

Personal vibrators

If you've never used a personal vibrator or feel self-conscious about trying one, it may help to know that lots of us—more than half, by one study—use them. Even before menopause, surprisingly few women experience orgasm simply with penetration during intercourse. With menopause, when vaginal tissues become thinner and circulation diminishes, we need more stimulation for sexual satisfaction. Vibrators can help before and during partnered sex to add that extra stimulation.

Personal vibrators have motors that make them vibrate to stimulate both the clitoris and vagina, sometimes simultaneously. Vibrators help increase genital sensation and can bring users to orgasm.

For long-partnered couples, introducing a vibrator into your sex life can be intimidating. Talking about how your body has changed, how that affects your sexuality, and sharing what you need to compensate can help ease the anxiety. Self-stimulation with a vibrator can help midlife women maintain healthy vaginal tissues between sexual encounters. It can also help awaken interest in sex and promote a feeling of sensuality.

personal vibrators an introduction

Choosing a vibrator

Vibrators come in various materials, designs, and functions. When choosing a vibrator, keep these factors in mind:

Size and shape: Vibrators come in sizes and shapes designed for specific as well as general use. Mini vibrators are great for clitoral stimulation. These small devices may fit in the palm of your hand or strap to a finger.

Larger clitoral vibrators are shaped to cup the clitoris and labia, helping stimulate vulvo-vaginal tissues.

Midsized vibrators are often wand-shaped for vaginal and g-spot stimulation. Large women find these useful for the reach they provide. They can also provide leverage for women who have difficulty with hand strength.

Massagers are dual-use devices, used for vulvar stimulation as well as massaging muscles anywhere in the body (really!). Attachments are available for vaginal and g-spot stimulation.

Power: Older women generally need more power, both a stronger vibration and a longer session time; rechargeable batteries or plug-in devices are usually a better choice than disposable battery-operated devices.

Materials: Hard plastics are easy to clean. Silicone surfaces are warm to the touch, with a skin-like feel, and clean up with soap and water. Look for phthalate-free materials. Some manufacturers now offer medical-grade materials formulated to discourage bacterial growth.

Using a vibrator

If you've never used a vibrator, here are a few helpful tips:

1. Read the owner's manual to be sure you understand the settings.
2. Play with the buttons and switches; try out the intensity and stimulation modes.
3. Consider using a mirror to see where and how the vibrator fits different parts of your body.
4. Use a lubricant (water-based with silicone vibrators) to prevent any friction.
5. Slowly and gently run the vibrator along your labia and clitoris to see how it makes you feel.
6. Don't rush. Give your body time and a number of sessions to awaken to this new sensation.
7. If you're bringing the new device into an old relationship, explore it together. The more communication, the better the experience.

Where can I buy mine?

Vibrators can be discreetly purchased at MiddlesexMD.com or by calling 888-398-6763. You can also place your order by emailing Orders@MiddlesexMD.com. All of our vibrators are phthalate-free.

MiddlesexMD is a safe, comfortable guide to the changes that come with menopause and how those changes can alter the way you experience sex. The site offers advice and products to help you maintain your sexuality for life.

Prices range from \$20 to \$200; see MiddlesexMD.com for details

Compact vibrators

Small vibrators are discreet, travel well, and fit easily in the smallest of spaces.

Fin

Manufacturer: Dame Products



Kiri

Manufacturer: Lelo



Mia2

Manufacturer: Lelo



Mid-sized vibrators

When you're ready for more than an intimate compact massager. Designed for penetration.

Celesse

Manufacturer: Lelo



Gigi2

Manufacturer: Lelo



Raya

Manufacturer: Lelo

