Only 37% of women reported having labia minora of equal widths.
- The left labium minora is more likely to be wider than the right by 3%.
- 42% of females have one labium minora longer than the other by up to 0.5cm
- 54% of all women will have labia minora width differences up to 1cm.

4.4 Labia Minora Coloration

Generally what colour are your labia minora?



Answer Choices	Responses
Light pink	28.18%
Dark pink	41.52%
Light brown	15.45%
Dark brown	10%
Purple	3.94%
Black	0.91%

4.4.1 Labia Minora Colour Variations – Open Ended Comments

Edges are a bit darker.

Multi-colored - tan, pink dark pink, brown, and purple. A bit splotchy getting darker towards the edges.

Brown/gray along the edges.

A bit brown at the tips.

Maybe brown/purple at the fringe.

Mid pink.

Pink to brown.

Dark brown just on the edges, the rest is pink.

It's a mixture of red, pink and brown, actually.

Light pink right in the middle.

Sort of purplish.

They are light brown on the sides and very pale pink in the middle, a difference of color I like a lot.

Thin dark line along the edge.

A little splotchy.

Goes from dark pink to a purple brown on the outer lips.

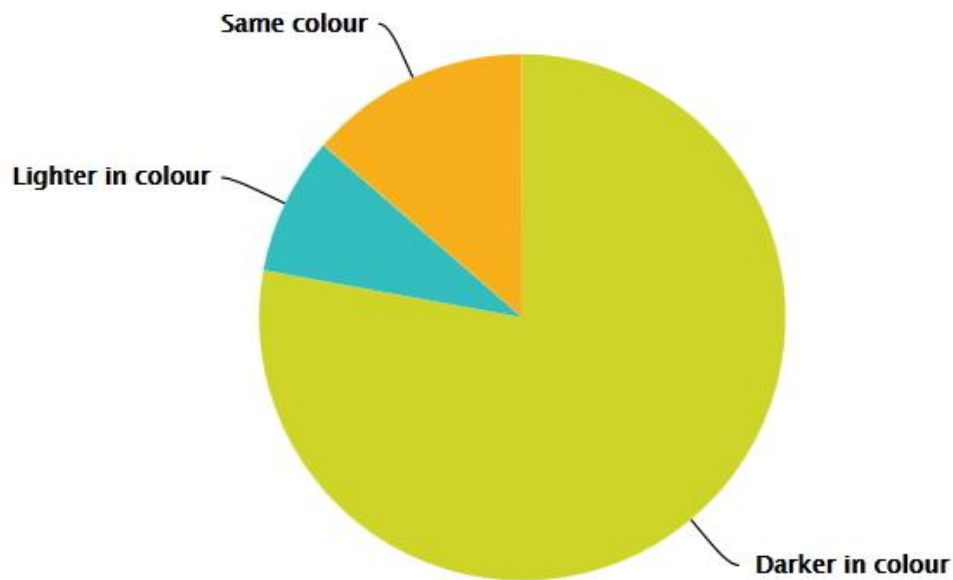
Pinkish tan in the middle fading to a dark reddish brown at the edges.

Darker purplish brown on the outside, smooth and light pink on the inner surface.

Not just one color.	My labia minora is pink on the inside and gets darker at the peripheries.
Centre is dark pink, kinda fades to a dark brown/purple at the tips, outside and hood are light brown.	Light pink. If aroused, dark pink.
The smaller left one is all light pink. The wider right one is pink with a brown border.	They are a bright, medium, meaty pink at the innermost areas and are a darker purplish brown around the edges.
Mostly medium pink but around my vaginal opening they have a slightly purply tint on the edges.	Pink, with dark brown edges.
Darker pinky brown at the outer edges.	Light brown and dark pink.
Same as my nipples.	Dark brown on the outside, bright red/pink on the inside.
One side is a darker brown pink the rest is light pink.	Light brown close to my body fading to purple at the ends.
It is pink with light brown on edges.	Light pink and it gets a big darker towards the inside.
Pinker than the surrounding skin, but almost the same.	It is generally dark pink but it goes light brown on the edges.
Pink interior, grading to darker brown on rim/edge.	Light pink and red inside.
Dark pink inside, light brown on edges.	Mostly pink with light brown edges.
They go bluish purple at the very edge.	Grey.
Inside is mainly dark pink with outside folds mainly purple.	Dark brown at the ends.
Darker on the outside.	My labia minora a tinged a darker pink/light brown near the edge.
Dark pinky brown.	Brown tints.
Pink with dark brown edges.	Light pink inner to dark pink on the outer edges.
Purple or red.	Bright pink center fading to almost brown at the edges.
The colour goes to dark pink to purple.	Sometimes dark pink/purplish depending on blood flow.
Light pinkish brown.	Mostly light pink but light brown around the lower outer edge, more so on the left side.
Dark brown and a thin dark pink part of it inside.	Have always been dark brown.
They are a brighter, shinier pink on the inside. Kind of like a seashell I think.	Fairly pink but a slightly brown edge (labia majora same colour in most parts).
They are both light pink and dark brown, they get darker towards the ends.	Kind of in between pinky/brown.
Red and nearly purple when aroused.	Darker towards the extremity on my left side. Right is uniform light pink.
Mostly light brown but with a deep pinky tinge too.	Dark pink. With dark brown "fringe".
Dark pink and brown edges.	
Maybe a little brownish. But mostly just pink.	
My labia are light pink, and the very edges are light brown.	

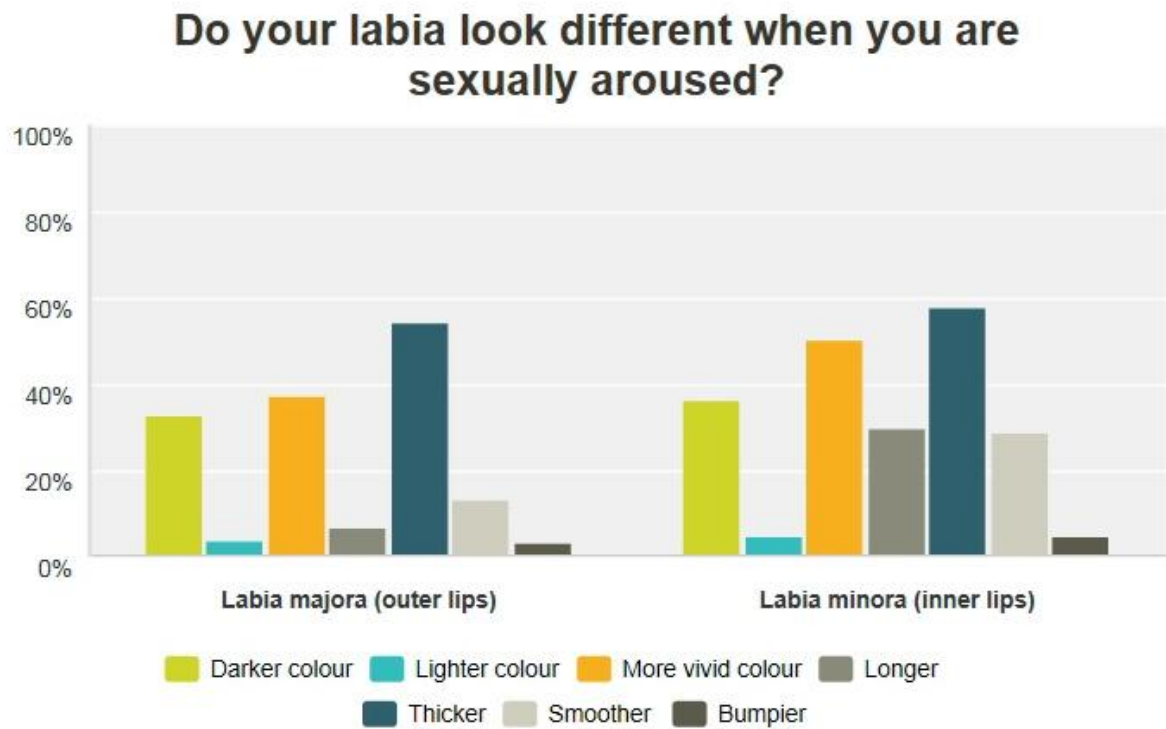
4.5 Labia Minora Coloration Compared To The Surrounding Skin

Is the colour of your labia minora different to the colour of the surrounding skin (labia majora, thighs, belly etc)?



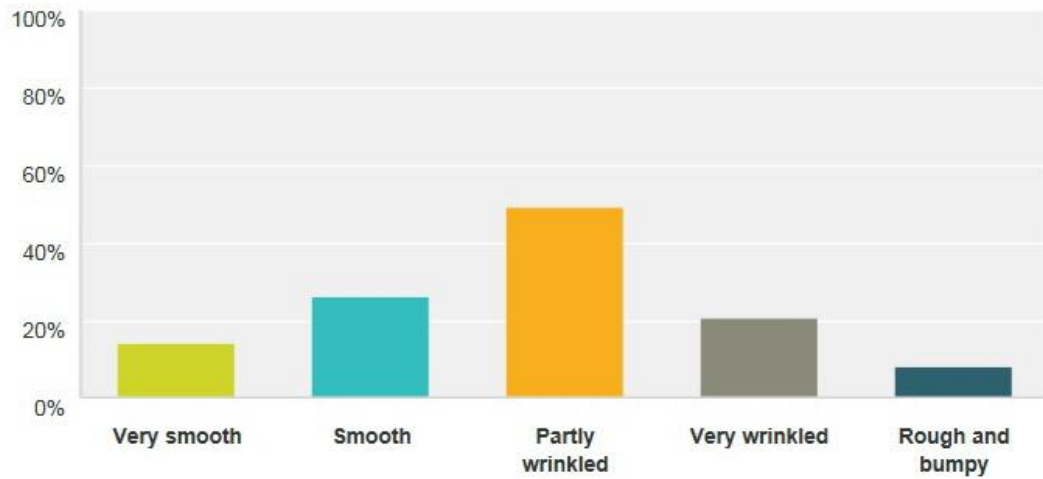
Answer Choices	Responses
Darker in colour	77.88%
Lighter in colour	8.48%
Same colour	13.64%

4.6 Labia Minora and Majora Appearance During Sexual Arousal



4.7 Labia Minora Skin Texture

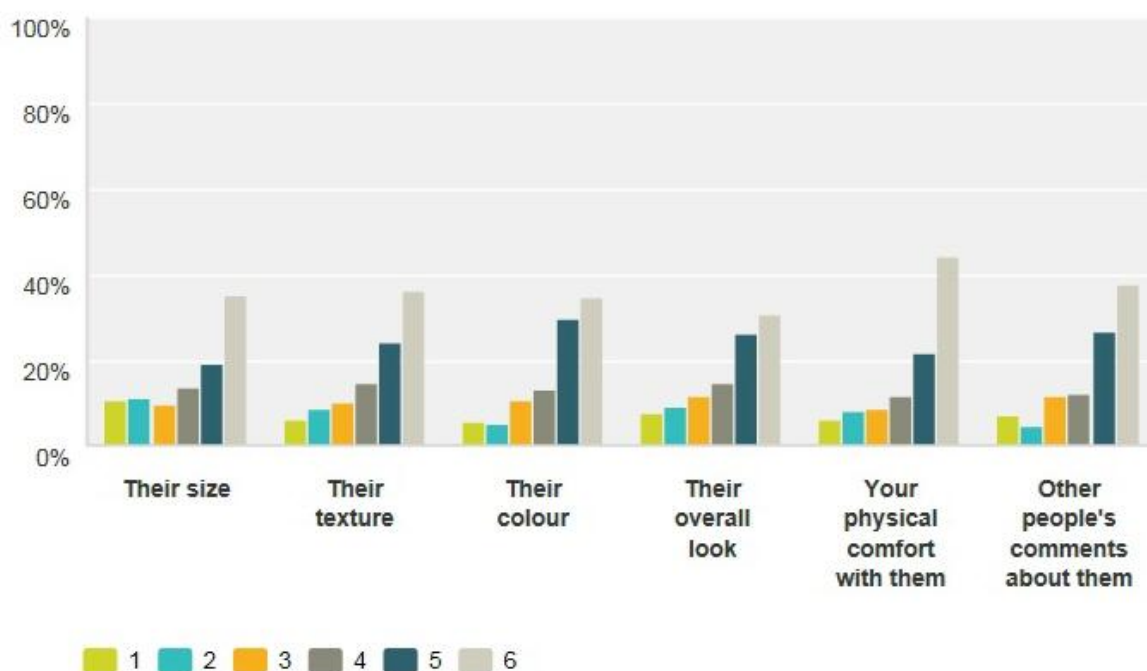
How would you describe the texture of your labia minora?



Answer Choices	Responses
Very smooth	14.24%
Smooth	26.36%
Partly wrinkled	49.09%
Very wrinkled	20.61%
Rough and bumpy	8.18%

5. Levels of Happiness With Labia

This question asks you to rate your level of happiness about aspects of your labia. A rating of six (6) means you are extremely happy. A rating of one (1) means you are extremely unhappy.



Respondents were asked to rate their level of happiness towards various aspects of their labia. It's encouraging to see that in total the vast majority of women are happy to extremely happy with all aspects of their labia. However when cross referencing responses by age, labia colour and texture some differences emerge.

- Women with pink labia minora are marginally more happy with them than women with other colours e.g. browns, purples and blacks. Women with darker labia (purples and blacks) are more likely to be extremely unhappy with them. Women with light pink labia are the happiest with them.
- Women with wrinkled labia are twice as likely to be unhappy with their labia as women with smooth labia.

The most significant finding relates to Girls Aged 14 to 17. Girls in this age group are equally happy and unhappy with their labia. However they are more likely than any other age group to hold extreme views about them. Approximately 32% are extremely unhappy with their size as opposed to 22% who are extremely happy. 28% are extremely unhappy with their overall look, as well as their physical comfort. 30% are extremely unhappy with other people's.

This compares to all other age groups where the majority of women aged 18 to 60+ report being happy to extremely happy with all aspects of their labia. This could be due to a number of things grouped together as "age and experience", and may be the result of greater education, understanding and appreciation of their own bodies through natural maturity and sexual experiences. It is unknown whether these women harboured more negative feelings when they were younger.

