

CSCSNH

Certified Sexuality Counseling of Southern New Hampshire

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TYPE OF LUBRICANT	IMPORTANT NOTES	EFFECT ON CONDOMS	EFFECT ON TOYS	TYPES OF SEX
WATER BASED	<p>Most like human secretions</p> <p>May get sticky over time</p> <p>Wide variety of viscosity and consistency</p>	Safe	Safe on all Mediums	<p>Vaginal</p> <p>Anal</p> <p>Masturbation</p> <p>Popular for vaginal sex</p>
SILICONE	<p>Long Lasting</p> <p>Does not get sticky</p> <p>Not absorbed into skin</p> <p>Waterproof</p> <p>Will wash off with soap</p> <p>Stains fabric</p>	<p>Safe</p> <p>(note: some condoms have silicone elements, which would make it not compatible, check package)</p>	<p>Will damage silicone or Cyber-skin toys</p> <p>Safe on all other mediums (plastic, metal, glass, etc)</p>	<p>Vaginal</p> <p>Anal</p> <p>Masturbation</p> <p>Popular for anal sex</p> <p>Popular for water-play</p>
OIL BASED	<p>Not recommended for any type of penetration; may harbor harmful bacteria.</p> <p>Common examples: Vaseline, cooking oil, mineral oil, hand lotion</p> <p>Stains fabric</p>	NOT safe. will disintegrate latex	safe on non-penetrating toys for men	<p>Masturbation (for men only.)</p> <p>not recommended for Vaginal or Anal sex due to risk of infection</p>
SPECIALTY	<p>Wide range of types: Flavored, scented, heat producing, natural vasodilators (L-arginine which increase blood flow to sex organs</p> <p>May cause irritation to sensitive skin</p>	Depends on the base (see above)	Depends on the base (see above)	<p>Vaginal</p> <p>Anal</p> <p>Masturbation</p> <p>Oral (flavored)</p>
SALIVA	<p>Dries quickly</p> <p>98% water, but may contain gastric juices, irritating levels of acidic electrolytes, or infectious material</p>	Safe	safe on all Mediums	<p>Vaginal</p> <p>Anal</p> <p>Masturbation</p>

TYPES OF LUBRICATION