Moisture Boost

December 4, 2008 By Kellee Terrell

Vaginal dryness, especially among menopausal or postmenopausal women, can turn sex into a painful act. An easy solution? Personal lubricant. Just a dab or two of this jelly-like substance can add enough moisture to make intercourse pleasurable again. We recommend Babeland's BabeLube. (Sizes vary from 16 ounces for $20 to a lubette for $1.) The water-based, glycerin-free lube has a slippery feel.

Not suffering from dryness? Not a problem. Lube is for everyone, men and women. It lessens condom friction and dryness without compromising efficacy, thus decreasing the chance of vaginal or anal tears and offering better protection against sexually transmitted infections (STIs).

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http://beta.docker.realhealthmag.com/article/vaginal-dryness-sex-15736-4482