

The **Vaginal Renewal™** Program is intended to be used by anyone experiencing vaginal dryness and/or atrophy. The program promotes blood flow to the skin of the vulva and vagina and encourages more skin flexibility and thickness.

There are two main parts of the Vaginal Renewal™ Program and both are important for reducing vaginal dryness. The *first* involves moisturizing the outer genital skin called the vulva. The *second* involves moisturizing and healing the vaginal surface itself.

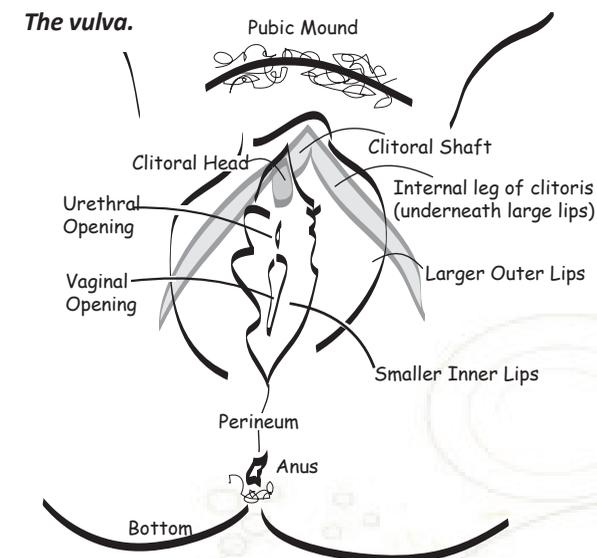
### CHOOSING PERSONAL LUBRICANTS

Lubricants applied directly to the skin and vagina are a good solution for vaginal dryness. Choosing the right one is important. Two main features should be considered when making your choice. Do they:

- **add moisture to the skin and/or**
- **seal in moisture.**

**Water = moisture.** Look for water-based ingredients to **MOISTURIZE**. Other ingredients (called humectants) hold water on the surface of the skin.

**SEALING** lubricants hold water in place. This leaves skin more conditioned and feeling less dry.



### Moisturizing ingredients:

- Aloe Vera
- Hyaluronic Acid
- Hydroxyethylcellulose or plant cellulose

### Sealing ingredients that do not add moisture:

- Dimethicone
- Dimethiconol
- Vitamin E (only use in combination with other ingredients)

### Recommended brands:

- Oasis Silk (moisturizes & seals)
- EroSense Sync (moisturizes & seals)
- Sliquid Organics Silk, green label (moisturizes & seals)
- Wet Organics (moisturizes only)
- HyaloGyn (moisturizes only)

When engaging in intimate play involving vaginal penetration (intercourse, finger play, or toys):

- FeMani Smooth Touch (silicone, seals only, safe for use with silicone toys)
- Uberlube (silicone, seals only, not safe for use with silicone toys)

### Avoid:

- Glycerin (drying)
- Mineral oil (petrochemical)
- Olive Oil (removes top layer of skin)
- Jojoba Oil (liquid wax)
- Shea Butter (high % stearic acid)
- Beeswax or Paraffin (wax)
- Petrolatum/Petroleum ointment, unless instructed by your health care provider
- Low-quality silicones: cyclopentasiloxane and cyclomethicone (solvents)
- Coconut Oil/butter (kills Lactobacillus)

Coconut oil/butter is antibacterial. Because vaginal health is enhanced by *Lactobacillus* bacteria which are killed by coconut oil, serious imbalances may occur when using coconut as a vaginal salve or lubricant (see *Res Microbiol, 2017; K J Food Sci Anim Resour, 2015*).

## STEP 1 - EXTERNAL VULVA MASSAGE AND MOISTURIZING

Begin by massaging the entire vulva (both sets of lips, the opening of the vagina and the place between the vagina and anus) to bring blood to the skin and encourage skin health.

- First apply about a quarter-sized dab of a moisturizing lubricant and smooth it lightly around so everything is coated and slippery.
- Use your finger tips (two or three) to press into the skin and then let the pressure up (called “press-and-release massage”), working your way around the outer lips of your vulva - where the hair grows. It might help to think of a clock face and work your way from 12:00 around and back to 12:00 again.
- When you are finished massaging your outer lips, massage your inner lips - where hair doesn't grow. Add more moisturizing lubricant as needed.
- Gently pinch the inner lips between your thumb and fingertips with a gentle squeezing motion. This should not hurt; your goal is just to move the blood out and allow it to return.
- Work your way all around the inner lips on both sides and up to the clitoris. Press and release on the clitoris and clitoral hood, too.
- Next massage the area around your vaginal opening using press-and-release all around the opening from 12:00 to 12:00 again.

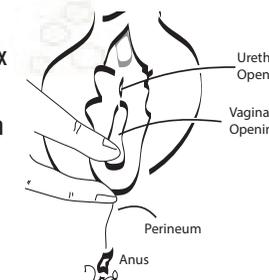


The last area you should focus on is your **perineum**--the skin between your vaginal opening and anus. If you're having pain with penetration, it is **especially important** to include this part.

- Apply about a dime-size portion of lubricant to your thumb and index finger, and gently insert your thumb into your vaginal opening.
- Press down the skin of your lower vaginal wall and hymen (toward your anus) with your thumb. You can also

gently squeeze the tissue of the perineum with your index finger if you can reach.

- Allow the muscles underneath the skin to relax and gently sweep your lubricated thumb from side to side. You are working to help this area become more flexible.
- Take a deep breath if it's tight and as you release the breath think of softening the muscles you are touching.



