

Sexual Health Products

The sexual health products featured in this brochure are designed to alleviate bothersome genital symptoms that may occur with menopause or in other circumstances, help you maintain your sexual and genital health and increase your quality of life.

THIS BROCHURE FEATURES:

- Moisturizers: regularly used to maintain vulvar and vaginal moisture
- Lubricants: for as needed use with sexual activity
- Vibrators: to provide increased genital stimulation, facilitate genital blood flow, and maintain genital health
- Dilators: to aid in reintroduction of non-painful vaginal penetration or for prophylactic use to prevent vaginal narrowing and shortening after medical interventions

Your provider will review these products with you to determine which best fit your needs. If you have additional questions about these products and how they can work best for you, your provider can refer you to a specialist.



Sexual health products are available at the Mayo Clinic Store in the Rochester Siebens building, subway-level, or can be shipped conveniently and confidentially to your home.

Mayo Clinic Store offers thousands of products to make at-home care easier. To request products by mail, please contact our toll free mail order service.

Convenient Mail
Order Service:
888-303-9354



Online Ordering:
store.mayoclinic.com

Products can be shipped to your home to make at-home care easier.

Proceeds from products purchased support medical research and education at Mayo Clinic.

mayoclinic.org

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Sexual Health Products

Personal Massagers

☐ **LELO GIGI 2**

Body-safe silicone vibrator with curved and flattened tip for internal or external stimulation. Whisper-quiet with eight adjustable vibration modes. USB rechargeable with intuitive controls for adjusting speed and intensity. Waterproof.



☐ **LELO NEA 3**

Made from ABS plastic. Compact and discreet vibrator for external stimulation. USB rechargeable and waterproof with ten different vibration modes to explore.



☐ **LELO SONA 2**

A USB rechargeable, waterproof silicone clitoral vibrator. Uses sonic waves to create gentle suction and air pressure for direct stimulation to the clitoris. Twelve distinct vibration modes.



☐ **WE-VIBE TOUCH X**

A USB rechargeable, silicone, waterproof vibrator. Delivers powerful but quiet vibration for external stimulation with seven distinct vibration modes to explore.



☐ **THE KIWI**

Body-safe silicone vibrator with features for external stimulation, broad or pressure point massage, and shallow depth stretching/vibration. USB rechargeable and waterproof with multiple speeds.



Lubricants

Lubricants come in water based, silicone, and hybrid formulas. They provide comfort during sexual activity; however, water based may require repeat application. They can safely be applied to the vaginal opening, your partner's penis, or both before and during intercourse.

☐ Good Clean Love **ALMOST NAKED**

4 oz, water based



☐ Good Clean Love **BIO NUDE**

3 oz, water based



☐ **NATURAL ORGANICS** by Sliquid

4.2 fl oz, water based



☐ **UBERLUBE**

50 ml, silicone based and travel size



☐ **SILK** by Sliquid

4.2 oz, hybrid formula



Moisturizers

Vaginal moisturizers may decrease vaginal dryness for up to three days. These products are meant to be applied regularly for an extended time to attain maximum benefit. They are not meant to be applied during sexual activity.

☐ Good Clean Love **RESTORE**

2 oz, moisturizing gel



☐ Good Clean Love **BIO-NOURISH**

2 oz, moisturizing gel



☐ **SATIN** by Sliquid

4.2 oz, moisturizing gel



Additional Products



☐ **PURE ROMANCE VAGINAL DILATOR SET**

Dilators can be silicone or acrylic and work to slowly increase the size of the vagina. They are often part of treatment for vaginal stenosis related to pelvic radiation or pelvic floor tension in conjunction with pelvic floor therapy.

☐ **OHNUT**

Intimate wearable buffer



☐ Good Clean Love **RELIEF GEL**

1 oz, pain and itch gel



☐ pH-D **FEMININE HEALTH BORIC ACID**

14 count, vaginal suppositories



☐ **RECTICARE**

.30 grams, hemorrhoidal cream

