



YOUR GUIDE TO LUBRICANTS

Find one that's Right for You!

In our 20+ years of practice, we have culled through hundreds of products and worked with thousands of patients to develop our own list of recommended lubricants. Nearly every woman will find that at some point in her life, her body may not lubricate enough to make intercourse feel good or even comfortable. While many women need extra lubrication as a result of childbirth, menopause, or nursing (due to hormone fluctuations), others find that it just makes sex **feel better!**

HOW DO LUBRICANTS WORK?

Lubricants reduce friction between your skin and another person, object/toy or body part. Lubricants eliminate chafing, pain, and uncomfortable rubbing which may enable you to have longer, more enjoyable sex and increase pleasurable sensations.

Because the vaginal skin is highly porous, nutrients (and unfortunately chemicals) can be easily absorbed into the body. Some lubricants are not FDA regulated and can contain harmful ingredients such as carcinogens or parabens, so it is important to be mindful of the product's ingredients.

WHAT KINDS ARE THERE?

There are four main categories of lubricants:

- *Natural Oil-Based*
- *Water-Based*
- *Silicone-Based*
- *Water-Silicone Hybrid*



NATURAL OIL-BASED LUBRICANTS

These lubricants are made of natural oils. Coconut oil-based lubricants are the most common and are anti-fungal and anti-inflammatory (added benefit: they moisturize the skin!)

OUR TOP RECOMMENDATIONS

Organic Refined Coconut Oil

This is all natural and preservative free! We suggest using a towel to protect your sheets from oil spots and advise not to use it with latex condoms, as it can damage the material, resulting in breakage. This oil is sensitive to temperature, so it remains solid at room temperature but becomes watery when applied to the skin or heated up.

While this lubricant is a great natural option, it is not the most sperm-friendly lubricant if you are looking to conceive. (Due to its consistency at room temperature, it is not a conducive medium for sperm to move through.) Also, make sure you choose the "refined" version if you don't like the smell of coconuts!

**DO YOU
EXPERIENCE
PAIN DOWN
THERE?**

*Discover the
common terms
and conditions
associated with pain.*

[Learn More](#)

Coconu

This coconut oil-based lube does not contain alcohol, petroleum, parabens, gluten, phthalates, fragrances, or dyes. It is a great option for a massage oil! However, as with all oil-based lubes, this one cannot be used with latex condoms because it will damage the material.

CBD Lubricants

There is a large new group of CBD lubes on the market and while there is no significant research on any of these lubricants, there is some evidence that they may help with mild inflammation or help relax muscles or nerves. This can reduce mild pain or just make sex more pleasurable. CBD Lubricants may be a great option.

WATER-BASED LUBRICANTS

Water-based lubricants are one of the safer options, as they are most tolerated by women who have sensitive skin or allergies to certain ingredients. They are also latex-condom friendly! However, it's important to note that water-based lubricants do tend to get sticky and can dry out after a while.



OUR TOP RECOMMENDATIONS

Intimate Earth Defense Lubricant

This lube is made with guava bark and sea kelp. It is also free of parabens and glycol.

Good Clean Love Bionude Ultra Sensitive

This is a great choice for extra-sensitive skin! It is unflavored, unscented, and smooth to the touch.



SILICONE-BASED LUBRICANTS

If you struggle with pain or dryness during intercourse, silicone-based lubricants are an excellent choice. Many silicone-based lubricants contain moisturizing ingredients such as aloe or vitamin E, so they work well to reduce any friction. Silicone-based lubricants do not dry out, which makes them great for any bath, shower, and or back-door play. They are also latex-condom friendly.

A downside of silicone-based lubes is that you cannot use them with other silicon-based toys (such as dildos, natural fleshy-feeling toys, etc.). Silicon-on-silicon can create tiny abrasions on your toys and degrade the material over time. If you still want to incorporate toys with silicone-based lube, use glass or safe metal toys.

**STILL UNSURE
ABOUT USING
LUBE?**

*See how it can
help sex feel more
comfortable
and pleasurable.*

[Learn More](#)

OUR TOP RECOMMENDATIONS

Uberlube

If you are looking for a silicone-based lube that is unscented, flavorless, safe to use with latex condoms, then this is the lube for you.

Sliquid Silver

This lube is made with premium pharmaceutical grade silicones, so it has proven to work well with sensitive skin and is also long-lasting. It is hypo-allergenic, 100% waterproof, vegan friendly, and does not cause yeast infections or UTI's.

WATER-SILICONE HYBRID LUBRICANTS

These are our favorites for a variety of reasons. Hybrid water/silicone-based lubes feel smooth and creamy. They have staying power, remaining slippery for longer periods of time due to the silicon component. Since hybrid lubes are water-soluble, cleanup is easy. Hybrid lubes can also be used with latex condoms.



OUR TOP RECOMMENDATIONS

Sliquid Silk

Sliquid is a fan favorite. If you want the water-silicone hybrid v of Sliquid, make sure to look for the purple label. This lube is a non-staining, non-sticky, unscented, unflavored lube that is also glyc and paraben free. It can be used safely with latex, rubber

Naked Silk

This lube has no added preservatives, fragrances, or flavoring and it can also be used safely with latex, rubber, and plastic.

NOW WHAT? YOU MAY BE THINKING, THAT'S A LOT OF INFORMATION . . . HOW DO I CHOOSE?

As you decide which lubricant is best for you, it is important to keep your safety and body in mind. If you are prone to getting yeast infections or UTI's, try to avoid lubricants that contain glycerin or other parabens. We recommend trying a few different types and categories to figure out what feels good.

When it comes to incorporating lubricants into your sexual activities, we suggest starting before you are ready to have intercourse (if you are planning on having intercourse). Since it takes a woman's body some time to reach physiological arousal, lubes can help you get there more quickly. Even at times when you may feel ready to just jump right into it, some additional lubrication can't hurt. Trust us, lube will become your new best friend!

Everyone can benefit from lubricants, whether you are using it solo or with a partner. So, keep it in your bedroom to ***enhance your sexual experience at all times!***



If you would like to learn more, **contact us for a free phone consultation with our clinicians.**