It is also unknown whether girls aged 14 to 17 who hold extreme negative feelings towards their labia will feel differently towards their bodies as they mature, or whether this is a new phenomenon mirroring the recent rise in female genital cosmetic surgery over the last decade.

What is clear is that these girls are at immediate risk of developing self-esteem and body images problems. This has the potential to cause far-reaching effects on their physical and mental health and social development. Better education about what normal labia look like, and the diversity of genital appearances, through sex education at home or at school, may bring benefits to these girls.

6. Please describe in words the way your vulva looks.

My inner labia are protruding and a mixture of pinkish and brown. It's wrinkly and the loose skin continues to the anus. My outer labia are smallish in comparison, although it forms a mound. The skin around my vulva is darker, a shade of light brown. My clitoral hood protects my clitoris, which I think is an average sized one.

The coloration of my vulva is not really a problem. I just have issues with the size of my labia minora.

I have relatively meaty labia majora and medium-small labia minora. The labia majora and the tips of the labia minora are a light brown, pinkish colour, and darker than the surrounding skin. My labia minora stick outside of the labia majora somewhat. The right labia minora is a bit longer than the left one. The labia minora are somewhat wrinkly and quite stretchy.

Labia majora is normal, Labia minora is short and nice at the top but longer at the bottom (end).

On one side it looks bumpier and is longer and the other side is smooth and smaller.

It looks like a shrivelled dark pinkish/brown flower.

My labia majora are big and the almost entirely cover my labia minora. My labia majora are wrinkled and purple/black and darker than the rest of my skin. Unlike the picture you have posted to show how to measure the labia (which I think looks like the perfect or at least a beautiful vulva) I think mine looks ugly and I wish the labia looked more kissable like the ones in the picture and some I've seen on the blog.

Normal.

My outer lips are kind of eh. I can be okay with my labia minora but I wish they were longer. The opening to my vagina looks torn, since I had 2 kids. My clitoris is kind of small, I'm okay with my pubic mound except I have a large dark mole on it and its ugly.

It is vivid pink inside, and becomes gradually purple towards the labia minora. The labia minora protrude significantly. They are smooth at their root and become bumpier in the edges.

I think my vulva looks healthy and normal, but I do not like the size of my labia.

Inner lips are longer than the outer lips by just more than a centimetre, but look a lot longer. Inner lips are pink and slightly wrinkled.

Compact, pink.

I have very dark hair and I don't shave because I'm more comfortable this way, I just trim the hair a bit. I guess my clitoral hood is fairly prominent and I have a bit of fat on my pubic mound. I've always thought my labia majora were

large but I'm sure they're really quite normal. The labia minora stick out a bit but they're normal and lovely, too.

I call her my salsa dancer, she is multi-coloured and my lips are very thin and folded like a dress. There is much more skin at the edges than where they attach. It is hard to measure because of all the folds. But to give you an idea, I can pull the skin near my clit up to my belly button and at the same time pull the skin near the bottom to the back of my leg. My clitoral hood is a bit fat and has a birth mark at the top, so it looks like the body and head of my salsa dancer. My outer lips are a little bit browner than the surrounding skin but don't hang down.

Almost like the picture at the top of the survey. A little darker pink in the middle and clit, and fuller at the bottom. But that is generally what she looks like.

My outer lips have a rosy glow to them and don't hang down, just a little padding. My clit hood and most of my inner lips are just barely darker than the skin above. Along the edges of my lips they are brown/gray and very wrinkled. They stick out almost the same from my clit all the way down to the bottom. My clit is dark pink and sticks out even when not excited.

Hangy, wrinkly, brown.

I had never really thought about it before but I have a "porn vulva", with very small lips and little color. Downside, my clitoris is small too.

Ugly.

Small, cute, hairy.

Big dark and wrinkled.

Dangly and wrinkly, kind of twisted, fatter at the ends.

Sticks out a little.

Symmetrical, small, for want of a better term: 'neat and tidy' like the soft porn editors in ABC's 'Hungry Beast' documentary call it. Most of it is pink (not too pale) but the edges are quite a dark pink (I naturally have very pale skin).

Twin mounds with copper hair covering them. Pink skin.

When 'relaxed' my lips are a lighter pink towards the middle and darker one the edges, they're much fuller up towards my clitoris, & are slightly wrinkled. My labia majora is really smooth and flat. When aroused though the minora really swell and turn all dark pink and kind of bloom open :) Majora changes very, very noticeably and kind of have to 'crinkle' or fold in on itself around closer to my clitoral hood from the considerable swelling.

I like mine but it's too bumpy all over for me. And the very edge of the majora has hairs growing on the top of the inside portion.

I always think of them as brown broccoli! My outer lips consist of several vertical wrinkles but don't protrude at all. My clitoris is quite big, about the size of grape and the shaft is as big around as my pinky finger. I am quite fit and don't have any extra fat which makes my lips appear to stick out more.

My inner labia are asymmetrical (one is bigger than the other), and kind of triangle-shaped, with the bases of the triangles being the parts that run along the outside of my vagina. My clitoris is completely covered by my clitoral hood, even when I'm aroused. My hymen is a thin strip of skin that runs across my vagina vertically, making two "holes" (although they both lead to the same vagina, obviously). All of the skin on my vulva is a dark pink color, save for my outer labia, which are the same skin tone as the rest of me.

Inner lips are fairly smooth until the outer two thirds then they are quite wrinkled and darker. My outer lips are lightly darker than the surrounding skin and stick out no more than 1cm. My clitoris is about the size of my thumb and the whole thing sticks out from my hood.

My outer lips are medium brown, smooth and small. My inner lips are kind of like an upside down heart, reddish brown at the edges and bright pink in the middle. My clitoris is big as my pinky nail and is purple.

My vulva is asymmetric.

My labia minora can only be slightly seen outside my outer lips. It's all quite neat and orderly.

Wrinkly and dark brown.

Looks nice for me!

My clitoris is covered entirely by my clitoral hood. My labia minora are small and thin, and my labia minora are also thin, bumpy and wrinkled. My right labia minora is much longer than the left.

Inner lips are even coloured until I get excited then they get purple splotches. They are quite full and are far apart.

A big dark mess! They are huge! They have creases and flaps and wrinkles all over the place.

A lot like a bigger version of the ones in the pic at the top of the page. They are darker than those and bigger at the bottom, and a wrinkled section below the lips.

My labia are a bit long but that isn't what I think is "wrong" with them. My inner labia are very thick, about 4cm were they attach to my body and about 2/3 of the way out they start tapering down to a point at the edge. They are quite puffy looking and firm (almost hard when I get excited). They are very smooth and look a bit stretched. They are a white/pink color. My clitoris is also a bit puffy and is light purple in color. My majoras are very small, 1cm wide and about half that protruding out from the crease with my minoras. They are light brown in color and very lightly

wrinkled.

I think the vulva is quite nice visually. It has quite a round look, and the labia minora don't often poke out (which is uncomfortable when it happens, rather than visually displeasing). Normally I don't see much of it, however, since I have only shaved once.

I have two complete sets of inner lips. One set comes off the bottom of my clitoris like most lips do. The other is an extension of my clitoral hood. I have seen others where the clitoris hood extends down a little before joining with the other part of their lips, but mine are separate all the way down. My outer inner lips actually are longer than the inner inner lips and extend all the way to my anus. My inner inner lips are wider than my outer inner lips and wrap around into each other at the bottom just below my vaginal opening. The inner set is darker and more wrinkled than the outer inners. My clitoris is fairly wide and sticks out a bit. My majoras are fairly small, not much more than a darkened region surrounding my double inners.

Petite but with hymen remnants.

To me, my labia minora look like a maiden opening her arms, with my clitoris being the head. I would say my labia majora look kind of like a teardrop.

Slightly open, not terribly open, just slightly.

Thick and meaty a lot, I have a fat girl pussy :P

Luscious.

Big labia and long labia minora.

I think it has very small lips. I've always noticed it has an almost invisible clitoris. The whole region is quite darker than the rest of the body and so is the anus.

I don't really have outer lips, no raised area, no color change, and no puffiness. Didn't have any hair grow there either - even when I don't shave it all off. My clitoris is white/pink and peeks out from the hood when not aroused and the whole "pea" sticks out when aroused. Inner lips fade from body color to dark pink as you move out from my body and go from smooth to wrinkled at the same time.

Beautiful, moist.

Right now, very happy! Light brown, evenly colored. Wrinkled along the edges. I have a hook like thing at the bottom of my lips, I guess that is the oddest thing about them.

Pink and puffy, my inner lips are stiffer than others I have seen and spread open unless held closed.

I think they're about small - medium. They only stick out a little bit when my legs are together. Where they are longest, the left is a little lower than the right. My hood is so small that it doesn't completely cover my clitoris, but my vulva is wide apart there also, so when I close my legs it looks like I

have vulva cleavage. My vulva ends just above my opening, so you can kind of see inside me, which I hate because it makes me look wide, when I know it's only because I have no coverage there like most girls. My vulva is only dark at the longest parts, and even then it's only a dark pink.

It is quite dangly but still cute I think. Very full lips protrude evenly all the way along. They are light brown at the base and get darker as they go out. My clit looks a funny cause it is bright purple and shiny and sticks out of my hood.

Big, puffy, dark pink to brown at the tips.

Colour is pale skin surrounding and pink/darkish pink. Small/non-puffy majora therefore the minora poke down when looking straight on in the mirror.

Feminine. Small but plump.

Very pink with hair everywhere.

Like a vulva. Hairier than some but I don't wax. I have an outie.

Like a black flower.

I think my clitoris is quite big, but on websites I saw there was bigger ones (and beautiful). My labia minora are a bit longer than my labia majora, which is difficult for me to like... but with time it gets better. The sides of my labia minora are wrinkled and brown and the middle is soft and light pink. Around my vagina there are light pink parts of hymen (I think) that reminds me of petals of a flower, so I like them also. I have dark hair that I don't remove entirely.

My vulva looks okay to me, maybe not the type we see in porn movie but none of my lovers made comments on it. I think my labia minora are thicker than the average one.

Like a mouth being sick.

Strange.

She is pink and puffy, even colored, skin is very smooth, and kind of shiny. Inner lips tend to be firm not flappy like most seem to be. Outer lips are basically non-existent except for a slightly darker color where they could be.

I find it quite ugly and unfeminine. It's plain and functional. The clitoris is small but quite prominent. The outer labia are pale and fleshy. The inner labia are almost non-existent. A nurse once asked me if I had had them surgically removed, but no, I was born that way.

It looks the way it should, my kitty is pretty.

I always thought they looked quite "normal". Light pink all over except for a thin dark line along the edges of my lips. The thing that seems "abnormal" is my clit. Most clits seem to be fairly rounded and maybe a little split where the lips attach to it. Mine starts out normal at the top but extends down on to the lips about 2cm as a round tube/cap like

thing.

Pretty in pink.

A lot like the picture on this page. The colour is a little darker, the bottom half is bigger, and my lips continue beyond where those wrap around at the bottom, I have two little extensions below the wrap around area that extend to my anus.

I have tiny outer lips, but since my inner lips are the same color as the surrounding, they kind of blend in even though they hang down quite a bit. My clit hood is about as thick as my thumb with three creases running down it with the clit barely exposed.

They are very thick! They look like someone stuck an air pump in them and blew them up!! They are very firm and stick straight out all the time. They are a very dark pinkish purple.

It looks in proportion to my body and maybe a little small.

Varying colour from inner lip to outer. Larger lips.

Neat, with long inner lips poking out, opening to a central hole.

It looks like a giant clam. My outer lips hang down more than my inner lips.

My clit sticks out a lot, minora are very wavy and protrude evenly all the way down.

Outer lips are very flat even with my legs together I don't have a bump where outer lips should be just goes straight from legs to inner lips, so you can see all of them all the time.

They are much darker than the rest of me, so is my anus. They tend to be very wrinkly when not aroused.

Inner lips are very thick, clit is quite large.

Healthy, stretched skin.

My large labia are non-existent so they look dangling always.

It is a cross between crinkled and puffy and more on the puffy side as I get aroused. They are also much bigger on the bottom than any pictures I have seen on here. My lips extend all the way to my anus; just kinda become two of the wrinkles around that hole.

Puffy mound and labia majora that close and cover small thin labia minora, clitoris and hood. Very little pigment or color on labia majora, slight pigment and darker color on edges of labia minora. Clitoral hood covers clitoris when aroused or not. Longish distance from under clitoris to vaginal opening of 5-6 cm. Groove, "V-shaped valley" or slit under clitoris extends 4-5 cm from under clitoris to a bump where I think my urethra should be. Urethra opening is

about 2 cm inside vaginal opening, though there is a bump of skin about .5 cm up from the vaginal opening. Gyn. says that it's still normal and OK & maybe urethra didn't close all the way at the end of foetal development. Outer lips are usually smooth, but can go wrinkly when I'm cold, especially after swimming or being in cold water. Inner lips are very small and thin but very sensitive and turn brighter pink/red and puff up a little when aroused. My clitoris goes nuts (in a good way!) when I'm turned on and tries to rip out of its hood! ;)

Very bright pink (I'm a light red head, green eyes, fair skin & yes, red down there too!), thick full outer lips and large mound (looks almost like a 1/2 baseball when I'm lying down!) that cover inner lips almost entirely, inner lips are long & very wrinkly & bright pink with very slightly darker pink edges. Fairly large clit and hood (5.5 - 6 cm long and 2.5 cm across - as big around as my thumb! when aroused). When aroused and for ~30 minutes after, outer and inner lips become brighter, pinker, fuller and much more sensitive.

Nice hairless lips.

Overall darker in color than surrounding skin. Has bumps when waxed. Labia minora protrude significantly, but don't open without spreading. Somewhat puffy labia majora.

Asymmetric.

Mangled.

Small labia minora, a bit of excess near the clitoral hood.

The inner lips are rather small (but quite long I guess), I took the length measurement without the clit hood because it's quite long itself, so from the place when the lips spread to the end its approx. 5 cm + like 2 of clit hood. It's light pink, without wrinkles.

