



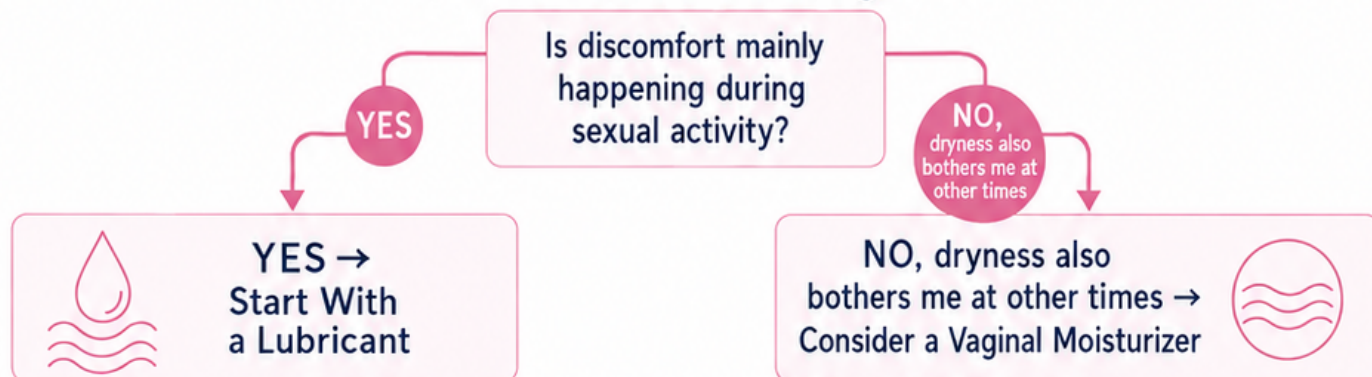
Lubricant or Vaginal Moisturizer?™

Choose the product that matches when dryness or friction is bothering you.



They serve different purposes. A lubricant provides short-term slip during sexual activity, while a vaginal moisturizer is used regularly for ongoing dryness.

What Do You Need Right Now?



Some women use both because they address different needs.

LUBRICANT

For Short-Term Friction Relief



WHEN TO USE

Before and during sexual activity or genital touch.



WHAT IT DOES

Adds temporary slip to reduce friction and improve comfort.



COMMON TYPES

- Water-based: easy to clean, may need reapplication.
- Silicone-based: longer-lasting and useful around water.
- Oil-based: longer-lasting but may damage latex condoms.



LOOK FOR

- Fragrance-free
- No warming or tingling ingredients
- A texture that feels comfortable

VAGINAL MOISTURIZER

For Ongoing Dryness



WHEN TO USE

On a regular schedule, according to the product directions.



WHAT IT DOES

Helps retain moisture and support comfort between applications.



COMMON TYPES

- Gels, inserts or suppositories
- Some contain hyaluronic acid
- Frequency varies by product



LOOK FOR

- Fragrance-free
- Intended specifically for vaginal use
- Clear directions for regular use

Before You Choose



Condom Compatibility

Check the label. Oil-based products can weaken latex condoms.



Sensitive Tissues

Avoid flavored, warming, cooling or heavily fragranced products if irritation is a concern.



Product Reactions

Stop using a product if burning, itching or irritation begins or worsens.



Persistent Symptoms

Ask about evaluation or prescription options if dryness continues or is moderate to severe.



Personal lubricants and vaginal moisturizers are not the same as douches, scented washes or feminine sprays.



Gentle Reminder

A product may improve comfort without addressing every possible cause of pain, burning, itching, discharge or bleeding.



Martine's Midlife Wellness Tip

Try one new product at a time. It is easier to notice comfort or irritation when several things are not changing at once.



Seek medical care for persistent pain, unusual discharge or odor, a new sore or lump, blood in urine or any postmenopausal bleeding.