

# Regain your sex life

You don't have to put up with painful sex. Using **YES** organic lubricant could make all the difference

**W**e might not talk about it in public. But painful sex is a common problem.

A 2017 study in the *British Journal Of Obstetrics And Gynaecology* found that nearly one in 10 British women experience it – and the real number is likely to be far higher, as many women don't report sexual issues due to embarrassment. In particular, painful sex seems more common for women aged 55-64, and 16-24.

## THE POSSIBLE CAUSES

Sometimes the reason behind pain during sex is psychological – for example, due to relationship issues. Here consulting a psychosexual therapist may help. Another common cause is vaginal dryness. This is often down to hormonal changes – for example, as a result of taking the contraceptive pill, breastfeeding or post-menopause. In younger women, anxiety around sex can also mean less lubrication, while certain medications, including antidepressants, can trigger vaginal dryness.

## LOVE YOUR LUBRICANT

There's no shame in using a lubricant to improve your comfort – it can enhance pleasure for both partners.

However, it is a good idea to choose your lubricant carefully, and consider its impact on vaginal health. Some off-the-shelf formulas contain ingredients like glycerine, petrochemicals and parfum, which irritate sensitive tissue. Also check the pH – a healthy vagina is acidic, with a pH of around 4, to help prevent infections such as thrush.

## WHY YES?

YES certified-organic water-based lubricant is a silky gel made from plant-based gums, to mimic your natural lubrication. Here's why to choose it:

- It matches your vaginal pH
  - It's condom-compatible
  - It has no smell, taste or stickiness
  - It's hypoallergenic – no side-effects
  - It's gynaecologist recommended
- For longer-lasting help, there's YES OB plant oil-based lubricant. So why not give YES a try, and reboot your sex life.



## 'YES SAVED MY RELATIONSHIP'

Don't just take our word YES works. One user says: 'YES was recommended to me by a gynaecologist after I suffered from painful sex and repeated infections. This product has been a real life-changer, and has saved my relationship with my partner.'