Big, juicy, meaty, soft, like a butterfly.

Like an old man's nose with a flowing moustache and beard. Like Gandalf or Dumbledore.

I have flat, undefined labia majora which create a very short slit. Here, both labia minora protrude. One is quite dainty, smooth, and folds over itself. The right is much bigger with a less defined shape and a wrinkled texture. Both labia minora have Fordyce's spots, but the labia majora do not.

My outer lips are thick enough to cover the inner labia if they're not manually parted. They're a little puffy and sometimes bumpy, but still pale and pretty. When I'm aroused everything kind of parts on its own and my inner bits start to protrude a little, but they almost never extend farther than the outer labia (the inner lips are extremely small, and barely extend away from my body at all). The inner parts are a rosy pink normally and more vivid when aroused; the outer lips are my natural pale skin color and get pink and swollen when aroused. My clit is teeny tiny and doesn't appear to have a hood, or the hood is kind of fused with the clit itself.

The labia majora mostly covers the inner part of the vulva. The mons pubis has a bulge to it due to fatty tissue, "more cushion for the pushin".

Not good enough for porn. Most men (online at least) wouldn't like it.

Labia minora don't protrude much from between labia majora, but this depends on the day. I think my favourite part about it is the little mole just to the left of where my labia majora meet. My labia minora are very round, rather like orchid petals. I just get deeper pink as you move more towards the centre. Prominent clitoral hood. Extensive coverage of brown bristly hair, usually shaved, but I may just stop.

It is fairly symmetrical. I feel like my labia majora are slightly puffier than most. My labia minora are quite small. When I am at rest it just looks like a narrow slit.

It's like a stereotypical 'porn' vulva. Very neat, small labia minora which never show normally.

Uneven but pretty.

It juts out and is lopsided, one side being longer. It's light brownish purple and very Italian looking.

Generally quite neat and 'tucked in', apart from a few sections of the labia minora which are a tiny bit longer.

Flat, asymmetric.

Like sheets tucked a bit wrongly. Not perfectly neat. There's a little bit hanging out.

Large and quite fatty majora lips, quite deep, with very little labia minora, small clitoris and looks rather deep where my vagina starts. The colour varies from the start of my vulva (white skin coloured?) to a darker pink then lighter towards my labia minora

Neat, and tidy. I think it's pretty.

Wrinkly, ending in darker points.

It looks as it should at this stage of a woman/mothers life - a sex organ that has been enjoyed and a child's gateway to the world. It's not a fresh young smooth yoni - it's been played with stretched and pressured. It's aged with me. The marks of childbirth are there and of pleasure.

It's fugly! Labia minor are very dark and sticking out, also one side has extra fold of skin over clitoris.

Big!

It looks like the shape of an upside down avocado with a floppy uneven line running down the middle.

It looks big, wrinkled, and generally ugly.

My vulva is dominated by the labia minora. They look long and dangly and are dark pink/purple. Although the lips themselves are smooth, there are many folds and creases, including several covering my clitoris.

Normal?

Husband's words – beautiful. Mine - interesting, playful.

My vulva is fairly big and one side of my labia minora is attached to my vulva.

Crinkled lips with some dark hair around edges.

Other than, "typical", I don't know what words to use. I had laser hair removal and shave trace hairs.

Messy, inner labs protrude and are not even.

My inner labia are a fair bit darker than the surrounding skin so they really stand out. My clit is on the large size too, and tends to stick out. The inner lips tend to hang open if they aren't being pushed closed. They also seem to be much thicker than most pictures I have seen. My inner lips are long all the way to the bottom and wrap around into the other side. This wrap around section at the bottom is the only place I have wrinkles.

Wrinkly with color ranging from light pink in the centre to fairly dark brown at the wing tips. Centre gets darker pink and brown tips get bigger (that is where most of the wrinkles are when not excited) and smother when I get excited. Clit is whitish pink and changes to dark pink when excited.

Light brown labia majora. Medium sized. Small clit and clit hood. Relatively large, brown labia minora. Very pink vagina.

Labia majora: small but shapely, a little bit pink near the edges. Labia minora: dark pink/red, smooth clitoral hood thin, clitoris so tiny it's not visible, mons pubis and outer edges of labia majora pale, same color as rest of skin. Overall smooth, tight appearance.

Very thick, smooth, shaved.

Crinkled.

Full pubic hair (shaved bikini line), everything tucked neatly away behind the labia majora then minora. Labia minora is a brown colour; the rest is medium-dark pink.

Not so big but not so small, sexual, cute, pinky, pleased.

My lips are long and I love them <3

Clit hood is light brown. Labia minora are dark brown and wrinkly and thick. Outer labia aren't that puffy so inner labia protrude about halfway out. When inner labia are spread open inside is a dark pink colour.

My vulva looks fairly nondescript. My labia minora is barely even there. They just look like really really tiny flaps. I do feel that larger lips are beautiful. They look so sexy and feminine!

My labia majora are relatively flat to my body, so when I spread my legs, it's just my clit hood and labia minora poking out, away from my body. My right labia minora is about double the width of my left. The left one is almost non-existent and just flat. I think my vulva looks like a pretty, pink present just waiting to be opened.

Like a plump dinner roll.

Oh gosh, hair EVERYWHERE. Such a pain. My clit hood conceals my clit nicely and my labia minora peek out from the labia majora. I'm very pale and my genitals are slightly browner compared to the rest down there.

Supple, beautiful, small.

Like a calla lily.

Visible fleshy clitoral hood, small clitoris, average labia majora, thick labia minora which protrude from my outer labia. The labia minora are longer up towards my clitoris than around my vaginal opening. It looks like a vulva :)

Fleshy outer labia, small smooth pink inner labia. Pronounced mound.

Two lips that are two third of the way up the labia minora and have thumbnail size pieces of skin that sticks out and is visible at all times. It is symmetrical on both sides of the labia minora.

Meaty, dark pink, like two swollen lips that protrude when hot or excited, but shrink up a little bit when cooler or not stimulated. Mostly they stick out a little cheekily. One of my daughters when she was about 4 pointed at my vulva and told me that my "tongue was peeking out".

My vulva is fairly discrete I suppose, I am naturally "healed to a single crease" unless I spread my legs. My labia majora close easily and are about 3 cms longer than my public bone, my inner labia is barely noticeable even when I'm aroused.

I have what I would consider larger majora and non-existent minora or just a tiny extension of the clitoris. It's darker as I have brown skin tone and very smooth. My clitoris is big but the hood is small. I find it harder to climax because of this and when I cross my legs for too long there is a numbing sensation like my majora are asleep or I can inadvertently get turned on, which I think stems from not having minora.

Soft, feminine, pinky-browny-beige, gnarled like a twisted tree root but so soft and delicate at the same time.

Right Labia Minora is bigger then left. My clitoris is quite large so the top of my lips and clit hood tend to stick out

more than down the bottom.

My vulva is naturally neatish looking and surrounded by hair as I have never depilated. The colour of the minora is pink but the perineum is brownish, as are the majora.

To me it looks "neat" and tucked in. My husband agrees!!

Beautiful, but always a little different depending on the day... ;)

Bit lopsided now from perineal scar.

Pale, hairy, small.

I have average sized inner labia which are about in line with the outer labia (when standing with legs together) but can be fully tucked inside them. The upper parts of the labia (closer to the clitoris) are wider and taper in quite strongly mid-way down the length of the vulva. My clitoral hood is quite 'hoody', and the clitoris itself pokes out a little. The colour is light brown on the outside and a darker purply pink on the inside.

Like a little hill.

Medium-sized clitoris covered by hood, inner labia protruding for 2cm from the clitoris until becoming insignificantly small (3-4mm). Light pink vaginal opening, outer labia pink, dark pink when aroused, and ends of inner labia light brown with greater portion light pink (darker when aroused).

Protruding.

Nothing protrudes from my outer lips when my legs are closed. It is pink with one side labia majora quite dark brown.

Surprisingly delicate.

Small.

Disgusting.

Flappy, stretchy.

My vulva looks uneven. Slightly wrinkly like elephant skin. Slightly darker than my body.

Sparse Pubic hair (I don't wax or shave) and Labia minora protrude a little from the Labia Majora. The right labia minora is longer and protrudes more.

Both sets of lips are dark in colour, with light pink inside. One inside lip is noticeably longer than the other and protrudes. I've never been concerned about the texture - though not smooth. Very self-conscious of colour and not nicely tucked in. The labia minora also has a kind of fold about two thirds of way down. Found it very difficult to measure them.

A bit lopsided though the measurements don't indicate that, with a small tear (3mm) on my upper left labia minora. This occurred whilst delivering a 4.5kg baby and was the only damage incurred. My vulva is not a thing of great beauty if you sit and stare at it, but I have never had any complaints from sexual partners.

Hangs down a bit.

My clit is so small and is not as sensitive as it should be. Vagina is tight and inner lips are small.

Small lips, smooth texture, almost shiny, lighter color than my inner facial lip.

It's tidy and all the bits are tucked inside. It's a fairly even bright pink colour with a bit of purplish brownish tint to the area between minora and majora.

Look nice to me.

Pink and curly and protective. A soft, very sensitive and spongy mound.

Clitoris appears large but not protruding.

Small and neat.

There is too much pubic hair for me to see anything without a mirror or a camera.

Dark gray/black labia minora.

My vulva is dark pinkish in colour, and swells to a deeper colour when aroused. My labia minora protrude from my labia majora about 1 cm normally, and more when aroused. When I was younger, I was completely confused about the terms labia majora and minora. I assumed my labia minora were actually my labia majora, and that I was missing labia minora!

It's bulgy. The inner lips sit at the same level as the outer lips. It is very close to skin colour and very symmetrical.

Quite neat, fairly even, the majora generally conceals the minora, but on arousal minora and clitoris become quite enlarged and deeper in colour, the minora lip edges are quite a deep pink brown, contrasting with my otherwise fair skin. The minora lips are slightly wrinkled, the overall shape is quite long and narrow.

I have almost no labia minora & only on one side.

A purple butterfly.

Prominent clitoris, small inner lips which don't protrude.

Fat and hairy but I love it very dearly.

Well, the outer 'mound' or mons pubis is quite wide and high and when I don't shave/wax it can be quite a big

mound in my underpants. The actual labia however are perfectly proportioned on each side and I suppose 'technically' normal in that they're completely invisible. I don't know if this helps but I am physically very well proportioned in arms/legs/torso and have been a model. So maybe just genetic lottery to have a certain 'even' appearance.

My labia majora are practically non-existent so my minora are quite noticeable. When my lips are fanned out one is slightly asymmetrical. They are dark brown but graduate to pink closer toward my vaginal opening. I have a vertical piercing in my clitoral hood which I find increases sexual pleasure for me.

Neat and not long.

Hairy, average to slightly large majora, small minora that are slightly uneven, clitoris blends in to the upper part of where the minora meet. The colour is darker than the rest of my skin (I am very pale), majora are a dark pink and minora are a medium pink.

The tearing at the bottom looks very ugly and I am very embarrassed about it. I also tried to cut the larger Minora when I was 13 because I was so embarrassed about it sticking out of the labia majora. It has been uncomfortable as I did a lot of horse riding. Having children has destroyed the look of my vagina.

Quite large, but my labia minor still is clearly visible outside my vulva.

Dark pink wrinkly like a clam shell edge.

Having just done some research into what vaginas look like (being a hetero female means I haven't really had any opportunities to see other vaginas) I now know that I have a generally very "neat" crotch.

It's wrinkly and together bulge out.

Perfectly normal! Pubic hairs extending all around the vulva make it difficult to see the transition between vulva and surrounding skin, but it is different both in texture and colour. Vulva is wrinkly and purple-pink with left hand flap decidedly longer than the right side. Can nearly tie them in a knot, but they come undone ;) I think of them as sort of like a scrotum without the contents.

Pink, inviting, soft skin with soft downy hair on the outer lips.

Furry.

A pink donut.

Asymmetric and wrinkly, darker skin on the outside.

I have always thought it very "messy" and not at all neat.

I love it, she's perfect, looks like a long flower. I don't like the look of a lot of vulvas, but I do understand the variety is

enormous and also sexual partners do not care at all. I just love mine as I love that it is symmetrical, clean, neat, shaven, small inner labia, nothing hanging down or looking feral. Many men have said what a perfect vagina I have and I'm very proud and confident of it.

Quite a thick clitoral hood, you can see it from straight on if I have a Brazilian. Pale to dark pink labia minora which are long in length but not that big in width, except when aroused. One is a bit bigger than the other, which is noticeable after sex when it is puffer.

A hairy pillow on the upside side, a chicken carcass on the inside.

Like an orchid! The inner lips protrude past the out lips.

Like a butterfly's wings.

A smooth mounded round u shaped area covering the labia, clitoris and vagina, a pronounced mound of Venus.

Like a very wrinkly flower bud. Like the petals of a zucchini flower.

I think I am in the 'tucked away' category. My inner lips are quite minimal & men I have been with have always commented on this, & made much of this, which I found strange. [Men would say I was suitable to be in porny photos!!] My own comparison to pornographic viewing was thinking my breasts were too small! I was influenced by this aesthetic.

Prominent outer and really long inner lips.

I have a large, dark bush of pubic hair that obscures everything unless my legs are parted. My vulva is symmetrical, aside from the torn tissue by my clitoris. I have a heavy hood over my clitoris that is closer to brown than pink; otherwise my inner labia are dark pink.

Round and full.

Neat and tidy. The outer lips look a little fat.

Darker than the surrounding skin, wrinkly. The ends very dark pink. Inner lips hang outside the outer lips.

It sticks out wrinkled.

Just the outside then the inside. Nothing hanging out. I think I'm missing the lips inside!

My Labia minora protrude between my labia majora which are generally quite flat and closed.

It looks strange and like a sea creature and I am trying to learn to love it.

It is darker than the rest of my skin and sometimes the labia minora can hide away but it is pretty similar to anatomy book pictures, quite simple.

One longer than the other, and they 'peek' out between my labia majora. They are slightly wrinkled and darker in colour. My husband likes to call them his 'bits of bacon' - thankfully he loves bacon.

Hidden and small.

Darker & asymmetrical.

