



The Integrated Feminine Pelvic Floor Therapy
2738 NE Broadway St., Portland, OR 97232
Phone: (971) 337-6372, Fax: (503) 914-1912
www.integratedfeminine.com

Lubrication and Moisturizers

WHY?

- 1 in 3 women experiences vaginal dryness, often caused by
 - Hormonal changes
 - Breastfeeding or menopausal (decline in estrogen)
 - Antibiotic use
 - Contraception
 - Hysterectomy or pelvic surgery
 - Chemotherapy or cancer treatment

WATCH OUT FOR:

- Glycerin - main ingredient in many water-based lubes. This is a sugar derivative and **can** ferment in the body, causing yeast infections
- Parabens - preservatives to increase shelf life. Have Endocrine-disrupting chemicals, in stimulating lubes (like KY heat)

RECOMMENDATIONS:

Silicone-Based are OK with condoms and great for daily moisture (DO NOT for use with silicone toys)

- [Überlube](#)
- [Sliquid Silver](#)
- [Pjur Woman](#)
- [Pjur Med Soft Glide](#)

Water-Based are OK with condoms and good for maintaining PH balance

- [Pjur Med Repair Glide](#)
- [Julva](#)
- [Sliquid Sassy](#)
- [Sliquid Organics](#)
- [Yes](#)
- [YesVM](#)
- [Good Clean Love](#)
- [Aloe Cadabra](#)
- [Sliquid Organics](#)



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Oil-Based Moisturizers for scar care

(NOT OK with condoms- break them down) (not recommended for use with penetration)

- [Yes oil](#)
- [Vit E](#)
- [Rosehip oil](#)
- [Coconut oil](#)

Glands in your cervix (Bartholin's gland to the left and right of the vaginal opening and Skene gland near the urethra) produce a natural lubricant that keeps your vagina moist.

- Proper lubricant is important to maintain a healthy environment and protect you from infection
- Important for minimizing tears, and maintaining enjoyable sex
- Ongoing pain from uncomfortable sex can irritate nerves and create chronic pain