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Better Personal Hygiene with Basic Bidets by BasicBidet

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Researchers in a study for the American Society for Microbiology found that only 77% of people wash their hands after using the restroom. Appalling, isnâ€™t it? But then personal hygiene is a matter of choice. While a majority of Americans use toilet paper without giving it a second thought, a vast world population considers usage of toilet tissues extremely unhygienic. In fact, millions of people opt for bidets to clean themselves after using restroom. Bidets provide the easiest and quickest way of improving personal hygiene as wiping alone is not sufficient for removing the dirt on your posterior.

Bidets are available in a wide variety to suit varied needs of individuals. Most people get a separate fixture mounted next to their toilet seat. These can also be used for sitz baths which is a type of "sitting bath" extremely helpful for patients who just had surgery of rectum or surrounding areas. Warm sitz bath also eases the pain of prostate infections, haemorrhoids or uterine cramps. In case of diarrhoea, rashes, and infections, bidets can prove to be tremendously helpful as use of toilet tissue may actually aggravate already painful situations.

However, you can get a bidet  attached to your existing toilet if you are not interested in separate fixture. You can also find portable bidets in the market if your lifestyle involves lots of moving around. Bidets come with a lot of interesting options and can make â€˜big jobâ€™ a practise in luxury. You can have bidets with heated seats, streams with adjustable temperature, pulsating stream, built in dryers to completely eliminate the need to use toilet paper. Warm water jet, followed by warm air dryer, cleans and dries to keep tenderness and irritation away. Heated seats keep you warm and comfortable on a cold day and massaging feature is great for relaxing massage to the thighs after a long and tiring day. Bidets are invaluable for senior citizens, disabled, those suffering from incontinence or impaired motor functions.

You can find a wide variety of bidets at www.basicbidet.com. These extremely handy and affordable bidets can make a great difference in your comfort and personal hygiene.

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