Fleshy.

Interesting.

It's little and it's pink.

Squashy. Not very attractive. Baggy and discoloured.

Amazing. Nice and small and tucked away.

Pink, prominent, shows through knickers.

Like ripe fig cut in half.

The labia minora is bigger than the labia majora, sticking out even when not aroused. It looks a little bit different each day. Some days the labia minora is smoother than others.

Tidy, if I could get rid of the projecting minora lips permanently.

My vulva is small and dark pink. It is very lopsided and wider on the left side. My labia minora are hidden most of the time by my labia majora, but they protrude a lot when aroused.

Extroverted!

Pink, squishy, odd looking but cute in its own way.

My vulva is light pink to light red in colour with some tips of skin a very light brown or slight pinkish-purple. The skin is quite thin and bumpy when I'm not aroused. The skin is uneven in both texture and formation surrounding my vaginal opening. I have a few little moles, one next to my clitoral hood, and the other on the inside of my labia minora. I have chosen to grow pubic hair, and it covers my labia majora and toward the rougher, light lumpy skin of my labia minora.

Healthy, clean, pink.

My vulva is dark and slightly puffy.

Like a flower bud protruding,

Like a sideways hamburger,

Pink, uneven, moist and I assume within 'normal range',

Beautiful.

One of my labia minora is long and kinda wrinkly and the other is pretty tight. It looks pretty imbalanced.

It's a part of my body that is there; sure you wonder if its "normal" but it's not something that I spend my days pondering over! I'm pretty sure that there is no such thing as "normal" anyway.

Small labia minora, but outer lips are quite large. The colour of both is a light brown and pink.

Like a vulva.

Dark pinkish colour. It hangs slightly lower than the outside. It's stretchy and soft and a bit wrinkly.

My husband says it looks beautiful!! It's thin and narrow compared to the majora. It produces a little from between the majora. It's smooth and elastic.

I have very small inner lips - they don't even meet at the bottom, they just kinda fade into the outer lips. However I have a 3rd fold over the top on the right, which I naively thought was my clitoris when I was younger! I don't really care about the looks of my vulva.

I don't have much if any labia minora.

Ugly but then that would be normal. I also find the penis ugly.

Quite small I guess, sometimes looking closed up, sometimes unfolded and not "air brushed" looking, not "attractive" or "desirable" by the media I see's standards, but other naked women in real life have more or less the same thing. Only women in particular types of films, pornography and other images look air brushed and "clean cut". Both seem yuck, but I know everyone's different so that's my only comfort.

My vulva is a slightly darker colour than my inner thigh. My labia majora seem chubby and shortish. They are full and smooth and only extend a little bit below the curve of my pubic mound, less than one cm. The left one is slightly longer than the right. They fully enclose my labia minora, so those are not visible unless I spread my legs. My labia minora begin about 3 cm above my clitoris and disappear in line with about the middle of my vagina. There is a dark coloured half circle mark that goes from the bottom of one labia minora, under my vagina and up to the bottom edge of the other labia minora. My clitoris is about 3cm above my vagina. My vagina is difficult to distinguish; it almost looks as though it is filled by my urethra, which is in a knob of flesh that sits just inside the opening, and is still partly covered by the remains of my hymen.

Lopsided and the left side protrudes.

Pink, round, lumpy.

Very neat and pretty.	majora) surrounded by naturally sparse ginger / blonde pubic hair on both lips, and thicker on my public mound.
Pink and juicy.	A lot like a Georgia O'Keefe painting...asymmetrical, a bit curly on one side, a lovely shade of pink.
Pink and wrinkly.	My labia majora is very puffy, and causes a slight bulge in my underwear (I'm also more prone to 'camel toe' because of it!). The skin becomes brownish closer to my labia minora. My labia minora are bumpy and pink. They have a lot of 'skin' which is wrinkly and movable when unaroused, but swell and 'fill out' when aroused.
To me it looks like any anatomical description or depiction of a 'normal' vulva.	Large fleshy labia majora & pubic mound. Small inner lips.
Pink, wide, luscious lips, bit wrinkly,	Normal, hairy, pink with brown tips.
Obscured by bush, but like a vulva	Smaller labia majora, uneven minora that are light brown on the edges and pink in the middle. Moderately wrinkly. Long clitoral hood, small sized clitoris. Sometimes minora bunch up between majora sometimes they hang out especially when sexually aroused.
It is pink with two smooth bumps visible at the opening.	It's soft, pink and wobbly. My clitoral hood is quite prominent like a little hat, and my labia minora fan out from underneath. One peeps out further than the other like a friendly wave hello. I like that my labia majora are soft and pudgy.
Like a vulva. The same way an arm looks like an arm; a toe like a toe. The vulva in photos is immediately recognizable for what it is. Have fun suggesting that it looks a bit like a flower, or a coin purse, or Gonzo the Muppet's nose, rather like cloud watching. It's positive for women and their partners to be comfortable with body parts but be careful because when suggesting to women that it should look 'like' something you are running the fine line between turning the vulva into a purely aesthetic object, which is to be avoided.	Like a vulva? I can't really compare it to anything - I know it's the cliché to call it like a "flower" but I think it looks like it is.
I love it and feel its fullness makes me a real woman and not the featureless or an adolescent.	It looks like a vulva!
Long, wrinkly and prominent.	Well used, and unique.
I am fairly hairy normally, all the way to my anus. My minora are slightly darker and wrinkled - one side is longer than the other.	Perfect.
My labia minora comes out past my labia majora, when I'm standing they hang very slightly.	My labia minora are quite symmetrical. There are extra folds of skin on either side of my {teeny tiny} clitoris that extend into my wrinkly labia, so that altogether, it looks like a narrow upside down heart. Both sets of labia are the same shade of dark pink.
Lopsided, pink, wrinkled and plump.	A stage to full outer lips. Outer lips are identical in color to my overall skin tone. Inner lips are very long, dangle, wrinkly. More vivid in color, deeper pink, with very dark edges. They do get much darker overall when aroused.
Smooth, pale coloured, my labia minora are smooth and not wrinkly but they protrude out of my vulva.	Quite discrete, but elegant and pretty in pink.
Dark, wrinkled, ugly.	Tidy.
Overall, it is fairly dark in color compared to the rest of my skin. The inner lips protrude slightly from the labia majora, but not so much that they get chafed from tight pants! The edges of my labia are pinkish and very wrinkled, almost like kale leaves.	My right one's a bit long, and well, I don't have a left one lol.
It's pink with a few random bumps. I feel a vein running in my long labia minora. It's all folds.	"Innie," fairly thin labia minora, bigger majora.
I am realising I don't even know what it looks like exactly and I'm 38!	The outer lips are a smooth mound and in between, the inner lips are fairly thin to begin with and end in a thicker puffy ball almost. When the lips are together and I'm standing up, they form a heart shape. When spread, they
Pink and fleshy.	
A small, neat pink crease, with my lips tightly joined; and overall slightly lopsided (more prominent left side labia	

form more of a diamond. The clitoral hood is visible when just standing, and protrudes past the outer lips. The bottom part of the inner lips ends before the bottom of the vagina entrance, so the area between the vagina entrance and the perineum is smooth. The pubic mound is soft and almost perfectly round.

Quite neat but lips and clitty protrude.

Larger outer labia, long clitoral hood, very small (never seen) clitoris

A longish structure. The labia majora are rather long and covered with hair, dark pink. in between the labia majora and minora and at the lower outside labia minora the skin is very smooth and pink, towards the clitoris the labia minora is wrinkled and has little dots, at the edges brownish. The clitoris is very pink, but you can't normally see it. The inner part of the labia minora between clitoris and vagina is very pink and smooth. The minora is definitely longer than the majora and the wrinkled part is well visible. Above the clitoris below the pubic mound there are some sebaceous glands which look different than the dots on the labia minora.

Very wrinkly, pubic hair, thick labia minora, small clit.

I lost a lot of weight, so I have a lot of skin hanging over everything, so I'm not particularly fond of my outer lips.

Smaller labia majora, with the labia minora poking out a bit.

Labia majora are quite small and same colour as other skin. Labia minora are meaty and wrinkled, almost symmetric. Colour is light pink with a bit brownish shade in the outlines. Clit hood is long and perky.

A little stretched.

A giant hothouse flower.

Just gorgeous.

Beautiful :)

7. What feelings or emotions do you have about your labia and vulva?

Most of the time I am happy with my vulva and vagina - after all they bring me a lot of sexual pleasure. Sometimes mean comments (or bad jokes) lower my self-esteem, but I know I'm normal and try not to let it affect me too much. My boyfriend doesn't like my vulva and it makes me sad, because I would like to be touched as much as he likes to be touched.

I am 23 years old, and after a long time of being completely disgusted by my vulva, I finally pushed myself to explore, so I knew exactly what I was dealing with. I have quite a nice coloured vulva (I think) but, the length of the labia minora gives me quite a bit of anxiety. They hang out by nearly a centimetre, but I feel they are also quite meaty, rather than petite pieces of skin. I feel as though the appearance of my vulva has greatly affected the guys I choose to sleep with. There is one guy I went to school with I would love to sleep with, but I just get way too self-conscious about him noticing, and then knowing, and then telling other people who know me. I always feel that if I had tiny labia, I would be so much more sexually free and comfortable with myself. Instead I am 23 and have only had sex about 10 times in my entire life, because I avoid it. I also never ever let guys go down on me. I wish I could let myself enjoy it, but the level of paranoia and angst I feel makes it that I only ever let one guy do it. I didn't enjoy it, but I was too scared (so pathetic I know) to tell him I didn't like it. I just hoped he wouldn't laugh about it with the boys I knew.

I'm happy with how my vulva looks like. I like it and I'm not worried about letting my partner see it.

Always felt embarrassed about my Labia minora, but when the time comes I forget and no one has commented on them so far!

I feel very insecure about the way mine looks. It looks like I have given birth. My majora is very wrinkly and dark. My inner lips are uneven and on the side that is longer there is extra skin on the clitoral hood. My clitoris is very long; about maybbeeeee 2 cm. when I was younger I was convinced that I had a penis. I don't want a pornstar vagina I just want it to not look so "old".

I accept what I am. It doesn't protrude out much when standing up. It looks appropriately tucked in but the lip flaps not like a long ear lobe hanging out.

I think my labia minora would be pretty if my labia majora weren't so big and wrinkled and ugly. I had a lot of repressed and angst feelings towards my hymen because of my religious upbringing but now, knowing what it truly is and (not something to be broken but rather stretched) I'm a lot more ambivalent. I love my clitoris simply because it is my favourite toy and I know just how to use it to achieve orgasm.

Don't like the look of inner lips, clit hood and clitoris. Everything else is fine.

I don't like my vagina at all.

I'd like my outer lips to be a bit puffier. I haven't always

been conscious about my inner lips, but I have become more so lately. I think my vagina is too big. I really like my clitoris and the way it grows when I am aroused. I feel ok about my pubic mound.

I feel extremely self-conscious about the size of my labia. It makes me feel upset and embarrassed. I have never had a boyfriend and the thought of being judged on the size of my labia scares me.

I used to be very self-conscious of my inner lips as they are longer than my outer lips, and I thought that I would remain a virgin for ever and that I was 'not normal' and that the only option was to get a labiaplasty, oh how wrong I was! My inner labia lips give me lots of sexual pleasure and I love them! I love my outer and inner lips, my vagina, my hymen (R.I.P), clitoris, its hood and my pubic mound :)

My clitoris is very small. And although I find it really easy to orgasm with a vibrator, it's trickier manually and I have never orgasmed clitorally from a partner stimulating me. I don't think it's particularly attractive, but I think it's neat and compact which I am happy with.

I've always been a little insecure about the size of my labia majora (the outer lips), as I felt they were too large/long and they cause some discomfort in tight clothing. However I had never given much thought to the way my vulva actually looked - the first time I actually held a mirror between my legs and looked at myself down there was this year, and I'm 21. I was surprised by how beautiful and intriguing it was, with the inner labia delicately protruding like petals of a flower. I'm bisexual and I think vulva are fascinating, whatever they look like. It makes me sad that we aren't encouraged to explore and love our bodies from a young age.

I like her. I like making her dance by swinging my hips. I would like her better if my lips weren't paper thin; I'm always worried about tearing them. But if they were thicker I wouldn't be able to make her dance so who knows, I'd just find something else to worry about.

I like them, love having them played with.

I love them. I might like them better if they were more the same color all the way along, but it doesn't bother me.

My vaginal lips are too big and hangy.

I love them more and more as I get to understand how I "function"; I was quite frustrated for a while because of pain during sex but I understood later that it was my pill that caused dryness. Now everything works well & I feel quite glad about my genitals.

Pride, shyness.

Just ok, I used to hate them but I'm getting better.

I hate my labia. Everything else is fine.

Unhappy, embarrassed.

I am very comfortable and happy with how everything looks, feels, and most of the time - works. Because I naturally fit the 'neat and tidy' label I guess I have constantly been comparing myself to pictures that enforce the 'normal-ness' of how I look. Not having ever had sex with another woman, it hadn't actually occurred to me that there was such a level of variety. It's really fascinating! I have to admit though, and I find it sad that I think this, that I am kind of relieved that I am 'neat and tidy'. Some pictures of extremely long and thick labia minora do honestly make me uncomfortable. Damn, sexual norms are pervasive.

Affection, fun, arousal (I'm pansexual, so I do enjoy cunt).

I'm rarely a tad annoyed with them. They do get a little uncomfortable in certain clothing & are usually tender, occasionally to the point of being painful, when I'm on my period. But no aesthetic complaints at all :)

I feel they are too small.

I am in flux. I have hated them for many years and was thinking about getting them cut off and had been looking at surgery sites. I told my boyfriend and he told me I was crazy and that my lips are beautiful and we got into a fight over it. Afterwards I went back to looking into surgery and came across your site [LargeLabiaProject.org]. After several days of reading, I am not hating them as much and have apologized to my boyfriend after telling him he didn't understand or care. I have stopped looking into getting them chopped off but I have a long way to go to be happy with them. But knowing how much my boyfriend loves them and continuing to read the stories on your site might get me there someday.

