

“If I’m having breakfast and it tastes way better to me with a few shakes of hot sauce, it’s not because my potatoes are somehow deficient: it’s because they’re even better with the hot sauce and it pleases me. Same goes with your body and lubricant.” –Heather Corinna, founder of Scarleteen.com

Here at the SHPRC, we cannot speak enthusiastically enough about personal lubricant, also known as lube. No matter your gender, sexual orientation, or preferred sexual activities, there are few things that can improve your sex life as simply and easily as a bottle of lubricant. Unfortunately, many people are reluctant to try lube because they’ve been lead to believe that as long as sex is “good,” the bodies involved will produce enough natural lubrication to keep the entire sexual encounter slippery. For these people, using lube is like admitting sexual defeat. The truth is, every body naturally produces different amounts of lubrication (in the forms of vaginal lubrication or pre-ejaculate), and an individual’s personal lubrication can vary due to general stress, emotional discomfort, hormonal changes, medications (including birth control), and any number of other factors. Everyone can benefit from personal lubricant, and we hope to give you all the information you need to choose the right kind of lubrication for every sexual situation.

Water-based

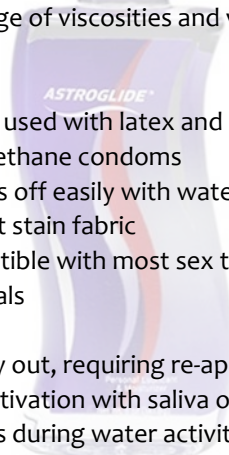
Generally, water-based lubricants are the most popular variety because they are inexpensive, safe to use with condoms and sex toys, and come in a wide range of viscosities and varieties.

Pros

- Can be used with latex and polyurethane condoms
- Washes off easily with water and doesn’t stain fabric
- Compatible with most sex toy materials

Cons

- Can dry out, requiring re-application or reactivation with saliva or water
- Useless during water activities



Silicone-based

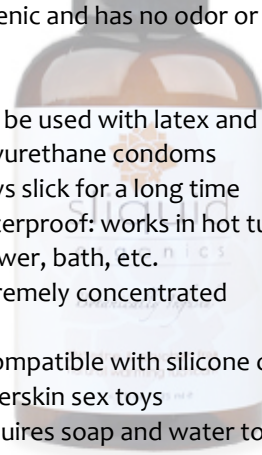
Silicone-based lubricants aren’t absorbed by the skin like water-based lube, so they stay slick the longest of all the varieties. