



# COSMOPOLITAN

## EXPERTS

### sex advice

from Amy Levine, Cosmo's Carnal Counselor

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## "How can I increase my vaginal lubrication?"

**Q** What can I do to get wetter faster? I usually don't become lubricated until after the sex has started.

**A** Chances are you're not engaging in foreplay long enough to become fully aroused. Since the amount of lubrication you produce can be related to how sexually excited you are, encouraging your man to take it slow and spend plenty of time teasing and pleasing you with his hands, mouth and tongue may alleviate the problem. You may also find that your wetness varies during stimulation or from one encounter to the next (which is perfectly normal), so add water-based lube to your vagina as needed.

However, your arousal level is not the only factor affecting below-the-belt lubrication. Stress, medications, birth-control pills or a vaginal infection can also decrease your natural fluids. So if the techniques above don't do the trick, you might want to discuss the situation with your gyno.

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