

Type of lubricant:	Water-Based	Super Hydrating	Hybrids	Silicone	Combo: water-based + silicone
My situation:	I need just a little bit of slip when moisture runs out.	I am dry and uncomfortable on a daily basis.	I want a water-based lubricant that doesn't get sticky.	I want long-lasting slipperiness that never gets sticky.	I need moisture AND I need long-lasting slip for penetration.
Features:	adds water (hydrates) and some slipperiness	Water-base PLUS hyaluronic acid or aloe	Adds water then seals with small amount of silicone	Never gets sticky.	Combo: water-base on one person (to hydrate) w/ silicone on other (for slip)
Use with condoms?	Some ok with condoms		Some ok with condoms	Ideal with condoms	
Ok w/ Sex Toys?	OK with toys	OK with toys	OK with toys	No silicone on toys*	No silicone on toys*
<i>*some toys and devices are an exception, contact the toy manufacturer</i>					



Lubricants increase pleasure

Your genital skin is very sensitive. It cradles the nerve endings that allow you to experience touch and other pleasurable sensations. Most skin is strong but can be harmed by vigorous rubbing.

Sexual intimacy usually includes friction, but sometimes the body often doesn't provide enough wetness or protection to last for an entire intimate episode. Lubricant can make sexual experiences more slippery, cushion-y, comfy, tasty and pleasurable.

Personal (sexual) lubricants:

- **Prevent** skin chafing and dryness;
- Allow you to have pleasurable **stimulation** of all your nerve endings;
- **Moisturize** sensitive skin and increase **circulation** and skin strength when paired with regular massage;
- Increase pleasure while using latex or non-latex **barriers**, making for a sexy, fun slide.

Select the right lubricant for you

Study the chart above for guidance on your lubricant choices. We offer lubricants with the following features:

1. **Stays slippery** during sexual play.
2. Comfortably **adds moisture** to skin if needed.
3. **pH** : Between 4.4 and 5.5 (compatible with most genital skin and vagina/front holes).
4. Available in **sample sizes** (for testing & travel).
5. Has a **pump-type dispenser** (prevents bottle contamination).

How to Use Lubricant

Before or during sexual contact:

- Any time—during solo or partnered play—when skin-to-skin friction or rubbing of a hand, vibrator, or other toy is uncomfortable rather than pleasurable
- Before any type of sexual penetration (with fingers, toys, or other body parts)
- Underneath and/or on top of condoms or other barriers

For daily skin care:

- When you experience frequent discomfort or pain from vaginal/front hole dryness

Where do I apply the lubricant?

The easiest way to handle lubricant is to put a nickel-to-a-quarter sized amount on your fingers.

Apply externally:

- Pat or smooth over the whole area of the external genitals of yourself or a partner.
- Feel free to add more lubricant anywhere that is more dry or fragile.
- Smooth on the surface of any toy when using one internally.

Apply internally:

- Put some on fingers and apply to the opening of the vagina (front hole) and the anus if engaging in anal play. You can also gently dip lubed fingers into the opening and smooth the lubricant around the whole opening.
- Use a small (needle-less) syringe or lubricant applicator to insert 1 – 3 ml internally if you would like a larger amount inside ahead of penetrative sex.

If it dries out during sex play:

- Apply more with fingers as needed
- Use a spray bottle or have a glass of water nearby to add some water to reinvigorate any water-based or hybrid lubricant.

If you find you've added too much lubricant, pat the skin with a cotton cloth to remove the excess.

How much am I supposed to use?

Experimentation is your friend. Self-pleasure is a great way to try samples of different lubricants and see how long a *dime* to *nickle*-sized **dab** will last. You may like a different lubricant than your partner does, so communicate about what works for you.

It's your pleasure. Lubricant is supposed to increase sensation and pleasure, not reduce it. If you slap on a handful and find that you can't feel a pleasurable level of friction, don't worry—just keep a small towel handy to wipe off the extra.

By type of lubricant:

For **water**-based or **hybrid** lubricants, start with a nickle-sized dab on your fingertips. Apply the lubricant to your genitals, and then put some on the genitals, hands, toys, or other body parts that will be touching you. Add more lubricant as needed. Because water-based lubricants soak into the skin over time, you may need to reapply at different points during the experience, or use a little water or saliva to reconstitute the lubricant once it soaks into the skin. Some folks like to keep a plant mister or a small water bottle handy to revive a water-based lubricant when it dries out.

With a **silicone** lubricant start with a few drops. Since silicone stays slippery for a very long time without soaking in, less is more. If there is still too much friction, add a little more.

By type of behavior:

For **ongoing penetration**, apply generous amounts of lubricant to anything you want to penetrate your body or a partner's body.

Touch that involves a **lot of friction** (like a hand-job) may feel better with more lubricant.

For **vaginal/front hole** penetration, use enough lubricant for comfort and slip. Lubricant can reduce the chance of irritation and chafing. Use less if you want to feel more friction.

