

Comfortable vaginal intercourse requires lubrication. In menopause, and at times before menopause, many women don't naturally produce enough lubrication when they need it. Vaginal dryness is a very common complaint, and for some women, it is constant, causing itching, burning, and soreness not only during sex, but throughout the day as vaginal tissues become dry enough to chafe, tear, or crack.

Vaginal dryness treatment can include moisturizers, creams or suppositories applied to the vagina by hand or with an applicator, supplementing or replacing natural vaginal moisturizers. Regular treatment is recommended—moist tissues are strong tissues.

Lubricants can be used to augment healthy vaginal tissues and make vaginal penetration—better.

### The difference between lubricants and moisturizers

Moisturizers and lubricants work very differently. Vaginal moisturizers are used regularly, not just for sex. They work to moisturize and strengthen vaginal tissues around the clock. Think of them more as prevention. Lubricants are a temporary replacement for vaginal wetness during intercourse, working to reduce friction for a short time only.

### How to use a moisturizer

Simply follow the application instructions included in the packaging.

If your vaginal tissues have been dry for some time, expect some discharge when you start using a moisturizer. It should clear up fairly quickly. If it doesn't or it gets worse, discontinue use and consult your doctor.

### Types of lubricants

Oils and oil-based lubes should not be used as a vaginal lubricant because they will change the pH of the vagina, encouraging bacterial growth. Oils will also break down latex condoms.

A water-based lube is always a healthy choice. Water-based lubes have a natural feel, are non-greasy and non-staining, and are safe to use with silicone intimacy objects.

Silicone-based lubes are long-lasting and work well under water. Silicone lubes never dry out; you will need warm water and soap to remove them from your skin. It can

take some time for your vagina to eliminate silicone. Never use silicone-based lubes with silicone toys because they will ruin the toy's surface.

Hybrid lubes offer the benefits of both water and silicone lubes. They are non-tacky like water-based lubes, with a hint of silicone to make them long-lasting. They are easier to clean than a 100-percent silicone lube.

### How to use a sexual lubricant

Using a lube is easy and allows for some sexy playfulness, once you get the hang of it.

With most lubes, about a quarter-sized dollop is needed for nice, slippery penetration, but check the instructions that come with the lube you choose. Some go further than others.

To avoid a cold shock, squirt the lube onto your hands first. Rub them together, and then apply to your body or your partner's, or to your toy. You can warm your lube in a mug of hot water (not in the microwave—too easy to burn yourself).

### Where can I buy lubricants and moisturizers?

Lubricants and moisturizers can be discreetly purchased at [MiddlesexMD.com](http://MiddlesexMD.com) or by calling 888-398-6763. You can also place your order by emailing [Orders@MiddlesexMD.com](mailto:Orders@MiddlesexMD.com).

MiddlesexMD.com is a safe, comfortable guide to the changes that come with menopause and how those changes can alter the way you experience sex. The site offers advice and products to help you maintain your sexuality for life.

\*While this information has been carefully prepared, it is not meant to be a substitute for professional medical advice. Please consult your practitioner to discuss any questions you may have regarding any medical condition and the most appropriate treatment options for you.

In menopause, and sometimes before, many women don't naturally produce enough lubrication. Vaginal dryness can cause itching, burning, and soreness throughout the day and, especially, during sex. Vaginal moisturizers, used regularly, help to keep tissues moist and strong; lubricants can provide an extra level of comfort during intercourse. Not all moisturizers and lubricants are created equal: You'll want to experiment to find the products that work best for you.

**Moisturizers**

Use a vaginal moisturizer every few days to relieve the discomfort of vaginal dryness.

**Emerita**

Contains vitamin E, aloe vera gel, chamomile, and calendula. Available in 2- and 4-ounce bottles.  
2 oz. **154A** \$10.99  
4 oz. **154B** \$16.95



**Yes**

Works in harmony with the body to eliminate discomfort and enhance pleasure. Water-based and certified organic.  
.85 oz. **153A** \$7.99  
2.5 oz **153B** \$15.99



**Replens**

Long-lasting moisturizer for relief from chronic vaginal dryness. Provides soothing, immediate relief that lasts for up to three days.  
35g tube/appliator **151B** \$18.99

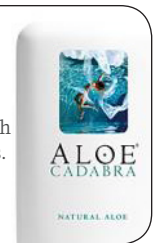


**Water-based**

Choose a water-based vaginal lubricant for a natural feel. Water-based lubricants are safe to use with silicone objects.

**Aloe Cadabra**

95% aloe and food-grade ingredients. It's smooth and safe to ingest and for use with condoms, toys, or massagers.  
2.5 oz. **118A** \$10.95



**Oceanus The Natural**

A no-mess gel that is silky smooth and never sticky, designed to hold and deliver moisture to complement a woman's own body fluids.  
1.8 oz. **103A** \$14.99



**Silicone**

A great choice for long-lasting pleasure. Not recommended for use with silicone objects.

**Pink**

A fragrance-free, medical-grade silicone-based lubricant with moisturizing aloe vera and vitamin E.  
1.7 oz. **105A** \$13.99  
4 oz. **105B** \$21.99



**Pjur Woman**

Super concentrated—so you use less—and fragrance-free. A long-time favorite in the sex therapist community.  
1 oz. **108A** \$12.99  
3.4 oz **108B** \$19.99



**Oceanus Ultra Pure**

With a self-sealing, mess-free nozzle, can be used in sensual massage and as a lubricant. It absorbs slightly into the body for supple skin.  
1.7 oz. **107A** \$17.99



**Hybrid**

These lubricants have benefits of both water and silicone, slippery yet easy to clean.

**Liquid Silk**

This water-based, creamy white lubricant is long-lasting and absorbs into the skin like a moisturizer. With a hint of silicone to make it silky.  
1.7 oz **101A** \$7.99  
8.5 oz **101B** \$18.99



**Sliquid Organics Silk**

A silicone and water hybrid lubricant infused with natural ingredients to create a natural silky and creamy texture.  
4.2 oz. **106A** \$14.99  
8.5 oz. **106B** \$22.99



**Can't decide?**

Our Personal Lubricant Selection Kit includes seven sample-size packets. Pick your favorite, and we'll send you your first full-size bottle free.  
**910A** \$30.99



MiddlesexMD is a comfortable, private, and secure source for information and products to help you maintain sexuality through midlife. Visit us online at [MiddlesexMD.com](http://MiddlesexMD.com) or call 888-398-6763 for more information or to place an order. You can also place your order by emailing [Orders@MiddlesexMD.com](mailto:Orders@MiddlesexMD.com).