



For the Love of Sex...
getting your groove back

Vaginal & Vulvar Lubricants and Moisturizers

Key ingredients to avoid:

- Hyperosmotic ingredients such as polyethylene glycol, propanediol, polypropylene glycol, and glycogen which can irritate the skin and cause the epithelial layer to slough off and dehydrate
- Glycerin which is a sugar and may feed yeast and cause irritation

Lubricants: to be used at the time of sexual activity

1. **Water based** – absorbed fairly quick; less messy; best for use at the time of sexual activity
 - a. Blossom Organics
 - b. Pink Water – not best for sensitive skin
 - c. WaterSlide
 - d. Aloe Cadabra – great for sensitive skin
 - e. Sutil
2. **Silicone based** – does not contain water and therefore lasts longer; does not absorb into the skin; works well as a moisturizer; water proof; good choice for post-menopausal women; may interact with silicone toys (perform spot test)
 - a. Pink Silicone
 - b. Sensuva – comes in a thicker form for better protection
 - c. Überlube
 - d. Pjur

3. **Oil based** – the most natural product (no parabens, gluten, petroleum, alcohol); do not use with latex condoms; long lasting; works well for massage
 - a. Organic coconut oil (use refined)
 - b. Southern Butter
 - c. Olive oil
 - d. Organic grapeseed oil

Moisturizers: meant to provide long lasting glide and lubrication for chronic dryness and irritation; use twice weekly in vagina

1. **Oil based lubricants** as listed above
2. **Silicone based lubricants** as listed above
3. **Luvana** – contains polyethylene glycol, Jojoba oil - not a super vagina friendly product, especially if used every day. Most people can tolerate product if used once or twice weekly. Not recommended for people with sensitive skin
4. **Replens** – contains glycerin, & mineral oil which may be irritating; do not use for sensitive skin

Vulvar Products: for topical application to vulva for dryness and irritation

1. **Neogyn** – The proteins and extra “fatty acids” that make up most of the ingredients can assist in strengthening and increasing elasticity of the skin with repeated use. Based on the ingredients, it should not be used vaginally. The product contains potential irritants, and it is not recommended for people who have sensitive skin. It is a mix of water based, oil based, and silicone products, so it can be very slippery and stays slick for a while. Do NOT use with latex or polyisoprene barriers and most silicone sex toys.
www.neogyncream.com

2. **V Magic** – organic, 100% natural

3. Organic grapeseed oil

4. Organic, refined coconut oil

***If these treatments are not effective, you may consider asking your provider about topical estrogen therapy or vaginal DHEA*

Devices

1. **Vibrators** – example: power platinum bullet

2. **Dilators** – Soul Source – Soulsources.com

3. **Vaginal bumpers**
• Custom product with Smitten Kitten
• Ox Balls (THOR-4) – order by calling 1-888-812-6643

4. **Kegal Balls** – example: Smartball Uno

5. **Sleeves** – example: The Vulcan

Retail locations

1. The Smitten Kitten
3010 Lyndale Ave S.
Minneapolis, MN 55408
www.smittenkittenonline.com
• staff members are trained sex educators
• on-line store available
2. Amazon.com

Recommended Reading

- *The Lovin' Ain't Over for Women with Cancer* by Ralph and Barbara Alterowitz
 - *Sexy After Cancer ~ Meeting Your Inner Aphrodite on the Breast Cancer Journey* by Barbara Musser
 - *And in Health: A Guide for Couples Facing Cancer Together* by Dan Shapiro, MD
 - *Sex Matters for Women, Second Edition: A Complete Guide to Taking Care of Your Sexual Self* by Sallie Foley MSW, Sally A. Kope MSW, Dennis P. Sugrue PhD
 - *Woman Cancer Sex* by Anne Katz
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