## STEP 2 - INTERNAL MASSAGE

We recommend using a vibrating wand because it is difficult to fully massage the vaginal walls with your own fingers. The **FeMani Wands** are ideal because of their smooth surface and specially-designed vibration. However any smooth-shelled straight vibrator with a low-speed throbbly-style vibration will offer some benefit in this program.

1. Choose the vibrator *width* by determining how many of your own lubricated fingers you can fit inside your vagina when you are not sexually aroused. For example, if you are unable to comfortably have intercourse or require the use of the pediatric speculum for a pelvic exam, we suggest you start with the smallest size 1 wand. If you are currently having comfortable intercourse you may choose to start with the size 2 wand.
2. Coat the wand with your moisturizing lubricant and gently insert it into your vagina to a comfortable depth or all the way to the cervix (or cuff if you've had a hysterectomy).
3. Next press the purple button once or twice for a low or medium vibration setting and lay back. You may find it comfortable to bend your knees. If this is uncomfortable, ask your health care provider about other possible positions.

4. **Fully relax** as it massages the vaginal walls.
5. There is no need to move the wand in and out, although it may be helpful to gently move it side to side.
6. We recommend **five** minutes or more per session, once a day or every other day.

You can switch to a larger size wand when you are able to comfortably fit a lubricated finger inside along with the wand you are currently using.

If you are not comfortable using a vibrating wand but are comfortable touching your vulva and vagina with your hands, you can do the internal massage with your fingers while using a moisturizing lubricant. While this is less effective any massage is better than none. You can also teach a partner how to do this massage, or have your partner massage you before other intimate play begins.

#### CAUTIONS, AND MOVING FORWARD

If you experience pain or discomfort with any aspect of this program discontinue it immediately. You should consult with your health care provider to determine how to proceed.

- Do not engage in sex with vaginal penetration if it is uncomfortable or painful.
- We encourage you and your partner to continue other pleasurable intimate play together without penetration.

Although it is not true for everyone, after 4-6 weeks working with the VR program, many women are able to enjoy vaginal penetration comfortably. When engaging in intimate play involving vaginal penetration (intercourse, or finger play, or toys):

- Use a silicone-based lubricant as your lubricant plus the moisturizing lubricant you use for Vaginal Renewal™. Silicone lubricants will stay slippery much longer, and will help protect your skin from painful tearing.
- Use lubricant both inside your vagina and on your partner, finger or toy. This slick fluid helps protect skin and vagina by reducing friction.

- See recommended silicone lubricants on previous page.

#### PELVIC FLOOR MUSCLES & FLEXIBILITY

If penetration of 1.5 to 2.5 inches is comfortable, but then you feel as though you “run into a wall,” one of two things might be happening:

- Your pelvic floor may have lost its ability to relax and flex enough to allow penetration called High Tone Pelvic Floor Dysfunction or,
- Your pelvic floor may be contracting involuntarily to prevent penetration (called Vaginismus).

The first step is to verify that your experience of pain is related to the condition of your pelvic floor muscles. There are many other problems easily confused with high tone pelvic floor dysfunction.

We recommend that you start by seeing your health care provider and/or a pelvic floor Physical Therapist to obtain an accurate diagnosis. Any home-based therapy you attempt will be more effective under the guidance of a pelvic floor therapist. For more information, pick up or download our brochure on Pelvic Floor Health.

#### OTHER SEXUAL HEALTH TIPS

In order to maintain the best possible sexual health we recommend continued use of the Vaginal Renewal™ program, plus:

- **Enjoy at least one orgasm per week.**

Orgasms bring blood flow to your pelvis, which helps keep your tissues strong and thick and your pelvic muscles strong and flexible. It also utilizes your circulatory system and your nervous system, and helps keep everything running smoothly. If you are not as orgasmic as you used to be the Vaginal Renewal™ program may help your orgasms become stronger again. If you are not able to orgasm now, or have never been able to, see our AWT Orgasms brochure, or the book *The Elusive Orgasm* by Vivienne Cass, PhD.

- **Eat the AWT Good Sex Diet.**

This is a whole-food Mediterranean diet which focuses on antioxidant-rich, colorful food. It includes lots of fruits, vegetables, garlic, whole grains, nuts, beans, fish and poultry, but no high-fructose corn syrup sweetened products. Organic food has at least 30% more healthy antioxidants than conventionally grown food, so although it's more expensive, it's a much better health value. Chocolate, coffee, and tea also contain sex-healthy antioxidants. Drink plenty of water!

- **Exercise to a sweat 30 minutes a day, six days a week.**

Exercise is the best thing you can do for your overall health and sexual health. Studies show that women who exercise until they sweat just before being sexual experience higher levels of sexual arousal than those who don't. Prime your pump and get moving.

- **Stop smoking.**

Also avoid second-hand smoke as well as places where people have smoked. Smoke contains chemicals that directly damage your blood vessels. Healthy blood vessels are the key to good sexual health. So avoiding smoke in all forms is a major step toward protecting your sexual health.

- **Floss your teeth.**

How simple. Reducing inflammation in your gums cuts down on whole body inflammation. Body inflammation has a direct negative link to healthy sexual arousal. Flossing your teeth daily is one of the easiest ways to keep your sexual self in tip-top shape. Your smile is worth it!

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# Vaginal Renewal Program

~soothe vaginal dryness

~recover vaginal health without using hormones

~tips for choosing moisturizing lubricants



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