



## Tools for Improving Your Sexual Health: Vaginal Lubricants

### What is a vaginal lubricant?

A vaginal lubricant is used during intimate activities to aid in the pleasure, comfort, and safety of all partners. A lubricant can make many sexual encounters more enjoyable. It can decrease the risk for discomfort or tearing of the delicate vaginal tissues.

### Who should use a vaginal lubricant?

Every woman should use a vaginal lubricant during intimate activities for added pleasure, comfort, and safety. Women experiencing vaginal dryness should use a water-based lubricant during all sexual activities.

### How do you use a vaginal lubricant?

To use a vaginal lubricant, apply a dime-sized amount to the area that is to be lubricated. It is best to start small; more lubricant can always be added later as desired.

### What are the benefits of using a vaginal lubricant?

There are a number of benefits to using a vaginal lubricant, including:

- Greater ease for penetration
- Less irritation
- Increased comfort for both partners
- Increased safety for both partners
- Enhanced sexual pleasure

Pure Romance has created a full line of vaginal lubricants made specifically for women.

#### **Just Like Me**

A pH balanced lubricant designed to duplicate and supplement a woman's body's natural lubricant while helping to relieve vaginal dryness. The non-irritating formula provides gentle, yet long-lasting lubrication that will add to a woman's comfort, enjoyment, and heightened sensual pleasure. Safe to use with latex or polyurethane condoms.

#### **Sweet Seduction**

A gentle and sweet lubricant designed to duplicate and supplement a woman's body's natural lubrication with a silky, viscous consistency. This formula is non-irritating and provides gentle, yet long-lasting lubrication that will add to a woman's comfort, enjoyment, and heightened sensual pleasure. Safe to use with latex or polyurethane condoms.



**Pure Pleasure**

A gentle, natural feeling lubricant enriched with Vitamin E for increased sensitivity and long-lasting pleasure. This non-staining, non-sticky formula should be used with non-silicone toys. It is perfect for water play or extended love-making sessions. Safe to use with latex or polyurethane condoms.

**Sensations**

A water-based lubricant that produces a gentle warming sensation on contact. It is intended as a playful lubricant that warms with breath or gentle massage. Safe to use with polyurethane condoms.

**Whipped**

A unique water-based body cream with gentle skin-softening moisturizers. The rich, buttery texture is great for all over body massages and is safe to use as a lubricant. Safe to use with polyurethane condoms.

