

..... *How to determine which*

Lubrication

is right for you

.....

It is VERY common to have vaginal dryness. The 3 main causes of vaginal dryness are (1) **older age** (2) **lower amounts of estrogen** in your body (i.e. menopause, breastfeeding) (3) some types of **cancer treatments** (chemo, radiation to the pelvis or vagina, or surgery to the vagina or reproductive organs). Review the comparison below to understand the key differences:

Water-Based vs Oil-Based vs Silicone-Based

Pros/Cons:

Example:

Water-Based

Pros:

- Safe to use inside the body
- Safe for use with condoms and toys
- Many choices and easy to find

Cons:

- Can become sticky

- Astroglide
- Ah! Yes WB
- Good Clean Love - Almost Naked & BioNude
- Liquid Silk
- Slippery Stuff

NOTE: If you get yeast infections often, use a lubricant that is glycerine-free.

Oil-Based

Pros:

- Longer lasting slipper feel, non-sticky
- Great for full-body and sexual massage

Cons:

- CANNOT use with latex condoms or sex toys

- Ah! Yes OB
- Vitamin E oil
- Natural coconut oil
- Natural almond oil

Silicone-Based

Pros:

- Safe to use inside the body
- Safe to use with condoms
- Will not dry up or get sticky

Cons:

- Needs soap and water to wash off the body
- CANNOT use with silicone sex toys or dilators

- Uberlube
- Oasis Silk
- Femani Smooth Touch
- Wet Platinum

How
to
apply...

For intercourse, apply lubricant to whatever will be inserted (finger, penis, toy, etc) **AND** to you (inside vagina, inner lips of vagina, clitoris, etc).

- Start with a **small amount** (quarter-sized for water-based and dime-sized for oil or silicone-based).
- You may need to apply more if it dries up or becomes sticky.
- Experiment with different brands until you find what works **best for YOU**