

How to buy Sylk

On Prescription

Available from your GP.
Prescriptions are free to women
aged 60 and over.



At the Chemist

Available over the counter.
Ask your pharmacist.

*Works in harmony
with your own body*

Online

Go to www.sylk.co.uk

Phone

Call 0870 950 6004
Calls cost 6p per minute
from a BT land line



For the Pharmacist

Please can I have _____ bottles of Sylk



The PIP code for Sylk is 314-9689

Sylk can be ordered by your pharmacist
and ready for pick up usually within 24 hours

Love your vagina and help us save lives

We are passionate about vaginal health at Sylk and encouraging women to 'know their bodies'. 21 women die every day in the UK from a gynaecological cancer. By encouraging more women to regularly check themselves and go to their GP if they spot something unusual, we can help save more lives.

From August 2017 for 12 months, we are donating 7p* from every pack sold, to The Eve Appeal. This is the only UK charity raising awareness and funding research in to the five gynaecological cancers – Ovarian, Womb, Cervical, Vaginal and Vulval.

For more information about how you can love your vagina
visit www.sylk.co.uk



registered charity nos:
1091708 & SC042612

*Up to a total of £10,000



Kathy Abernethy
MClinSci RN

*"As a specialist menopause nurse
with over 20 years experience,
I talk to women every day.
While awareness around women's
health is greatly improved generally,*

*vaginal dryness is something women often don't talk
about. However, symptoms can often be easily and simply
alleviated with a good quality lubricant which can be
prescribed or bought over the counter."*

Kathy is an independent prescriber with a Master's
Degree in Community Gyneacology and Reproductive
Healthcare. Kathy also runs study days for nurses.

For more information visit
www.themenopausecourse.com



SYLK
Natural Intimate Moisturiser



For more information visit www.sylk.co.uk

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Natural, hormone free relief for vaginal dryness
Recommended by Health Professionals

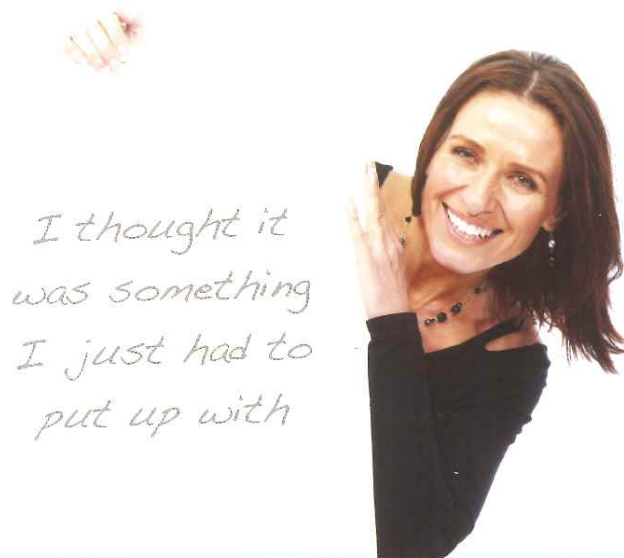
An everyday problem that women don't talk about

Most women will suffer from vaginal dryness at some stage in their lives, and not just during and after the menopause. At any time, our hormones can fluctuate, often causing dryness which can be sore and uncomfortable.

The effects of vaginal dryness are often most apparent during love making. But dryness can also interfere with other everyday activities such as using tampons, exercising, even wearing certain clothing, and it can have a real impact on your self-confidence and relationships.

But it doesn't have to. A simple, over the counter moisturiser like Sylk can immediately soothe dryness, leaving you free to live in comfort so you can get on with the more important things in your life.

Try for free; simply visit www.sylk.co.uk and order your free sachet sample today.



I thought it was something I just had to put up with

Pregnancy and Breastfeeding

At this exciting time hormones are all over the place and many women find that they experience dryness and discomfort. Always check with your Midwife/Health Visitor or Doctor first, but a gentle, natural and safe lubricant like Sylk will usually resolve the problem.

Resuming lovemaking after Childbirth

When it's time to become intimate again the last thing you and your partner need is anxiety around whether it will hurt (the "ouch" factor!). A gentle lubricant like Sylk will keep everything comfortable, so that you and your partner remain more than just "Mum and Dad".

Menopause

This process can take up to ten years; it is certainly not a "moment in time". Alongside the hot flushes, night sweats and mood swings that some women experience, the reducing oestrogen levels often cause intimate discomfort. Also, post menopause vaginal dryness is the one symptom that doesn't go away. Fortunately vaginal dryness is easy to treat and can be relieved by using a gentle and natural intimate moisturiser like Sylk as often as you need to.



I thought I'd never want to be intimate again

Stress and Anxiety

We lead busy lives juggling work, children, partners and family commitments. Being stressed and anxious can send our hormones into freefall. Sometimes vaginal dryness will be another symptom alongside headaches, irritability and breakouts.

Cancer treatments

We all know about the obvious side effects of some cancer treatments, but many women suffer from vaginal dryness too at this most difficult time. A gentle paraben-free lubricant can help alleviate symptoms and discomfort, but always check with your oncology nurse too.

For more information visit www.sylk.co.uk



As natural as you

Sylk is a plant based moisturiser made from extracts of the kiwi vine designed specifically with your vagina in mind. As the pH of Sylk is the same as the vagina, which is slightly acidic to keep nasty bacteria at bay, it helps to keep your vagina healthy.

Sylk's unique female friendly formula works in harmony with your body to hydrate and soothe. It contains no hormones, parabens or other nasty chemicals, so it is safe to use as often as you need to – even daily.

Natural Intimate Moisturiser

Suitable for every women at every life stage

For a free sample go to www.sylk.co.uk