

# The Mutton Club

Sex and the menopause – keeping you sexy



Sex during and after menopause brings its own joys and challenges. Your body is changing and so probably will your sex life, but not necessarily for the worse.

But if you're building up to menopause (in peri-menopause) and are suffering from decreased desire and vaginal dryness (as many women do), how do you keep sex a joy rather than a chore? If you've been with the same partner for a long time, how do you keep things fresh and exciting especially if menopause has dented your self esteem? (Our feature on [thriving through the menopause](#) provides some help on general menopause related issues.)

What if you're just not feeling sexy any more? It's a truism that often in a great relationship, sex isn't so important, but in a bad one, it usually is! And what if you don't have a sexual partner to keep the wheels on the road? Then what?

Sex and the menopause may call for extra creativity. Here are some ideas to help keep your sex life sexy.

## Changing hormones

First off a delightful podcast from the [Huffington Post](#) that asks the question “What does sex really look like after 70?” NO, we’re not suggesting our readers are all over 70! But a lot of the podcast is just as relevant for women struggling with the changes menopause brings, particularly when it comes to changing hormones and the dreaded prospect of vaginal atrophy.

The podcast features a lot of very candid seniors talking about their sex lives and how important sex continues to be for them. It’s a very inspiring and hopeful half hour! One of the great facts highlighted is that as oestrogen and testosterone both decline, testosterone hangs around in the body more. So years after menopause, women can have as much testosterone in their system as they did in their twenties! This means interest in sex doesn’t necessarily decline even if the body doesn’t respond quite as it used to. Here’s a great [article](#) that talks about sex actually getting better with age and the difference between one’s genital prime and one’s sexual prime.

The podcast raises a major issue of concern for many women both during and after menopause – vaginal dryness. Things do change down there and it can take women longer to get aroused after menopause than when younger. Penetration can also be painful.

[Sea buckthorn oil](#), taken as a food supplement, can help with intimate dryness, as well as giving a boost to skin, so they say. But the very **best** product we’ve found is [Yes](#) natural water-based vaginal moisturiser and lubricant.

Why is it the best? Because it’s probably as close to one’s own natural lubrication as it’s possible to get. It doesn’t smell nasty, it’s organic, as close to nature identical as possible and it comes in a range of attractive and discretely packaged sizes to suit your various needs.

There are even 100 ml hand-luggage-sized tubes of this wonderful stuff! And Yes makes an oil based lube too which can be used alone or with the water-based one for even more slippery action. The Yes [website](#) has loads of information too, so check it out. We don’t make money off recommending Yes products, but seriously, they could change your life! If you are at all worried about pain or dryness, try them out. Oh and the water-based lube is also available on [prescription](#) in the UK!

## Use it or lose it

Another podcast theme is use it or lose it. Your vagina isn’t going to shrivel up over night, but it pays to invest love and attention in its future health. If you’re struggling to maintain previous levels of desire, for whatever reason, vibrators might help. Not only do they make orgasms a forgone conclusion (hooray!), but they can also be used through a dry spell to maintain sexual function and blood supply to the necessary area. And have some solo fun!

Our favourite vibrator supplier is [sh!](#), a women-run real-life and on-line store which is a veritable women’s erotic emporium. Everything you might have ever fantasied about, you can find at sh! Time Out describes it as the best sex shop for women and they have hundreds of other products to also tickle your fancy.

There’s loads of advice on their website, as well as classes in store if you live in London, UK. They also have plenty of erotica that might just wake you up in ways you thought were long since gone. Try out their egg vibrators if you haven’t already experienced these delightful little toys.

## **Orgasms galore**

Finally, for the orgasmically challenged or just sexually ambitious, decide to spend some time with [Betty Dodson](#). Betty has made it her life's mission to educate women on sexuality and masturbation, and to ensure that every woman achieves amazing and consistent orgasms. She has recently teamed up with Carlin Ross, another sex educator, to amplify their collective voice and change more women's lives. Their [website](#) is a mine of great information and their work constantly inspiring.

Have fun!