I used to be insecure about the asymmetry and size of my inner labia, but I don't care either way for them now. They're fine as they are. I dislike my hymen, but mostly because of its inconvenience rather than the way it looks. I've never had penetrative sex with anything but my fingers and a small toy, so I worry about my hymen getting in the way if I were to try with something bigger. I have to dig in there with my fingers to remove tampons because if I don't, they get stuck on my hymen and it hurts a lot. I wish my clitoris was visible outside of my clitoral hood, mostly so that it would be easier to get to when I'm masturbating/when future partners may perform digital/oral sex on me.

I used to hate them until I found another girl that had big lips like mine and I realized I wasn't alone and how much more fun they are to play with. Now I love them!

I love my lips, love to play with them, and love to have them played with. Every once and a while they have caused pain, but so has every other part of my body. I like the feeling of sitting on them, especially if I kind of bounce on them.

When I was 16 years old, I was worried because in the books, the drawings of vulva are very symmetric. And the first times when I slept, my sexual partner was inexperienced, and he looked a lot of porno. He said "your pussy is a freak". So I wasn't proud of me. But now (21 years olds) Lot of men think that my vulva looks pretty. I

am satisfied not to have cut it.

I've never put much thought to their appearance, and I only really pay attention to them when I am sexually aroused.

I like this part of myself because it's mine and I have orgasms with it! But I'm scared of the looks people might give it.

I used to be very self-conscious about having an 'outie' but since entering a very loving sexual/romantic relationship I am no longer bothered by them.

I like the way they look, it is the sounds they make that embarrasses me. Since I had children my hips really spread out and my vagina got stretched out, now whenever I laugh I queef repeatedly. When I try to hold back a laugh it just gets worse. Two of my friends are always trying to get me to laugh whenever we are in a quite spot.

I hate them! I'm sure any boy would laugh at me and spread gossip about them!

I am starting to be ok with them with the help of sites like yours and a lot of positive feedback from my current boyfriend.

I think they look funny since they are so fat!

Emotionally, I would say that I relate the vulva to confidence, of a sort. Not sexual confidence in particular: female strength might be one way to put it. I never gave a second thought to my hymen, other than as something I might have to be careful about the first time I made love. I have mixed emotions towards my vagina, as it is a source of both pleasure and vulnerability.

I go back and forth between being completely freaked out to loving them. I also have six toes so I had gotten used to being a freak even before I realized I had a freaky pussy too. Now if I let a guy see my toes and he doesn't run screaming, I'll let him see my better bits.

I like it, it's small and not too 'dangly' but my hymen sticks out of my vulva too much which makes me a little paranoid.

I love all my body parts and I wouldn't change them for anything.

I feel they are a beautiful part of a woman.

I love them! Can't keep my hands off them.

I love them, can't change them.

I have large labia which stick out, when younger I used to be very self-conscious of them but now I'm very happy with them, my clitoris is small but very sensitive and has a small hood, the pubic mound is smooth with no pubic hair, all in all I am very happy with what I have and the way it looks today, it's color, size and sensitivity.

Excitement.

Not excited.

I'm in love with them.

I love them now. In my teens I was all worried about them, but I realized that everyone I was with loved them - so why should I be worried about them. I'm much happier now!

I wish I they could make me come more often. I don't know if it's because my clitoris is hidden, I wish it would be easier to achieve an orgasm during vaginal heterosexual sex. Sometimes it doesn't get moist as much as I would like, compared to my sexual arousal. I come very easily with masturbation and oral sex. I wonder if they would get more friction if I had bigger labia and clitoris.

I feel a little bit funny about my lack of outer lips but I have never let it stop me from enjoying what I have between my legs.

Love, respect (they coped wonderfully with birth), gratitude for the pleasure they give me.

Ok now, used to be freaked out about their size.

I kinda like them.

I love my pubic mound. It's the perfect roundness, at least to me. I don't look all flat down there, gladly. I don't have any opinions on my hymen, I lost that a very young age (personal things) so I don't have memories of it. I like how my lips are pinkish, and as my ex put it "don't look like they're bruised". The fact that my hood doesn't cover my clit can be annoying because it rubs on my underwear, jeans, counters, etc. It's a good thing I can't orgasm just from clit stimulation, but it means I'm wet a lot. Haha. I hate how my vulva doesn't cover my opening though, because it makes me look wide. You can't see all the way in, maybe half a centimetre. Just above my clit between my two outer labia it is a bit too wide for my liking though. At least when my legs are open.

I always liked them. I had a good friend growing up that also had longer lips, and although we never did anything really sexual together we used to examine each other a lot and watched each other grow.

I love the feel of them in my hand and my hand on them.

Unhappy, do boys judge?

After five years of being an exotic dancer, I thought I had no hang ups about showing my vulva. I get sensitive about it with my male life partner, but I still love the way it looks and feels.

Depends on the time. When my labia seems to big, or my hair too long I don't like it. And sometimes, if the light is better, I like my labia and hair. I also don't like them because they often keep me from having good sex (kind of get in the way) if I'm not perfectly wet, which would

happen less if they were smaller.

They work. I'm not changing them. I've already had to have stitches down there and that is the most surgery they will ever have.

It's ok.

I'm feeling a bit disgusted by the hair and by the dark and wrinkled part of my labia, but it's getting better... Sometimes I'm feeling really happy to see it beautiful, especially in the diversity of colors it has. The thing I really don't feel comfortable with is the grainy aspect of some part of the labia minora, and of the skin between labias minora and majora. I'm really disgusted by that, and I wish I could remove it. But I hope someday I will be able to like it.

I think I'm lucky beginning my sex life when porn movies were not so widespread so I had no idea how a vulva "should" look (and neither my lovers).

I have actually considered killing myself because I will never be able to lead a normal life.

Think it doesn't look good but I don't really care and some boys love it!

Quite relaxed, it's a part of my body that I don't really think about every minute.

I'm pretty happy with her.

I have always felt self-conscious about having almost no inner labia. I've tried various stretching techniques which have either had no effect or only given a temporary enlargement. I would love to have longer, more prominent labia.

I love to touch it and love it to be touched.

I love the way it's sensitive but also delicate at the same moment.

Overall I am happy with the way it looks. I am a little bothered by my odd shaped clit, not so much the way it looks as how it feels. When it started growing in puberty it was constantly being rubbed, I would have orgasms which were fine but then I would get over stimulated. My gyno had me try to numb it a bit by using a vibrator on it a bunch, helped a little. Now I just go commando in skirts and I usually don't get to the point of over stimulation anymore.

She makes me happy every day!

I don't really think about it!

I love my lips! I love the way they feel and am constantly twirling them between my fingers or lightly pulling on them. I can't imagine not having them. I'd probably have to take up smoking or something.

I love me for who I am.

I hate that they are the same color as the skin around them. It makes them look like a flap of skin instead of the nice colorful ones that stand out like something special.

I hate them!!! I want to stick a pin in them and deflate them!!

I'm happy with them as they have served their purpose to deliver my daughter. I'm also happy that it hasn't changed at all after birth and I'm able to receive and give pleasure as usual.

I have had guys tell me they love the look of my vagina. That the lips and colour is passionate.

Good, I work as a sex worker so I've just accepted it; I don't think about it much TBH.

I wish I had smaller outer lips! I like the way my inner lips look but you can't see them because they have been swallowed up by a monster clam.

Don't like them!

I hate what other people have said about them and that makes me hate them at times. Some girls in grade school gave me a real hard time about them. Luckily we moved the next year!! Since I don't really have outer lips, they usually wad up fairly flat and don't look much bigger than other people when I am in a swim suit. I did have one fall out of a suit once when swimming at the lake. I didn't realize it and a lady said something about it. I was mortified!!! I said it was a piece of seaweed caught in my suit. Don't know if anyone believed it or not, but nobody said anything else. It might be why I am with my husband now though, he was there and asked me out a week later - he has always loved playing with them (once I got over being terrified about them and let him see them again).

I like them for the most part. But I have long points/horns about a third of the way down that I wish weren't there and have thought about getting them trimmed off but I doubt I ever will.

They are ok, I like playing with them, other than that I don't think about them much.

Private, mysterious, vulnerable, unknown, intimidating.

I like them usually.

I used to be worried about them until one day my bff said something about a guy she was with loving to play with her big lips. We talked about and compared our lips for hours and decided that they were both beautiful and fun to play with. I have been proud of them ever since.

I'm happy with them, no-one ever complains.

I love it as it is.

OK. They give me and my lover a lot of pleasure and he

loves them! Never really looked at myself down here until my BGF/roommate in college (we're filling this out together 'cause we're still best friends!) and I compared our bodies and both started figuring out how different we both were and how different every girls vulva are - just like faces, maybe more so!

Learning to love it as my lover does.

Love my clitoris.

I used to be ashamed of my labia minora, but after learning it's normal to have them protrude, it didn't bother me as much.

Not much, they are just there.

I am very self-conscious about it. It makes me sad.

I wish it was more symmetrical, with less skin around the clit hood.

None really. I sometimes wish I had a penis instead.

I feel sexy

I never thought about it that much because I think it's completely normal and everything is alright. I'm comfortable and satisfied with its look.

Mixed! But I am learning to love my large inner lips and clitoral hood.

I dislike my labia minora, but am trying really hard to embrace them. I love my vulva in its entirety, but I just feel self-conscious about my inner lips. I am scared to open my legs and let my boyfriend see.

I dislike my right labia minora and have considered surgery to bring it down to the same shape and size as my left one, which I believe is perfect. I dislike the Fordyce's spots because I'm scared people might believe I have an STI. I wish my clitoral hood covered less of the clitoris. I have never given thought to my hymen and don't think it matters. My pubic mound's skin is mottled, so I prefer not to see it bare.

I love my vulva and have been complimented on it by many partners. I have some issues with painful sex but appearance-wise I love it.

I always felt that my pubic mound was too "fat." I feel like I am bulgier there than most women in that area, even though I myself am not overweight. I barely have any inner lips. Everything seems to be more tucked into my outer lips, if my legs are spread, you can see a little bit "peeking" out, and I like the way that looks. I had been self-conscious about the "puffiness" of my labia majora and pubic mound. It is difficult for me to wear bathing suits or form fitting dresses or skirts without feeling like I have a bulge showing.

Positive.

Sadness, bitterness, jealousy of others, feelings of unfairness for something I can't help.

I've only started getting orgasms in the last year, so I'm still pretty disconnected with my vulva. It's nice, pretty average, I guess, and fits well with the rest of my body. I'm content to let it exist. There's pride, but it's pretty laid back.

I went through a period of insecurity as a teenager because I didn't know if I looked normal or unusual, but now I am thrilled with my genitals because all the parts work fine and I've never received a complaint. :)

I like it. Neat and tidy. Never felt like I was abnormal or anything, though sometimes I get frustrated when I see women on the internet saying that vulvas like mine don't exist, they're photoshopped/surgeried to look like that. But they aren't, and they do exist. I guess it's akin to the way skinny people feel when people say "Real women have curves." In fact, I've actually seen it applied to vulvas, "Real women don't have vulvas like you see in porn." Gee. Guess I'm a mannequin or something then.

Love.

I am feeling better now that I am older, but as a child my sister told me my labia were big because I played with it too much - which affected me a lot.

Loyalty and happiness. Those parts have always been good to me and worked as intended. One day I hope they will help me give birth to my partner and our children.

I feel happy about how it looks! It's not perfectly symmetrical, but I don't mind. When I was taking the measurements, I was surprised by how little I actually look at myself - my partner probably knows more about it than I do!

I think mine are nice.

It's like this thing that I have a massive love for but don't really know very well. It's a very private love. I don't feel too comfortable expressing it or telling anyone what it looks like but I am very comfortable with myself. Sometimes I'm the tiniest bit nervous about what a new sexual partner will think although I am brazenly confident about it outwards. But it's a piece of me and I really love it. How funny - I have never expressed my emotions towards my vagina.

I feel I could lose some weight to see a difference, maybe like it is not so hidden or feel as if my outer lips/mound is huge in comparison to my clitoris and vaginal opening.

I'm quite happy with how my vulva looks. I think everything's very organised looking, though my clit could be bigger I suppose, as it can be hard to find for partners.

Comfortable.

At this stage my feelings relate more to motherhood than to sex. In 7 years I have watched my vulva work to birth a child 3 times and every time it's a miracle of nature. It's a beautiful sacred part of a woman's body.

I didn't use to pay much attention to it and all of my partners either did not comment on it or loved it. However, I came to conclusion it's very dark and the labia minor stick out too much and I hate how it looks.

It is mine. It is me. I am not embarrassed about it. As long as it functions properly (gives me pleasure) I am happy with it.

I hate it.

My labia, especially the labia minora, are embarrassing to look at. They make me feel a bit repulsed.

I'm more comfortable now with everything than I used to be.

Thanks for all the good times.

I have a very large public mound which I feel a little self-conscious about as it can look like I have a "package". I always try to tuck in my labia before my bf goes down on me as I hate how one lip always sticks out. My bf always ignores my labia, which makes me feel even more insecure about them. I wish he would nibble or suck them just to make me feel like every bit of me is beautiful. Because I know I am, it's just that he is inexperienced and has watched too much porn. I hate it when my bf comments on my clitoris being "sooo big" when he goes down on me. He has pretty much never said anything nice about me down there apart from that I have a big clit... which makes me feel unattractive... it's not even that big... I'd say 2 cm wide 3 cms long which can't be that big.

Outer lips are long and can get in the way during foreplay.

My clitoris has always been sensitive to the point of pain if hood is pushed back very far possibly due to trauma at an early age. I am coming to terms that although I am as physically fit as women half my age, I am self-conscious of my labia not looking like a porn actress's.

When aroused I adore them and love to show them off. When not in an aroused state not as confident.

Ever since I found out how good they can make me feel when I was like 6 - 7 years old, I have loved them!

I love them! I was lucky, the first boy to see them told me they were beautiful and I have never thought anything else.

I am indifferent towards most of the parts of my vulva and labia. I do not like my labia minora because it is very dark compared to my vagina and heavily contrast with it.

I used to really hate my vulva, but now I find it beautiful and perfect, because it is. The only issue I've ever had is with my long labia, but now I kind of like them.

