

Slippery When Wet

Know Your Lube



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Introduction

Lubricants are, in our opinion, truly the greatest unsung sex toys! They have the power to enhance sensations and open up new possibilities. Whether you are playing solo or partnered, lubricants may let you play longer, with more pleasure, and maybe even in new ways (like with sex toys or to explore anal play!).

Long gone are the days when commercial lubricants were made simply for medical exams and to treat vaginal dryness. Now there are a wide array of different lubricants, with different textures, tastes, and ingredients for all sorts of scenarios. In order to decide which lubricant is right for you, you might want to know a bit about what is in the lube and what you are planning to do with it.

In this brochure we'll talk about three different categories of lubricants: water based, silicone based, and oil based. Each category of lube has pros and cons, and within each there are lots of different varieties to choose from.

This brochure offers a non-medical, pleasure based approach to learning all about lube!

Water based Lubricants

Water based lubricants are often what come to mind when people think of personal lubricants. These are widely available and have the biggest range of textures and flavours. They also tend to have a wide range of ingredients. These lubricants are great to use with toys, condoms, and are safe internally (vaginally, anally and orally). They also may help re-hydrate your skin! TIP: Having a spray bottle of water or glass of water on hand can help reinvigorate water based

lubricant that is starting to feel sticky.

Safe to use with condoms, and compatible with all toys, water-based lubes can range from thin and watery (Blossom Organics, Probe Silky Light) to thick gels (Sliquid Gel, Maximus). Gels are helpful for providing more cushioning and support than thin lubes - great for anal play or using sex toys. There are also lotion-y lubes that last a little longer & have a slick feel (Liquid Silk, Fuckwater Water).

A note about sensitivities

People with sensitive skin may find some ingredients in lubricants irritating. If you are often sensitive to chemical ingredients you may wish to avoid propylene glycol and parabens. If you find you have chronic low-levels of yeast you may wish to avoid synthetic glycerin, which breaks down to a sugar and may feed yeast. Water based lubricants with more organic or naturally sourced materials and fewer ingredients tend to be a good option for those with sensitivities. These include: Sliquid Organics, Yes! Water, Blossom Organics.

Silicone based Lubricants

Silicone lubricants are a relatively new option in the lubricant department. These lubes offer a slick feel that keeps on going and going (and going) because there is no water in them to dry up! For this reason you can use much less. They also typically have very few ingredients and generally are great options for folks with sensitivities. Silicone lubricants are not water soluble, which means when used externally they need to be washed off. When used internally the body will naturally clear out the lube, and though it may take a bit longer than water based lubricant, silicone does not breed

bacteria or yeast which lowers the risk for infection.

Safe with condoms, and great for using in the bath or pool, check out brands like Pjur, Fuckwater Silicone, and Pink to see what you think!

Oil based Lubricants

Because oil based lubricants damage condoms and rubber sex toys they are often overlooked. However, oil based lubricants offer a different texture in a non-sticky formula that can be fabulous for many occasions! These oils come in a variety of different formulas – some are thicker, some are thinner, some will heat up a little with use. Most excitingly, oil based lubricants provide a long lasting lubrication.

Great for masturbation, anal sex, massage and more, we carry brands like Yes! Oil, Stroke It!, Boy Butter, & Stroke 29.

Some find that petroleum based oil lubes may cause irritation when used internally. Additionally, many people have avoided using oils internally for fear that they might breed bacteria or yeast while the body was slowly clearing them out. However, more natural oils are easier for the body to clear and even contain some skin nourishing ingredients. Some people find these to be good, long lasting options as long as they are not planning to use condoms. Yes! Oil, Stroke It!, and Province Apothecary's Sex Oil are natural oil lubes we carry, and would suggest as a natural oil option.