

LUBRICANTS AND MOISTURIZERS

Vaginal dryness can occur at any age. See a doctor to learn why you have dryness. Lubricants and moisturizers are two products you can use to help with vaginal dryness. Treating vaginal dryness may make sex more comfortable.

LUBRICANTS

Short acting, to be used immediately before intercourse

WATER-BASED LUBRICANTS (works with latex condoms)

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| Pros | Inexpensive
Compatible with condoms and silicone
Some varieties do not decrease sperm mobility
Best for women prone to yeast infections
Safe to use with latex condoms |
| Cons | Can dry out quickly
Can feel tacky
May contain glycerin and/or paraben |

Common Ingredients

Water, Aloe Leaf gel, Xanthan Gum, Lactic Acid, Hydroxycellulose, Glycerin

SILICONE-BASED LUBRICANTS (works with latex condoms)

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| Pros | Can be used in water
Feels lush
Compatible with latex condoms |
| Cons | More expensive than water-based
Difficult to wash off
Incompatible with silicone/rubber
Impairs sperm mobility
Not recommended for women prone to yeast infections |

Common Ingredients

Silicone, Dimethicone, Dimethiconol, Cyclomethicone

OIL-BASED LUBRICANTS (**do not use** with latex condoms)

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| Pros | Stays slicker longer
Good for masturbation
Natural
Inexpensive |
| Cons | Degrades condoms
Impairs sperm mobility |

Common Types

Coconut oil, Olive oil, Vegetable oil, Vitamin E oil

MOISTURIZERS

To be used as maintenance instead of during sexual activity, usually 2-3 times per week

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| Pros | Helps moisturize the vaginal lining
Makes vaginal and surrounding tissue more pliable and strong
Works for several days
Compatible with condoms |
| Cons | May contain glycerin |

Common Ingredients

Hyaluronic Acid, Water, Glycerin, Mineral oil, Aloe Vera, Sodium hydroxide

Note: Names of specific products or places to buy products should not be considered as endorsements. WomanLab does not have funding or sponsorship from these products or places.