I like them ok. My clit is a little on the large side, but it's hyper sensitive, so achieving orgasm is absolutely no problem at all.

Obscene.

Totally happy with it as long as it's functioning as it should! I don't care about the fashion or what the porn industry makes me feel I should want. If a guy ever criticised my vagina I would tell him to either a. get a Brazilian and penis reduction or b. get out!

I used to dislike it but nowadays I'm starting to like my genitals. And it seems that my sexual partners also liked it! So I'm quite happy and anxious to discover more about it.

Mine are beautiful. I would not feel comfortable if they were discoloured.

My labia and I have better relationship than before, in the past 5-7 years we've gotten to a more accepting and loving atmosphere.

I love my vulva. Sometimes I wish they were a bit lighter in colour. This might stem from insecurity that my boyfriend loves X-art (HATE the fact that they feature only white girls with pale pink vulvas) But on the whole I am VERY happy with my vulva. It's beautiful, it's sexy and it's ME!

I don't like it and don't like to show.

Now, I'm very comfortable with my vulva. At one point after puberty, I looked at my vulva and realized that one of my inner lips was longer than the other. I thought I'd damaged myself by masturbating so much as a young teen and stretched out my labia. I tried to stop masturbating so I wouldn't "damage" my vulva even more. It took me YEARS of living with shameful feelings about my vulva before I realized that the vulva develops during puberty and that vulva shapes are due to genetics and hormones. This was such a freeing discovery, and now I embrace my lady bits with love.

Generally happy, pleased.

Growing up, I was never really exposed to the idea of being sexual. It just wasn't talked about. Not that it was taboo, but it was just seemed as unnecessary. I identify as being a heteroromantic asexual and I have a boyfriend, but I'm very uncomfortable about taking the final leap and taking off my underwear. Maybe it's the fact that I'm just not drawn to being sexually active and aroused, but it's partially because I believe that my labia minora are bigger. After measuring, I feel a lot better and have come to realize they're not THAT big, but they still bother me.

I used to wonder if it was normal that my clitoris and labia are slightly darker in color than skin in the rest of my body. Someone told me that most people's lips match the color of their vaginal lips and for some reason that made me realize that everyone is different. I also thought my inner labia were too floppy but now I'm seeing how small they are in comparison to others and also that it doesn't matter!

I love it. Pierced vch. I love how stretchy my labia are.

I like my pubic mound, on which I keep my pubic hair but just neaten it up around the edges and trim a little. Hair on my mound feels and looks very sexy and womanly to me. I love my fleshy clitoral hood and I love my small clitoris which functions fabulously. I don't have any strong emotions about my outer labia, they are what they are. My inner labia can cause different emotions. Generally I'm fine with them, I know all vulvas are different, but I'd be lying if I said I didn't occasionally wish they were just a little neater. It's usually only a temporary feeling though and then I don't give it much thought. I know they're big and I'll never have a neat pretty vulva, so what? My vaginal opening is quite deep set due to my fleshy inner labia and if I spread my inner labia gently you can't really see it. Like my clitoris, I love my vagina because it works. And I've been masturbating since I was a child and never remember having a hymen (like labia they can all be different and some don't cover the opening at all). So generally I have no great anxiety about the aesthetics of my vulva but on those occasions I am feeling a little negative about it your site is tremendous in turning that around. The fact that my clitoris and vagina function are far more important to me than its overall appearance.

My biggest insecurity is actually about my bikini line. I have very sensitive porcelain skin, and every minor irritation really stands out (at least to me). I seem to have a permanent set of red bikini line bumps no matter what I try when I choose to shave--and sometimes even when I don't.

I used to be incredibly self-conscious to the point of such distress that I would cry for hours, but now I love them. I am still slightly self-conscious about my pubic mound, but I understand everyone is different.

I don't like to show it off. I've never enjoyed oral sex because I just felt that I wasn't visually stimulating and that it might seem like a chore to a partner. I think I would have always been self-conscious having larger labia and kept myself unshaven to disguise the protrusion a bit. Now I won't shave, keeping it trimmed and tidy only, especially because after children and with age I feel the labia majora are getting a little wrinkly looking. I know it's not awful but I can't shake the feeling that it's not beautiful and being considered otherwise attractive, I feel that it is a let-down. My lovely partner of two years would be shocked to hear this as he would never complain and seems very happy. (I've never dared to ask in case I seemed as insecure as I actually am about it.)

I am fine with my vulva in general. Sometimes I feel my labia majora has a bit of "sag" and my pubic mound is fairly fleshy, but I feel it is very normal and I'm not shy with my partner at all.

I had no idea that women's vaginas (I know this is not the correct terminology) were all different! Last year when I was 22 and had been sexually active for 5 years I was watching the Perfect Vagina on a documentary website and was so shocked by what I saw. I cannot believe it took me this long and numerous sexual partners to discover I was missing something. Labia Minora! I had the opposite reaction to everyone else because I was so confused about the minora. Throughout sex ed and even tampon packaging

and porn, the pictures I saw did not show the minora. As I don't have minora I was so confused I had to stop the show and go into the bathroom and have a look. My jaw dropped and I was in a state of shock for weeks afterwards. I spent days searching the internet looking into it and felt so weird and childlike. I kept attempting to ask my female friends then get shy until I finally spoke to a close friend about it. It was really confronting for me because I thought vaginas all just looked the same and the same was like mine. After the documentary I thought I was abnormal. Since then I have spoken to my friends and my mum about it and now I feel so much more confident. I feel sex ed classes at school should not just be about the internal sexual reproductive organs or how sex work but also have a class for body awareness and acceptance for each gender. We need to be told they all look different and we should be proud of them.

I have great affection for them as they have brought me so much pleasure and joy.

I'm quite confident with my partner. But I don't really like the overall look of it. I do sometimes wish it was all tucked up inside better. As a young girl I remember being upset that my vagina looked different to my sister's. Her labia minora were completely tucked up inside and I can remember trying to stretch out my labia Major to try and cover the inner lips so it would look more like my sister. Now I realise it's normal so it doesn't bother me as much.

I hate looking at it because of the labia minora.

I have had lots of sexual problems for the last few years because of depression and family of origin problems, low self-worth, complex issues surrounding being a late discovery adoptee, and pain from endometriosis. I think I ignored my labia and vulva during some of this time because of difficult feelings around my sexual self and how dysfunctional it seemed to be. However, life circumstances have changed and my sexual self has re-emerged just recently (which sounds strange but being human is sometimes strange, isn't it?). I seem to have found myself as a sexual being, and consequently look upon my body in a more positive way. I am happy with how my labia and vulva look and feel and give pleasure. My partner (of 24 years) doesn't worry about how my vulva looks, and has always been supportive, which helps immensely.

As sexual organs I like them. I consider myself lucky that I do not have 'issues' with my appearance downstairs. Some women appear to have saddle bags down there. I don't which I'm grateful for.

I love all of my pussy-parts, they're perfect the way they are!

Respect for what they can do.

It's not all that pretty.

When all the fuss began in the media about 'designer vaginas' I started feeling quite paranoid about mine being irregular, but then I had a look at lots of photos on the internet and am now happy with mine as being unique and don't give the appearance of it too much thought, just enjoy how it feels, and that it works just fine!

I like them :)

I like them the way they are.

Some embarrassment about size of labia minora.

I've always been happy with all of it and never really thought much about it. I've never been self-conscious of how it looked or thought it was particularly different from anyone else but I didn't really see anyone else's vaginas growing up.

I used to have a complex but now I know it is normal. I used to think normal was a magazine picture. It's only now that I am older I know I am normal.

Comfortable feelings mostly, though my pubic mound feels too large.

I'm ashamed of them.

I like everything except the pubic mound is a bit big.

I actually love so much about my vagina in the sense that I'm a highly sexual person. But my right inner labium disgusts me. It's longer and darker than the rest of me and sticks out like a little penis. It makes me uncomfortable and self-conscious. The rest of it is fine to me.

I mainly accept what they look like. At some stages I have wondered about the width of my labia minora and how they compare to others. But really don't mind anymore.

I've always thought my labia minora are too large, one noticeably hangs out. And far too dark. My current partner tells me he loves them though which has done much for my confidence about the way I look. I think I've been more conscious of their colour than size.

Would have preferred that the inner lips didn't protrude but would not EVER have them trimmed as they contribute major pleasurable sensation.

Pubic mound is very big. My clit is so small and is not as sensitive as it should be. Vagina is tight and inner lips are small.

I never cared how mine looked, but realize that my physique in these areas fit the so-called ideals.

I like my vagina, lips and vulva - the whole package is very nice and I've never been embarrassed or worried or ashamed if it, and have been happy for my sex partners to see it. I think my labia minora are very small, almost non-existent, and my clitoris is deeply hidden under the hood. Overall, I think my pussy is very nice.

I love it. It has given me much pleasure and fun as well as giving birth to my 2 beautiful daughters. Even though I'm older now it's still as much fun and interesting.

I feel uncomfortable & self-conscious when men suck on my inner labia, and a little self-conscious about their size, otherwise, quite comfortable.

I like them they give me pleasure.

I kind of wish my outer lips wasn't as large and puffy, but it doesn't make me sad or want to have surgery. My only concern is that whenever I choose to have sex for the first time, how bad it will hurt. My hymen is pretty big and I can't use tampons because of it.

I liked it fine until my labia minora turned black and started sagging.

I used to be really self-conscious about it when I was younger. I still am a little with new partners, but that's more me worrying that they will mistakenly think that my labia are abnormal, than me thinking they are. I've never received negative comments from male partners, and some have said, without being prompted, that they love how my lips look and that it's easy to see when I'm aroused.

I love the way my vagina feels when I'm making love to my partner. I have no hang-ups about that area.

I love my girly bits! I think they're beautiful; they serve me well, and give me pleasure.

They are part of what makes me unique.

I am somewhat content with what I have. I really haven't looked at my chatte. :-{

Satisfied, no problems. Has never concerned me or my husband.

Embarrassed because its plump, but it's mine and I wouldn't change it.

Happy, pleased, proud. I think pubic hair is underrated. Even with 'perfect' labia that's nicely proportioned, I really can't be fussed waxing/shaving (even for him) and think pubic hair was given by God so we wouldn't have to worry about it down there. I like to look at it when I occasionally trim it all, but I am just as happy being hairy.

I used to feel self-conscious because I had only ever seen tiny ones in porn movies, but then I had a sexual experience with a girlfriend and also witnessed a birth and theirs were also large, dark and wrinkled. My husband absolutely loves them and makes me feel beautiful.

I am embarrassed about the amount of hair I have. I think my outer lips are slightly too big and puffy but it's not too much of a concern. My inner lips are quite small and I used to worry they were weird but a partner once said that they were small and neat which made me not worry anymore. The inside of my vagina looks a bit gross to me but I know that guys don't care what it looks like. My clitoris seems to hide between the upper parts of my labia minora but I don't really care what it looks like.

I am embarrassed by it and have not had intercourse since my husband died 12 years ago because I don't want anyone else to see it. I didn't mind him because he loved it and knew from before I had children. If I could afford it when I was younger I would have gladly gone for surgery.

I don't really have any. As a health professional, I have been able to see many labia and vulvas, and it has given me confidence that there is no such thing as normal. It would be like saying one hair colour is normal: none are the same!

There are fine, they are just what they are and they seem to do what they are supposed to do. I don't have any qualms about their look or performance.

I never really had any positive or negative feelings, but there have been some men recently who complimented me on my "nice" vagina, and I was intrigued as to what the differences might be. When I found out there was such thing as an "undesirable" vagina and that I didn't have it I was strangely pleased? In some ways I don't conform to ideal standards of beauty and I think I was kind of happy that I did in one way? I'm totally bummed that there are ladies out there feeling bad about their junk though. I was really surprised to find out that labiaplasty is becoming more and more popular.

Love them.

None really. I could get aroused if I sat there looking at it, but no more so than I suppose looking at a hand, which I find attractive in general. As compared to a foot, for example, which are generally less aesthetically pleasing. Pretty amazing when you think about what it's gone through giving birth. But then it sounds as if I'm lucky in that we've always used the correct anatomical terms to describe our "bits" and they are (hopefully) fully functional parts of the anatomy to be cherished as such, not to be ashamed of.

I feel connected to it; my vulva feels like a very personal part of myself. More sensitive than my hands, it feels like the centre of me. It has always given me great pleasure.

Generally positive. We've had some good times.

Looks ok, works ok.

Disgusting - how can a man want to look and kiss that?

I have always been very shy and embarrassed about its appearance.

Adore it. Having another C-section to protect her integrity. I do not want it cut or mutilated by childbirth as it's my absolute favourite body part.

I like my labia and vulva in general, it's not totally symmetrical but I doubt other people notice as much as me. I've had to learn to love my vulva again after experiencing a herpes outbreak I got from a boyfriend's cold-sore after he gave me oral sex, and for a while any bump or ingrown hair made me terrified and repulsed out of fear of another

painful (and very ugly) outbreak. However now I have learnt to respect my vulva and vagina again and embrace it as something natural and beautiful in its own way!

My main worry is texture. (Thinking: are those bumps normal or do I have something?) And I'm also concerned that they don't react much to my arousal, thought that could be psychosomatic.

They give me a lot of joy. Once I felt a little bit worried because they seemed bigger than other girls. But for years now I have had so much enjoyment from them, I am glad I have something to play with.

I like them as they are.

I love it, I think it's all beautifully made and fits my body shape, I'm a small bodied woman and so my genitals are petite too, I think this is apt.

I definitely used to be more open and relaxed about my vulva, but over the years I have become more private and self-conscious. I have had some sexual issues over the last year or two and have lost the ability to orgasm, so I associate some sadness and self-consciousness, rather than the free-spirited, proud, vulvalicious place I used to be. I think vulvas are amazing, and really never thought I would end up in this place, but I think we automatically connect a lot of our sexual emotions to the organ. I want to reconnect with that part of myself because I was a much more joyous person when I was proud of my vulva. It really connected with my spiritual self and overall self-esteem. I feel like my pubic mound is quite fat compared to other pubic mounds. Who knew you could have fat issues even in your pants?

