



## Ten of the best vaginal lubricants

Vaginal dryness can affect women at any age - but it's most prevalent during and after the menopause due to reduced oestrogen level. The good news is that it's easily rectified with a good lubricant. Here are 10 great buys to choose from. By Jane Murphy

### Yes Water-Based and Oil-Based Intimate Lubricants

**Tell me more...** The Yes range has been created from plant-based ingredients that are pure, soothing and balancing - and free from chemicals, parabens and hormone mimics. As a result, it's been certified by the Soil Association. The water-based product contains ingredients such as flax extract and guar gum to ensure it

feels as close to a woman's natural lubrication as possible. The oil-based version boasts organic plant oils, butters and beeswax, and can also be used as a massage oil.

**Try it:** Prices range from £4.99 to £16.49; for stockist details, go to [www.yesyesyes.org](http://www.yesyesyes.org)