When putting lubricant on **someone else's** genitals, ask what feels good and how much is enough. Everyone is different so don't expect to know what works for your partner. If someone else is putting lubricant on your genitals, tell them what you like.

Oral-genital contact might not require lubricant but sometimes gets dry over time when saliva dries up.

- Some people like to put a dab of **silicone** lubricant on the surface receiving attention to keep things moist.
- You can also choose **flavor**: select a flavored lubricant to add or change up the taste.

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When using **condoms** or **barrier sheets**, here are some tips to follow for maximal pleasure:

- For **external condoms** on a penis: put a dime-sized dab inside the tip before rolling the condom on. Then put more on the outside of the condom on the shaft to reduce friction for the person being penetrated.
- For **internal condoms**: lubricate the outside, then insert the condom (with or without the ring). Put as much lubricant inside the condom as you like.
- For **barrier sheets**: most people put lubricant on the body, then lay down the sheet, then add as much lubricant to the outside as desired.

For **anal penetration** use lots of lubricant! The rectum doesn't make its own lubrication so friction against those tissues can cause irritation, pain, or even long-term damage.

If you're using **toys made of soft materials** such as silicone or elastomer, use water-based lubricant. These types of toys can drag against the skin and create more friction than toys made of hard plastic, glass, ceramic, or metal.

- If your toy is silicone and you want to use a silicone lubricant—know that silicone lubricants can ruin the surface of silicone toys. Instead, cover your toy with an unlubricated condom and apply the silicone lubricant to the outside.
- If you only use toys externally, experiment to see if you like the feeling of lubricant, or not.

If the lubricant you choose **soaks into the skin quickly**, it doesn't necessarily mean it's the wrong lubricant for you. It may mean that your skin is **dry**, or that you didn't apply **enough** at first to get you through a whole session.

- If you're using a moisturizing lube for vaginal dryness, try a combo for penetrative sex. Use the moisturizing lube on the vulva and a **silicone** lubricant on a partner/toy to keep on-going slip.

Not all lubes are “good” lubes.

Using bad lubricants on your genitals can lead to skin irritation, hurt the skin's natural barrier defenses, and lead to unnecessary pain.

Ingredients to Avoid:

- **Polyquaternium 7, 10 or 15.** This synthetic polymer is associated with severe irritation and disruption of skin surfaces; it also increases replication of viruses, including HIV.
- **Non-oxynol 9.** This oil-dissolving spermicide severely irritates skin surfaces; increases transmission of viruses, including HIV.
- **Menthol.** Often used either as a “cooling” ingredient or a sensation enhancer, menthol is an alcohol that may severely irritate the skin, causing long-term skin pain.
- **Lidocaine.** This numbing medication irritates skin surfaces. Because it lowers pain perception, lidocaine dramatically increases the risk of skin trauma and longer-term damage.
- **Capsaicin.** Usually found in warming, sensitizing or “arousal-enhancing” lubricants, capsaicin is the oil of very hot chili peppers. Once applied, it triggers a pain reaction in the nerves that may last far longer than any intimate episode. Also may be difficult to remove from skin once applied.
- **Chlorhexidine.** This anti-septic found in many medical lubricants (KY Jelly, Surgilube) destroys normal, protective genital bacteria responsible for healthy genitals.

Oils are not good sexual lubricants.

- **Coconut oil kills** beneficial bacteria (*Lactobacilli sp.*) as effectively as chlorhexidine and should **never** be used as a sexual lubricant. (People who experience bacterial vaginosis are particularly sensitive to this effect of using Coconut oil.)

- **Olive oil** dissolves skin tissue connections which can lead to on-going skin damage.

- **Petrolatum** is particularly useful for people with **severe** skin problems, but should *not* be used on healthy skin unless treating a specific skin problem. Ask a health care provider for recommendations for your specific situation. Never use petrolatum with latex barriers.

Oils *are* fine for external use and some people with penises find that self-pleasuring with an oil or cream creates a slippery, cushion-y experience.

Other Ingredients That Might Be A Problem:

Known Allergens and Skin Irritants. For some people, **herbal extracts** and raw, **unprocessed aloe** gel can provoke allergic responses. For others, ingredients like **propylene glycol**, and preservatives like **phenoxyethanol** or **sodium benzoate** can irritate.

- We recommend that anyone with known skin sensitivities test out any personal care product on the **inside of their arm** (easier to wash off and/or treat) before applying it to the genitals.
- To test, put a dime-sized dab inside the elbow, then wait for 30minutes without friction.
- Wash off immediately any lubricant that causes redness, itching or irritation.
- Check the spot in 24 hours since some people can react after a day has gone by.

Glycerin. Glycerin is a fine lubricant ingredient for some people. But some lubricants containing glycerin—including KY Jelly, Astroglide and some flavored lubricants—hurt cells by pulling moisture out (called hyperosmolar stress). Because of this we generally suggest avoidance of lubricants containing glycerin.



A Woman's Touch
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Personal Lubricants

~would you benefit from using a lubricant?

~how to choose

~how to use

~ingredients to avoid