I am really happy & fine with my genitalia, & I also find more 'outy' lips very sexually arousing. If anything, I'd be happier with 'more' labial folds & flesh.

I don't really like it.

They bring me a great deal of pleasure! I used to worry about my large bush as a teenager, and would religiously remove the hair, but now enjoy my natural state.

I love them they give me great pleasure :-)) I do feel shy about big lips because it is such a no no to have them, which I find strange because the more you have the more there is to feel good??

Content. I don't love its appearance and thought about surgery but after seeing before and after photos I realised it really isn't as bad as I first thought.

I used to be very unhappy about it and did not like it one bit. I thought it was abnormal the way the inner lips hung outside the outer and ugly looking. Then I saw the Hungry Beast video about labiaplasty and that was the first time I saw other vulvas and I realised that mine was actually quite small and not bad looking.

Boyfriends have commented on how nice it looks, and it gives me confidence. I like having a "tidy" looking area.

I feel sometimes happy and sometimes annoyed but mostly I don't mind them.

Despite having more 'socially acceptable' looking labia and genital area, I still find my genitals ugly and confronting. I am trying to look at them with love. My pubic mound annoys me because like all things in the media, I am used to it being flat on models and it isn't on me. My clit is small and covered by the hood and I like it because it makes me feel safe and protected. My outer lips are full which I don't mind and my inner lips are minimal, in fact I had to look for them the first time I saw your blog. It is weird looking at my vagina and seeing a hole that goes somewhere special.

I like it. It's all good.

I think my vaginal opening is a bit unattractive looking due to having an episiotomy. I like my labia minora because my husband likes them, and they make oral sex much more fun and enjoyable. I wouldn't change them. Overall I'm pretty happy with what I've got in my pants, but a lot of that comes from having a loving husband.

I love it, nothing wrong, it's one of my best features - shame I can't just show it off really.

I've always felt embarrassed having one inner lip longer than the other, darker than the other side and that peeks out from the outer lips. The man I lost my virginity too, he was older than me, told many men who knew me that I had "a hurter outy". I was also ridiculed by other girls as a child and teenager for having a mole on my pubic mound.

I don't like them; both labias are too big for my liking.

Confused.

It's mine therefore it's beautiful.

Feel that it is not very pretty or tidy.

Love it! After seeing so many others I love mine more. I'm amazed how different they all are.

Happy about them now I am adult and can appreciate how much they add to the sexual experience of me and my partners. Hated wearing swimmers when younger as they stood out (to my eyes) so prominently.

Very proud. Show them off whenever I get the chance. Love flashing a camel toe at the beach or poolside.

I love it 'cuz it makes me feel great when I masturbate or have sexual intercourse. I didn't like the look of it when I was younger and would sometimes feel ashamed. But growing older I find it pretty sexy when I watch myself. I also love them both for their biological purposes ;)

I hate it. It looks like a rooster's wattles.

I've never given much thought to the appearance of my labia. I assumed they were "normal," and the Large Labia Project has backed that up for me.

I feel good about my vulva because my partner loves it and it has given me much pleasure, but I am still modest about others seeing it as it is fairly prominent. And I think some people might find it too much.

It gives me a lot of pleasure and I have only ever had positive thoughts about it. I had never thought about it being 'normal' or 'abnormal' until the media started talking about women getting surgery to remove parts of their labia, an idea which horrifies me in so many ways.

Previously, when I shaved consistently, I was embarrassed and concerned that my labia and vulva were unappealing. I now feel contentment and pride - I know my vagina/vulva/labia may not be 'typically' beautiful, but I care for myself and understand this aspect of my body and find myself pleased with its unique appearance and abilities!

Nothing specific - don't think about it too much unless I am aroused.

I'm relatively indifferent and I have never had complaints.

Generally feel good about it but sometimes I've felt it's very prominent, almost kind of aggressive looking. It looks kind of pleasure hungry, but no man has ever made any negative comments. I've always had very positive sexual experiences.

I quite like it.

I love the way my clit hood looks. I'm ok with my uneven lips, however they have gotten in the way of sex before. (Penis got caught on lip on the way in, had to move it out of the way lol).

I really don't feel the need to be concerned or emotive. It is what it is and it's not something that I intend show or have on display to anyone but my husband or when needed, e.g. doctors. My husband loves me no matter the look of my vulva and labia (and quite frankly he has always been happy and complimentary of the size and shape). So many other things in life to be concerned with other than a part of my body that spends most of its time in a pair of underpants!

I have seen many vulvas (I was a stripper for years) and there are so many varieties. I feel more comfortable now that mine is normal; I don't feel uncomfortable about it, to be fair, it's not something I give a lot of thought to. It's just there!

I don't particularly like the way it looks, but I don't hate it either. It just is what it is. Genitals are like that!

I hate that when I wear tight gym pants I feel as if it sticks out slightly. I went through a period where I HATED it and was seriously considering a labioplasty, but now I'm starting to love it. It doesn't affect me sexually nor does it

hurt. I actually like to play with it at times. So, if a guy doesn't like it, then he can get fucked!!

Vulnerability. Arousal. It feels sexual. Feminine.

Am happy with my vulva, I suppose I would prefer my labia to be contained within my labia majora.

I don't really think about them.

It is what it is.

Nothing more than I feel for my fingers and toes. I feel sorry for anyone with a problem like that. Having long labia is a real problem that can be improved with surgery, as they are extremely sensitive.

Love, lust, pleasure, pride.

It's embarrassing to discuss, generally frowned upon. Some guys I know who are my friends are either disgusted by women because they're gay and don't find us attractive AT ALL or straight/bi men just won't discuss this type of thing because "it's gross". I feel sad if someone comments on my vaginal areas in any way that they're not as attractive as someone else's or not as attractive as a "perfect looking model", but then I get patronising type comments like "but everyone's beautiful on the inside, so differences on the outside are not that bad". General feelings summary: annoyed, angry, embarrassed, and humiliated. I think it's important to mention I had to take this survey in secret and away from my boyfriend because I felt ashamed and he would think I'm a freak/doing something freakish etc.

I feel protective of it. I choose not to wax off most of my pubic hair because I believe in promoting natural beauty and freedom of the female body. I wasn't aware until during the last 12 months that many if not most women's vulvas don't look like mine because mine resembles the very few other women's vulvas I've ever seen in films and anatomy illustrations. I feel selfishly glad that my vulvas would be considered aesthetically 'acceptable' or 'normal' (apart, perhaps, from the hair), because I already had a lot of insecurities about my sexual identity (I only became sexually active this year) and I think that if I'd thought my genitalia were considered ugly or abnormal by some people, even if I rejected or resented that judgement, I would have felt frightened and ashamed to be sexually intimate with my boyfriend. I consider myself a fairly strong, feminist, outspoken and strong-minded woman but nonetheless have found sexual judgements and perceived standards quite crippling at certain points in my life. Fortunately, I've never had reason to worry about my vulva. I have gained a new, strong attitude towards my vulva over the last 12 months. A friend's Facebook post inspired me to do a bit more research into what other women's 'bits' look like and I was surprised by how much I didn't know. I realised that it's my body and so I have the right to know everything about it, and did a fair bit of reading. In the lead up to and during my first months of sexual activity I also read widely about matters relating to my body. I now feel proud of my vagina, and defensive of women's rights to have theirs respected and not criticised. I also feel more appreciative of it as a sexual organ and something that I have control of and thorough knowledge of.

Outer lips good, inner lips I wish they were the same...as the smaller one! Very happy with everything else.

Generally I am feeling fairly positively about the appearance although after twin pregnancy I am not so happy with the pubic mound and the scar and belly fold from the Caesar.

They bring me pleasure.

I can't say I have any particular feelings or emotions attached to them, as they are a part of my body, in the same ways that my knees or elbows are, and are something that wouldn't be changed unless illness or injury deemed it necessary.

I love it and have enjoyed its pleasures ever since I remember (masturbated as a child, many partners in my late teens, early 20s). I had a piercing in my early 20s and took it out when I had my first child. Wish I still had it, it was fantastic!

Neutral most of the time, but positive during sex.

I hated them with a passion but have grown to accept them as a part of me. Still don't like them though.

During puberty and in my early teens when I became sexually active I admit to having curiosity about whether my particular body parts were 'normal'. I never had a partner question the appearance of my genitalia other than to comment about how some are different than others. Eventually as I entered my 20's and became confident in my own sexuality and in myself as a mature woman the appearance seemed irrelevant.

I am a real woman and my full shapely vagina proves it.

I've never been very comfortable about the size, shape and protrusion of my labia - I am always self-conscious about my vagina.

They've been called beef curtains and I certainly have grown up thinking they were not 'normal' (I'm late 30s). I'd seen my mother nude growing up and they match hers. I was certainly embarrassed as a younger sexually active person - but no man has ever cared. I did think, when giving birth, that I was on the abnormal side of large and that the midwives would notice that. It's stupid and I would never change them but I think that porn suggests women are 'neat' unless you find amateur porn and thus most women consider that a neat vagina is normal. I've seen it discussed on shows and the perception that an 'outie' vagina is somehow dirty, smelly, deficient and unwanted pervades. Its male equivalent would be a hairy back in terms of embarrassment.

I feel very self-aware that they don't look like the ones in pornography. My inner lips hang, and I know it's normal, but I am scared that any sexual partners I have WON'T know that I'm normal and they'll be disgusted.

Pride, intrigue, protectiveness, secrecy.

I didn't even think the size of my labia were an issue until I was told by an ex-boyfriend that they were too large. I felt insecure about it for a short while but got over it and have no resonating concerns.

I have always thought my labia were particularly unattractive. I have no problem with the rest.

I struggled for over 8 years with an eating disorder, and those negative feelings about my body definitely carried over to my genitals. I hated how much skin seemed to gather around my pelvis, and how "droopy" my genitals seemed to be. My clit was constantly getting dried out and sore and the skin around that area would even crack and split from the hell I was putting my body through. However, after some counselling and a lot of love and support, I'm starting to love every part of my body (including my privates)!

I don't like the really long inner labia; it gets caught on things, especially during waxing.

Nothing negative. It's a special place of fun.

I hated my labia minora as a teenager; it dangled down and was a different color. My first boyfriend used to pull it and made me feel ashamed of my body. I used to want to cut them off so I could be like the girls in magazines. Now I realise I am normal, my husband (we've been together 30 years) loves me and has made me more comfortable with my body. I however though realizing I am normal still don't like my labia and if it weren't for my husband would have surgery.

I feel pretty good about, it certainly works for me i.e. delivers babies, delivers much sexual pleasure for myself and hopefully my partners. I also feel vulnerable about it, in an intimate sense. It is a really private thing to expose.

I never even thought about the appearance of my labia until a lover told someone they were 'ugly' when I was 18. I looked at them in the mirror and didn't think they were ugly, but I refused oral sex (on me) for years after that, for fear of putting other lovers off. I'm happy my labia minora is enclosed by the majora, as the minora are sensitive and easily aroused (on warm days when they slightly protrude, sitting can be more erotic than it should!). I both like and get annoyed that my labia majora is so puffy - I am fine with it until I go swimsuit shopping (you can make them out clearly, which makes me feel naked). To be honest, I don't think much about the labia/vulva - my concerns are with my vagina and pubic hair - and I haven't spent much time looking at it or touching it. I masturbate with underwear on, so all my 'dealings' with it are quite boring or medicinal (cleaning it, maybe rubbing cream on it, checking for lumps etc). I don't see its appearance as key to who I am.

I sometimes feel more concerned about having a rather fleshy pubic mound & large fleshy labia majora than my inner lips.

Nothing, it's just my vagina its fine.

Feel like they are average size. Not too small or too large. Under-represented in porn. Feel confident in the look, not too worried about it. Although this has come with maturity. Have seen many vulvas at work and know that small labia are the minority.

I feel good about my labia and vulva. They are well loved and taken care of.

Good feelings - I associate my genitals with very pleasant feelings - probably because I don't watch porn so don't feel insecure, and I have given myself thousands of orgasms.

Neutral, I don't think spend a lot of time thinking about them as a discrete part of me, but more as a natural part of my overall sex life/experience

Love it. It has given me a great deal of pleasure and two beautiful children.

I love them.

I now believe my vulva is very beautiful and interesting. However, I'm scared of how guys will respond to it, especially if they've never seen large labia before.

My clit is too big. It's like a tiny penis. My bf loves it. Even grasps it between two fingers and strikes it. Creeps me out. I like my lips. But not every man I've been with has. Once when I was younger, a man told me he didn't like to see it after sex because it looked like an Arby's roast beef oozing horseradish sauce. I tried to dismiss that and my current bf helps. But I will NEVER eat at Arby's again.

I like a little hair to keep it warm and comfortable. It's not a sacred place but it belongs to me more than another part of my body. We have a sweet relationship, it gives rhythm to my every day, and it's been with me, awake and consciously living for a very long time, probably more than I can remember! And if it could speak it would tell more about me than I should even know.

I am happy with mine.

Arousal.

I've never really thought about it prior to hearing about labiaplasty trends. It's never been an issue for me.

I like most of it, though for comfort reasons I would like my inner lips to be a bit smaller.

I love them and am quite proud.

I have never actually seen my clitoris - buried too far under clitoral hood. Slightly self-conscious about this as while I am aware there is a lot of variation between vaginas/vulvas, I've never seen another like this. Also a problem with vaginal tightness - penetration is often uncomfortable.

No problems with it but I would like a more prominent clit.

I dislike my pubic mound and outer lips, but everything else is gorgeous :)

Wish it was prettier.

I have been told that it's cute, and I think so too. I look girlish down there because of the delicate light pink colour. My clitoris is very visible and fun to toy with. ;)

It is normal.

I used to hate my labia because I was worried I would be repulsive to any man that saw them. But I now realise that I actually love them - they give you extra sexual sensations. I would hate to miss out on that if they were cut off or not there. My labia aren't the prettiest thing I've ever seen; instead they look more sexual, lustful, etc. And that, I've come to realise, is preferable to me. Am I still nervous when I show myself to a new lover? Yes, absolutely. But would I change myself for some idiot that judges a person on their genitals? No way. I love my vag; I just wish I had the comfort in knowing that other people would as well.

