



Tools for Improving Your Sexual Health: Vaginal Health

What is vaginal health?

Vaginal health is important to maintaining women's overall sexual health. A healthy vagina can make intercourse more comfortable and pleasurable, and can help reduce a woman's risk of vaginal infections.

What can affect my vaginal health?

A number of things can affect a woman's vaginal health, including diet, stress, medications, and certain health conditions. If you feel your vaginal health has changed in any way, please consult your health care provider for a health screening.

How can I maintain and/or improve my vaginal health?

Pure Romance has created products to help improve and maintain a woman's vaginal health.

Fresh Start

An estrogen-free vaginal moisturizer developed to provide safe, instant, and long-lasting relief from vaginal dryness. It feels like a woman's natural moisture and is fragrance free, colorless, and very gentle. This product is not a lubricant, spermicide, or contraceptive.

It is best to use this product before bedtime, two or three days a week or as directed by a health care provider. To use Fresh Start, fill an applicator to the 1½ mark, insert into the vagina, and squeeze the liquid into the vagina.

Pure Romance's Vaginal Dilator Set

Tapered devices used to slowly stretch the vaginal walls, helping alleviate pain or discomfort experienced during penetration. Pure Romance's Vaginal Dilator Set comes in six graduated sizes; the smallest is about the size of a pinky finger.

To use Pure Romance's Vaginal Dilator Set, start with the smallest dilator that feels most comfortable for you. Insert vaginally using a water-based lubricant and leave inside the vagina for a period of time (usually 10-20 minutes or as directed by a health care provider). Use the same size for a few weeks and move up to a larger size, following the same procedure. It is not necessary to use all six sizes; only use what is comfortable for you, or follow the recommendations of your health care provider.





Ben Wa Balls

Silver-plated Kegel exercise balls used to tighten vaginal and bladder muscles. Use regularly to restore vaginal elasticity and increase blood flow and natural lubrication.

To use Pure Romance's Ben Wa Balls, lie down on a bed or other flat surface and insert one ball into the vagina. Perform Kegel exercises using the Ben Wa Ball while lying down; try doing long holds and fast squeezes for a few minutes a few times a week. Once this becomes easy, try doing the exercises while standing. Next, move up to two Ben Wa Balls while lying down and eventually try standing up. Talk to your health care provider to determine the exercise routine that is most appropriate for you.

It is also important to visit your health care provider regularly to help maintain your vaginal health.

