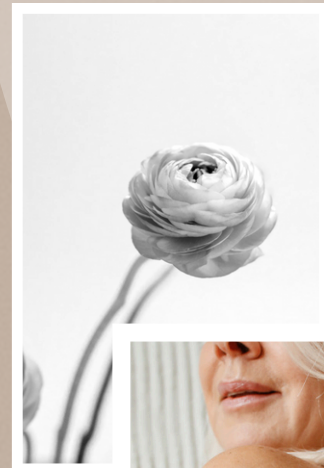


# Tips for Vaginal Moisturizers

A vaginal moisturizer is designed for regular use to nourish and rebuild tissue health over time. By replenishing moisture in the vaginal lining, these products help maintain elasticity, protect against micro-tears, and support comfortable intimacy.

For best results, apply a dime-sized amount of moisturizer internally and externally two to three times each week—ideally on days when you're not planning intimacy. Consistent use is key: this isn't a one-and-done fix but a habit that rebuilds tissue health over time.

When choosing a product, look for these criteria: fragrance-free, pH-balanced, and hyaluronic acid-based. For an easy start, you could try [this moisturizer by Replens](#), which meets these guidelines and has been well received by our community.



# Lubricants

Not all lubricants are created equal. Water-based formulas feel most like your body's natural moisture, wash away easily, and work with all toy and condom materials—making them perfect for everyday use or quick comfort. For a longer glide that won't wash away in water, silicone-based lubes deliver silky smoothness and require less frequent reapplication, though they can feel heavier and aren't compatible with silicone toys or condoms. Hybrid lubricants blend water and silicone to offer a balance of natural feel and lasting slip.

## **Are you using lube with condoms or silicone toys?**

**Yes:** You'll want a water-based lubricant.

**No:** Read on

## **Are you using the lubricant in the shower or similar?**

**Yes:** We recommend trying a silicone-based lubricant.

**No:** Read on

## **Do you prefer...**

Something that doesn't need to be reapplied during a long session? Hybrid

**OR**

Something that feels light and natural? Water-based