Happy.

8. Any Other Comments

Thank you so much for your site. Every time, after I hear mean comments, I visit LLP just to remind myself that yes, I am perfectly normal and it is my right and duty to enjoy my vulva and vagina. A thought that sometimes gets lost in the porn society of today.

I look forward to these results Emma. Your blog has been a huge peace of mind for me. x

I LOVE what you are doing. You are helping out so many girls. Nobody ever touches on this subject. It's always about boys boys boys. You are changing lives.

Thank you SO much about your sites. Seriously they are like a medication. You're awesome!

Thanks for this project! By 'promoting' large labias you are encouraging the acknowledgement of the diversity among people and this feels right! I'm probably on the opposite side (very small labia) but I think every woman should be able to enjoy her body the way it was made, and not fear/be disgusted with it because of some stupid norm. (And sorry for my English, I'm French) I hope this project will be as successful as can be!

Thank you! This is truly educational and interesting.

Thanks for your site. If nothing else you have saved me a bunch of money, but I am going to try to find a way to like (or maybe even love) my lips. THANKS AGAIN! My boyfriend really really thanks you!

I really could have used a site like yours 10 - 15 years ago when I was getting worried about them growing. Thanks for all you have done!

I like what you are doing for LLLs that have issues understanding that they have been blessed.

Thanks for all you have done for people like us!! :)

Thanks for doing this! I think it will help a lot of the women that have had less positive experiences than I have to realize that they are "normal". Can't wait to see how I fit in the results.

Thanks for this interesting and feminist project.

Can't wait to see how I compare to girls in the non-porn world!

Thanks for doing this! My best friend and I are doing this together tonight. Wish we had your sites and others when we were roommates in college and kind of need each other to figure out that "average" and "normal" are words that just don't really apply to individuals. But beautiful, unique, original, one-of-a-kind, individual, personal, special, phenomenal, respected, cherished, appreciated, loved... these are words that can and should apply to us all, every one.

Can't wait to see the results. Thanks for your site it has helped a lot of us well-endowed women.

Even though I have never thought poorly of my labia, I think it is great what you have done to help the women that do have personal issues with theirs.

Good on you Emma! Can't believe the ridiculous and often unachievable beauty expectations forced on women are now moving to our nether regions! Spread the word, spread the vagina love :D

Dear Emma, since I'm Catalan forgive me for my mistakes: thanks for initiating this survey and your Large Labia Project. I still don't know if my labia are large or not but I wanna take part of this beautiful project and I'm confident I'll follow it and share it among my friends. Your work is so valuable and rewarding in a society that constantly attacks women's body. Kindly, a young feminist.

Hi Emma, I'm glad to measure my Japanese labia for your survey! Surprisingly, it made my pussy super wet and horny that I just had to have some fun. Thanks for your awesome project - I love knowing that my labia are normal and nothing to be ashamed of.

Thank you SO much for what you're doing, Emma! Your blog was the first exposure I had to images of REAL women. Prior to your work, I'd only seen vulvas in porn, which made me feel very self-conscious about my body.

Thanks for doing this, as education is so important.

I think what you are doing is fantastic! I was furious about the way the media attention on labia made me question my own, and the fact that it has actually driven people to have surgery on perfectly normal vulvas; so I have been ranting about the diversity of vulvas and the brilliance of big flaps, to anyone who will listen, for a few years now. What you are doing is next level! And very brave, so congrats! And keep up the good work. I will definitely be sharing your blog :)

Fantastic idea. Happy to participate! I hope the results are reported in the media.

It's hard to believe that the size etc. of one's labia is of such huge concern. In my opinion whatever is there IS THERE! Is there any correlation to all the men's issues concerning size? MEN BIG: WOMEN SMALL????

In my mid-twenties, one guy made a comment that my vagina was loose. This has stuck with me for ever until now. In my late forties, my last partner commented on how tight I was. I now realise, how conscious I have been about that comment all those years ago and it was probably that the guy was on a smaller size, rather than me being loose! Although at times I can be very self-conscious about my lip size, especially when they get in the way of sex and I have to spread them or move them out of the way to allow a penis in, I am ok with what I have as I know we are all different.

By the way, do other women have the same problem with their lips getting in the way? I wonder if this is a primeval thing to allow us to have consensual sex and avoid rape. Maybe that's why they are large, apart from holding all our juices, they have to be physically moved to allow penetration.

I just want my vaginal lips to be pink again is there anything I can do to make minora pink again?

I could just kiss you!!! This is SUCH a wonderful thing. I have wanted to do it for years and never thought of how - or had the "oomph" to do it!

I wanted to thank you for all the pictures. I used to feel very ashamed of my color "down there." I go from dark red to nearly purple when aroused. Thank you for helping show that I am beautiful! And in the words of my gynaecologist, "They're all normal. I'm just waiting to see one split the other direction."

Thank you so much for all your work in promoting large labias as a good thing! I plan to submit photos to your blog as soon as I turn 18. Please keep up your fantastic work :)

Emma you're amazing for doing this! I'm so glad when I find people still fighting the good fight, to enable future generations of women to love their bodies! thank you

Great idea. I've always had (what I consider) large labia but it will be very interesting to see the results.

Just love, love, love your blog!!!! Thank you so much for showing me that my vagina isn't that freaky! :D Best regards from an amazed 16 year old girl. ;)

Since I started reading about women having labiaplasty, I have wanted to participate in something like this.

Good on you Emma! I look forward to the results. I've been observing with interest and sometimes dismay just how judgemental and often ill-informed women are about their genitalia, and amazed at their psychological response and the drastic action they take in their quest to satisfy... well, what exactly? Society? Is this phenomena an extension of the overall "body-image-self-worth-you're-not-pretty/thin/smart/good/perfect-enough" bombarding us from every magazine, TV screen and billboard? I hope the project can dispel myths that so many women seem to have that they're somehow not "perfect".

Thank you for your projects, they are very empowering. I feel good about myself in private but I hate the feeling that society judges me for my body. Knowing that I'm not alone in that feeling helps.

Thank you xx Seeing the pictures have made me feel more normal. Have never enjoyed oral as so embarrassed by their look, always in the dark!

I think what you are doing is really brave!!! I really think that the porn industry should be more embracing of diversity because let's face it that's where everyone is

getting their ideas from.

I've done a lot of asking around friends as I have a larger outy vagina (hangs outside outer lips) and most of my friends have the outer lips covering so you don't see the inner lips from the front when standing. Only one other friend is the same as me so this made me feel more self-conscious. On the plus side for those like this, we worked out that the friend and I orgasm very easily and during sex as our clitoris is more on the outside. Friends with more inner and smaller lips struggle to orgasm or don't. Quite intimate info but definitely a plus for women worried about their larger labias! Thanks.

Thank you for your blog! It has made me rethink the meaning of a beautiful vulva. You are great and I wish you all the best and to keep up your good work!

Thank you! I can't wait to see this positively impact women and girls who are told they are "abnormal."

Your site is just beautiful and I will be sure to refer anyone I come across who has doubts about their body here.

This is brilliant; what noble research. Thank-you!

Thanks Emma! How empowering! And who knew how beautiful our labia could be? :)

The rise in self-esteem and body image problems and the lengths to which women are going to attempt to rectify these dissatisfactions if truly alarming and I want to see change - a world where women view their bodies as a means to facilitate life, not detract from its quality but constant criticism and worry. We cannot be a humane, equal, fully functioning society when half our population is working so hard as simply feeling 'normal'. There is no normal, it's about stripping away the bullshit and loving your body for what it is and what it can do, not what it looks like. Thank you for your hard work and dedication toward bringing this matter to the forefront for discussion. Never doubt how important it is.

Thank you for this. My self-image and confidence have always taken a hit from how I feel about my vulva. This reaffirms for me that I am normal, I am fine, and I have something I can show men who think I'm ugly down there.

I love what you are doing! It feels so superficial being concerned with how my vag looks, but I suppose the experience of it all has made me more confident with myself. I've come to realise that even if the whole world goes mad and has a labiaplasty to conform to an ideal vagina I would never alter myself to please others.

I think that a lot of girls need to delve deeper into why they hate their labia - no one wakes up just hating their genitals. And no-body becomes a stronger person by acting on their fears and insecurities and getting surgery.

I suppose the greatest lesson learnt for me was: change the way you look at something and that "something" changes. I realised I loved my vag but was so fearful that someone else wouldn't agree that I was willing to change my vag to relieve my anxiety. Thanks to websites like yours I realised

what I had wasn't ugly, only this trend of labiaplasty was ugly. I think that you feel less of a woman if what you possess isn't the ideal of beauty. But I realised if I got the surgery as I was desperate to, then I would forever be a person that was so insecure that she had to snip off her labia to believe she was lovable and desirable. I didn't want to be that person. I realised that I was not my vagina - no matter what my vagina looks like, it didn't define me. By seriously contemplating taking such a radical action of unnecessary surgery because society, doctors and superficial people told me what I had wasn't perfect was a critical moment in my life. I'm glad I thought about it and waited because maturing does alter your way of thinking.

I realised that as always with trends, people will become less ignorant, times will change, minds will open and hopefully people will develop some depth and perhaps fight back against fools that insist on this barbie vagina trend.

I'm actually shocked that the feminists haven't ripped this misogynistic trend to shreds by now. I'm actually a little disappointed in females in general (myself included) that instead of being furious at being told we have an ugly or imperfect vag and scoffing at the superficiality of it all, we are obviously so insecure and unsure of ourselves that we have collectively made this an issue. I'm so glad and thankful that people like you exist, that are actually thinking and fighting back in a loving way by revealing the truth that every vag is different and beautiful. Instead of being in awe at the differences, we have been bullied by insults that only a 'tidy and neat' vagina is perfect. And we believe and go along with these bullies instead of making up our own minds because of insecurities and fear of rejection. We teach people what is acceptable and what isn't and I hope that instead of girls/women being shamed into thinking that when their labia is protruding there is something ugly or wrong with them and therefore they should be hidden, hated or cut off - we instead reject that viewpoint entirely and adore what we possess.

I also hear this a lot: "it's the woman's choice whether she wants to change herself." Choices are wonderful and I agree anyone can do what they like, but let's not pretend that a choice based on insecurity or lack of acceptance or maturity

is a good thing. It isn't empowering to think you're so ugly you need surgery to please some man (or woman); it isn't liberating to need to cut off a perfectly healthy part of yourself to feel better about who you are or what you have. I sincerely hope that instead of being embarrassed when some asshole says nasty things about a vagina that females realise that he is in the wrong, that it isn't okay to degrade one particular vag over another, that it simply isn't acceptable. And as long as girls/women aren't drawing a line to what is acceptable behaviour, but are actually agreeing with these people and getting surgery (and adding to the problem of this epidemic of labia shaming) then it will sadly continue.

Now that I'm okay with my labia, I am actually heartbroken when I read girls/women hating themselves and their vagina. How on earth did we allow this to happen? How could this have become such a serious 'problem' that has spread like wild fire? I personally found that the generations above us were pathetic in providing an example for loving your lady parts. They were too busy writing insecure letters and questions and hurrying to get a labiaplasty- and doing it so nonchalantly as if they were only getting their hair cut. Let's hope that our generation (I'm 23) can grow a brain, some self-esteem and dignity so that we can set an example of love and total acceptance of the diversities of genitals for the upcoming generations of women to follow. Believe me when I say I would never want another generation of females to go through what we have. Wouldn't it be nice if our daughters, nieces, cousins, etc. when they grow up are able to love whatever vag they have and not stress that some guy that watches too much porn (because porn is *such* a fabulous indication of reality) will hate her vagina or ridicule her because of it? It is so unnecessary and debilitating for women everywhere - we are better than settling for this trend and accepting rude, crude and misogynistic comments about our genitals.

So thank you again, I know that you're making a difference as is anyone that looks at their lady flower and loves it just as it is - because it really is perfect. And anyone that thinks otherwise needs to realise that their thoughts about labia are wrong, not the labia themselves.

9. Conclusion

This isn't a scientific or peer reviewed study, and the methodology in which survey respondents were sourced lends itself to some bias. The size of the survey though means that the results are significant and do provide a fair insight actual female genital measurements as well as their feelings and opinions about their labia. However the 93% Caucasian response to the survey skews results to this one racial group, and means that we cannot draw conclusions about women of other races as a result.

What is clear though is that there is a wide diversity in at least Caucasian labial size and appearance, and this lends itself to a much broader definition of what is "normal" than many people would have thought. This includes coloration which is very varied, and asymmetry which is proven to be more common than not.

For those women with labial measurements outside of one or two standard deviations from the average, e.g. larger than 8.6cm, there may be the tendency for them to conclude that there is something wrong with them, or assume that having larger labia are a bad thing. This is driven by a number of societal prejudices and media-based biases leading women to believe that certain parts of their bodies need to conform to societal norms. Ironically other human attributes that don't fit the norm are widely celebrated, such as sporting or athletic prowess; physical strength, business acumen and intelligence (although people of above

average intelligence are also often made to feel as though they are outcasts). Given labial size, at least reported anecdotally, plays a significant role in sexual sensation and orgasm, it's odd that in this context bigger is often seen as "badder".

These negative feelings could also be because they are fewer in number in percentage terms, but when viewed on a global scale there are over 153,990,000 women with labia greater than 8.6cm wide (based on these survey findings). Putting that in perspective, that's more than 7.6 times the entire population of Australia, or equivalent to half of the total population of the USA, eight tenths of Brazil's, or the combined total populations of the United Kingdom, France, and Canada.

While it's heartening to see that the majority of women are happy with their labial appearance, it is clear that some girls and women, especially 14-17 year olds, are being left behind, and are at risk as a result. The reasons why they feel unhappy need to be further explored to then develop strategies to help change those feelings.

Perhaps what is more telling are the thoughts and feelings expressed through the open ended questions. Statistics and figures are useful at describing things in a clinical way, but the large number of comments puts a very vulnerable and human face on what is in parts joyful, but also often a delicate and sensitive issue for many women. Many women feel alone in their thoughts. If these survey results do nothing other than to show that there are many other women thinking the same things then it should be a great comfort.