

Menopause: Painful intercourse may be helped by organic lubricant

So many Vibrant women have made great recommendations about the [Best Lubricants After 50](#) to address female dryness. One of those recommended lubricants is an organic product called [“Yes.”](#)

Vibrant Nation members know that female dryness does not have to sabotage one’s sex life. “The good news about vaginal dryness is that it’s almost always easy to correct.” The truth is, we have many solutions at our disposal (many over the counter)—and they work!” explains Dr. Pepper Schwartz, author of Vibrant Nation’s [guide to Great Sex After 50](#).

“Yes is both a moisturizer and a lubricant, so it’s a good bridge from lubricant use to regular moisturizing,” a Vibrant Nation member explained. “It’s made of pure ingredients; nothing is synthetic or a possible trigger for health issues. I recommend use of a moisturizer two times a week, and pre-filled applicators make Yes easy to use.”

Many members of Vibrant Nation are concerned about natural ingredients, and don’t want to use harmful chemicals, unnecessary hormones, or products tested on animals. Yes lubricants fit that description: “All our ingredients occur in nature, contain no genetically modified ingredients and are not tested on animals,” the web site states.

Yes offers both water and oil based lubricants. The company recommends its water-based products as “the safest long-term solution” for female dryness, claiming it offers instant relief from itching, soreness and painful intercourse (dyspareunia). That’s a hefty promise for women who’ve completed menopause, painful intercourse being the result.

The company provides several reasons that Yes water-based lubricants should work for women experiencing post-menopause painful intercourse, including soothing and relieving dry tissues, it’s a dual action lubricant and moisturizer, and it provides a natural feeling that can be used with condoms, sex toys, and medical devices.

Have you used Yes lubricant? If so, did it work for you? Do you have another lubricant you like better?