



What Lubricating Material Is Best For Vaginal Health? || Xtantric

One of the rare situations in life when the more slippery something is, generally speaking, the better is penetrative sex. A personal lubricant can instantly level things out and keep it that way for however long you like, but a vagina can produce a sufficient amount of moisture on its own. But given its close contact with the vagina, the specific lube you chose has ramifications for your health in addition to its effectiveness and smoothness. A silicone-based lubricant, which may surprise you, is the kind that gynecologists believe will most likely keep the vagina's healthy bacterial balance.



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To quickly review the three basic types of lube, silicone-based lubricants are one of the three, along with water-based and oil-based formulations. However, despite the fact that some people might prefer one of the latter two options—choosing water-based options for their compatibility with silicone sex toys, or oil-based ones to benefit from the calming effects of sunflower oil or even CBD—medical professionals claim that [**silicone based lubes**](#) are safer bets for preserving vaginal health because they don't require the use of any preservatives.

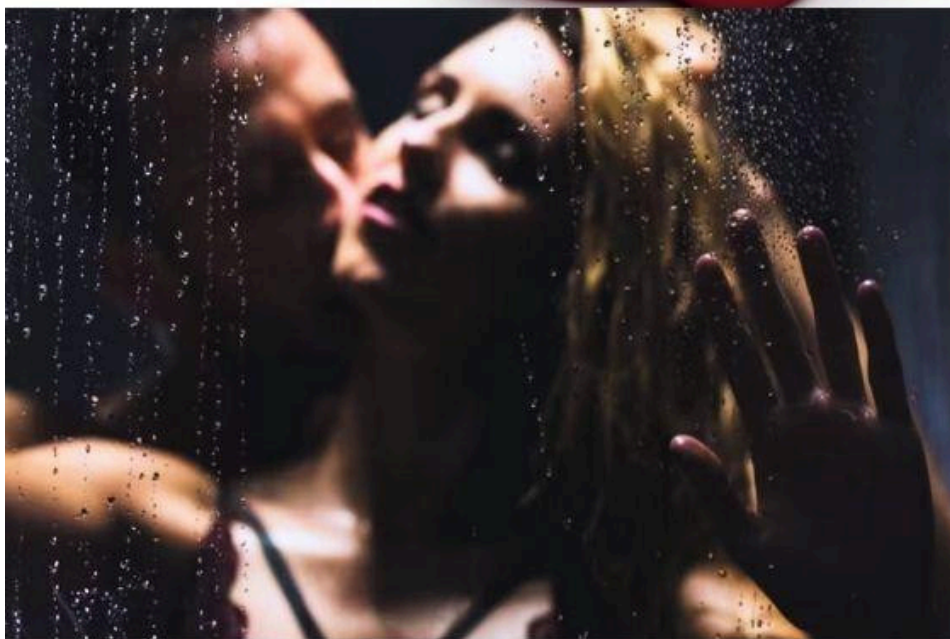
WHAT EFFECTS DIFFERENT PERSONAL LUBRICANTS CAN HAVE ON THE VAGINA'S HEALTH

Bacteria cannot develop in silicone-based lubricants since they don't contain any water. As a result, they don't require a preservative, according to co-founder of Xtantric Intimate Skincare and OB/GYN Ekram, MD, Ph.D. While that's typically advantageous for skin sensitivity—the absence of preservatives means one fewer thing that could potentially create a reaction—it's also advantageous for the vagina's microbiota.

And this is where lubricant preservatives come into play: "Preservatives used in water-based formulations can interfere with the lactobacillus or good bacteria flourishing inside the vagina," claims Dr. Ordeberg. Similar to petroleum, coconut oil, and other oil-based products, these beneficial bacteria can be eliminated by oil-based products.

In addition, the pH of a water-based lubricant itself can disrupt the pH balance of a vagina (independent of the preservatives' ability to kill bacteria). And you just don't take that chance when using a silicone-based lubricant. Dr. Ordeberg explains that silicone-based lubricants are pH-neutral and won't affect the vaginal pH because they don't contain any water.

Another benefit is that [*silicone based lubricants*](#) are often free of the chemicals used in their water-based counterparts to increase glide because they cannot evaporate or dry up over time. These compounds include glycerin, glycerol, and propylene glycol.



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Any type of aroma should be avoided, regardless of the lubricant's base (water, oil, or silicone). According to Dr. Ordeberg, using perfume inside the vagina is equivalent to committing vaginal suicide. Many perfumes contain alcohol and recognized allergens, which all have the potential to irritate the skin and possibly dry it out.

Avoiding products with spermicides such as microbicide nonoxynol-9, which has been demonstrated to devastate vaginal flora and raise the risk of bacterial vaginosis, as well as parabens, which can trigger contact dermatitis in persons with sensitive skin, is also a good idea.

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