

## Using Lubricant to Deal with Dryness

If you are a woman dealing with vaginal dryness or if you are a man whose partner suffers from this problem, you may feel as if you are at a loss at times. For a man, having a partner suffering from dryness can also seem emasculating because many men associated the level of a woman's moisture with the level of her excitement.

The first thing you need to realize is that having a partner suffering from dryness does not necessarily mean that she isn't into you. In fact, there are many things that can cause vaginal dryness. Although it is possible that a serious medical condition is causing vaginal dryness to occur, most women suffering from the problem are perfectly healthy. In addition, all it takes to overcome the problem is the help of a good lubricant.

For many women, using a lubricant is a good way to get her motor running. While she may not naturally lube up from foreplay, that doesn't mean she isn't excited or that she doesn't want to have sex with you. In fact, vaginal dryness can be associated with age, stress levels, or simply the woman's hormonal cycles. In many cases, you will find that using a lubricant helps get things going, but then the woman's natural lubricant will kick in and finish off the job.

When selecting a lubricant for you and your partner, you need to keep several things in mind. First, if you are going to be using a latex condom, make sure the lubricant is either silicone-based or water-based. If you use an oil-based lubricant, the latex can break down and may reduce the effectiveness of the condom.

You also need to consider the needs of your partner when you select a lubricant. Some women have very sensitive skin. For these women, using a lubricant that heats up or that tingles may not be pleasurable at all. If in doubt, it is best to start with a lubricant that is soft and silky. If she wants to then move on to more adventurous lubricant options, you can then give those a try.

In addition to using a lubricant to combat vaginal dryness, there are also certain things to avoid using. For example, it is better to avoid using douches because they can wash away the natural lubrication. It is also best to avoid bubble baths and to avoid washing too vigorously with soap. In addition, hand lotions and vinegar should not be used to cleanse or to lubricate because both of these substances can be irritating and will cause the opposite effect.

Whether you are a man or a woman, dealing with vaginal dryness is nothing to be ashamed of, or worried about. Most women experience this issue at one time or another and it is only natural for a woman to experience bouts of dryness as she gets older. So long as there are no underlying medical issues that need to be addressed, simply using a lubricant should be enough for you to get your sex life back on track.

For more information visit: [Using Lubricant to Deal with Dryness](#)

## About the Author

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