

If you've never used a personal vibrator or feel self-conscious about trying one, it may help to know that lots of us—more than half, by one study—use them. Even before menopause, surprisingly few women experience orgasm simply with penetration during intercourse. With menopause, when vaginal tissues become thinner and circulation diminishes, we need more stimulation for sexual satisfaction. Vibrators can help before and during partnered sex, to add that extra stimulation.

Personal vibrators have motors that make them vibrate to stimulate both the clitoris and vagina, sometimes simultaneously. Vibrators help increase genital sensation and can bring users to orgasm.

For long-partnered couples, introducing a vibrator into your sex life can be intimidating. Talking about how your body has changed, how that affects your sexuality, and sharing what you need to compensate can help ease the anxiety. Self-stimulation with a vibrator can help midlife women maintain healthy vaginal tissues between sexual encounters. It can also help awaken interest in sex and promote a feeling of sensuality.

How to choose a vibrator

Vibrators come in a variety of materials, design, and function. When choosing a vibrator, keep these factors in mind:

Size and Shape: Vibrators come in sizes and shapes designed for specific as well as general use. Mini vibrators are great for clitoral stimulation. These small devices may fit in the palm of your hand or strap to a finger.

Larger clitoral vibrators are shaped to cup the clitoris and labia, helping stimulate vulvo-vaginal tissues.

Midsized vibrators are often wand-shaped for vaginal and g-spot stimulation. Large women find these useful for the reach they provide. They can also provide leverage for women who have difficulty with hand strength.

How to use a vibrator

If you've never used a vibrator, here are a few helpful tips:

1. Read the owner's manual to be sure you understand the settings.
2. Play with the buttons and switches; try out the intensity and stimulation modes.
3. Consider using a mirror to see where and how the vibrator fits different parts of your body.
4. Use a lubricant (water-based with silicone vibrators) to prevent any friction.
5. Slowly and gently run the vibrator along your labia and clitoris to see how it makes you feel.
6. Don't rush. Give your body time and a number of sessions to awake to this new sensation.
7. If you're bringing this new device into an old relationship, explore it together. The more communication, the better the experience.

Where can I buy vibrators?

Vibrators can be discreetly purchased at MiddlesexMD.com or by calling 888-398-6763. You can also place your order by emailing Orders@MiddlesexMD.com. All of our vibrators are phthalate-free.

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.

Vaginal tissues become thinner and circulation diminishes with menopause; many women need more stimulation for sexual satisfaction. Whether or not you've used a vibrator before, now might be the time to experiment so you can compensate for physical changes. Vibrators have motors that adjust for different levels of vibration strength, and different vibration patterns; older women typically benefit from stronger vibrations. A range of sizes, shapes, and materials are available for your consideration.

Small, compact vibrators

Small vibrators are discreet, travel well, and fit easily in the smallest of spaces.

Jolie

The waterproof, battery-powered Jolie provides comfortable, concentrated clitoral stimulation. Just 3 3/4 inches long and 1 inch diameter.

Blue **214A** \$17.99



Mia

Smooth and shiny, fits perfectly in a purse and charges through a unique USB-port connection to your computer. 4 1/2 inches long and 1 inch in diameter.

Deep Rose **210A** / Pink **210B** \$49.99



Isis

A finger-shaped and small but powerful rechargeable 80-Hz personal massager, clips on the finger for direct stimulation of your clitoris or vaginal lips.

203A \$39.99



Clitoral vibrators

Designed for external use, a clitoral vibrator can enhance women's sexual health.

Lily

3 inches long, the soft, silky texture feels luxurious in the palm of the hand. Easily adjusts among five different pulsing levels.

Plum **208A** / Black **208B** \$94.99



Petite Pink Ribbon

Battery-operated, the Ribbon is small enough (just 4 inches long) for convenient travel. A portion of the proceeds go to support the fight against breast cancer.

216A \$23.99



Nea

Five modes of stimulation and 3 inches. Can be used individually or with a partner for clitoral stimulation or as an all-purpose massager.

Black **209A** / Deep Rose **209B** \$74.99



Femblossom

Rechargeable and ergonomically shaped with a skin-like texture. Nine speed and pulse patterns. Antibacterial plastic.

202A \$79.99



Mid-sized vibrators

When you're ready for more than an intimate compact massager. Designed for penetration.

Ultime

Curved styling that fits comfortably around the pubic bone to stimulate the G spot and the clitoris simultaneously.

212A \$27.99



Little Su Tulip

Made with medical-grade silicone, has a wonderful skin-like feel and is slightly pliable.

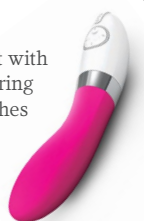
White / Medium **205B** \$89.99



Liv

Gently contoured for comfort with a velvety soft stem and featuring 5 intensity settings. 6 1/2 inches long and 1 inch in diameter.

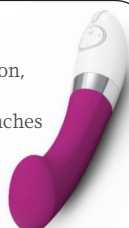
Cerise **207A**
Lime Green **207B** \$94.99



Gigi

Designed for G-spot stimulation, features 5 intensities and a flattened, tapered tip. 6 1/2 inches long and 1 1/2 in diameter.

Deep Rose **206A**
Turquoise **206B** \$94.99



Womolia

Nine different settings for varied speed and pulse patterns. Eight inches long and 1 3/4 inches diameter, it can be preheated or heats during use.

201A \$79.99



MiddlesexMD is a comfortable, private, and secure source for information and products to help you maintain sexuality through midlife. Visit us online at www.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.