

VERY *personal* HEALTH

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Q I need to use a lubricant for sex but I can't find one that doesn't cause irritation and soreness. Help!

A Sex therapist Carol Daniels says, 'Lubrication is a very important part of the physical arousal process and the best lubricant on the market is Yes (from £5.39 for 25ml from www.yesyesyes.org), which, unlike other lubricants, is plant-based and doesn't contain any chemicals. It's also certified organic. I recommend it to all my clients and also to the medical students I teach so they can recommend it to their future patients. It can also be used daily to ease the discomfort of vaginal dryness.'

