

Personal Lubrication

Lubrication assists in the healthy, happy, and moisturized skin of the vagina. Inherent lubrication is created within the body and is supplied by increased blood flow. There are many reasons blood flow can decrease to the vagina and therefore many reasons to increase lubrication via personal lubricants.

Personal lubricants allow for increased sensation by stimulating nerve endings, preventing tissue dryness/abrasion, and increased pleasure via sensual friction. Massage and manual techniques also increase lubrication and vaginal health so it is advantageous to combine this with a personal lube. There are 3 different types of personal lube:

1. Water-based (most often recommended), i.e. Slippery Stuff
2. Silicone-based, i.e. Sliquid Organics
3. Oil-based, i.e. coconut oil

It is important to pick the personal lubricant that works for you and know that additives to enhance could be potentially irritating, including menthol, lidocaine, and capsaicin. Always test lube on skin that is not as sensitive and can be removed easily, such as your forearm. There are other considerations when picking the right lube:

- When used with barriers (oil-based lubes can potentially break down condoms, barriers, and silicone items)
- When use with wands, rings, dilators, intimate products, and partner (silicone-based lubes can degrade intimate products, rings, and wands)
- Menopause status and different moisturizing needs
- Parabens can minimally influence estrogen

When you have picked the personal lubrication that works for you, know that with increased blood flow, improved pelvic floor range of motion and strength, increased vaginal lubrication (inherent and assisted), sexual pleasure, and orgasm are all possible conversations with appropriate therapeutic interventions.