

Recommended Vaginal Moisturizers, Lubricants & Condoms from Kathy Kates, Pelvic Floor Therapist (9/14/2021)

Vulvovaginal Moisturizers

We often don't think of moisturizing our vulvas and vaginas. Yet, many of us moisturize our face every day. If we don't, our face might feel dry and tight. Many women don't notice how dry the vulva and vagina actually are until we start to moisturize them. For optimal pelvic floor health, we need muscle and tissue that is well hydrated. Vulvovaginal moisturizers can help!

- Always choose ingredients without chemicals of concern.
- Avoid fragrance, parabens, petroleum, propylene glycol, sodium hydroxide, chlorhexidine, glycerine

External Moisturizers

Apply from clitoris to anus

- [VMAGIC Vulvar Care Product Collection | Vmagic Skin Care \(medicinemamasapothecary.com\)](https://www.medicinemamasapothecary.com)—can be purchased at Whole Foods
- [Natural Vaginal Moisturizer - Organic Vaginal Cream - Intimate Rose](#)
- [Julva® All Natural Anti-Aging Cream For Feminine Parts - Dr. Anna Cabeca \(drannacabeca.com\)](https://www.drannacabeca.com), DHEA cream (*check with your oncologist if taking tamoxifen)
- [Vaginal Wild Yam Salve with Wild Yam, Vitex & Comfrey Salve \(moonmaidbotanicals.com\)](https://www.moonmaidbotanicals.com) (**If hormone receptor positive breast cancer or contraindication to estrogen- consult with your oncologist)
- [Amazon.com: Bezwecken – Hydration Pearls Oval Suppositories – 16 Oval Suppositories – Professionally Formulated for Immediate Vaginal Lubrication – Safe, Natural & Hormone-Free Formula : Health & Household](#) -Non-estrogen Internal moisturizer- 2-3x/week - Vitamin E+ cocoa butter + beeswax suppositories - \$13.50/16 ovals
- [Revaree | Hyaluronic Acid Vaginal Dryness Suppository | Bonafide \(hellobonafide.com\)](https://www.hellobonafide.com) - \$55/10 inserts
- [BiopHresh® Vaginal Homeopathic Suppository | Relieves Symptoms of BV - Good Clean Love](#) - Recolonization of vaginal microbiome after Bacterial Vaginosis, yeast treatment or while taking oral antibiotics - \$15/10 suppositories
- [Amazon.com: Jarrow Formulas Fem-Dophilus, 1 Billion Organisms Per Serving, Women's Probiotic - Urinary Tract Health, White, 60 Count : Everything Else](#) - \$32/60 capsules, take one daily

Lubricants for Intercourse

Used prior to penetrative sexual activity for less bothersome friction.

Water Based

- <https://goodcleanlove.com/products/almost-naked-organic-personal-lubricant> \$12/4 oz
- <https://sliquid.com/shop/> \$14/4.2 oz

DIY Version (Water Based)

- 3 tbsp cornstarch + 1 cup of water
- Cook on medium heat stirring constantly until boiling. Take from heat cool and put in a container.
- If using microwave check after first minute. Stir. Check after minute 2. Stir. Check after each 30 seconds until boiling.

Oil Based

- [Coconu Personal Lubricants - Coconut based & certified organic](#) - \$25/3oz
- [Lover's Lube \(moonmaidbotanicals.com\)](#) - \$31/2 oz

DIY (Oil Based)

- 1 part aloe vera gel (no additives) + 1 part coconut oil
- Can add a few drops of essential oil if you would like
- Oil cannot be used with latex condoms

Condoms

Choose your condom wisely! Latex is often treated with casein (milk derivative). Casein is not toxic but will be harmful if you have a dairy allergy! Find a vegan, paraben-free, glycerin-free, Nonoxynal-9-free, and benzocaine- and lidocaine-free condom.

Latex Recommendations

- [HEX™ Condoms | The World's Best New Condom by LELO \(lelohex.com\)](#)
- [Ultra Thin Latex Condoms \(mylola.com\)](#)

Silicone Recommendation

- [Condoms \(skynfeel.com\)](#)

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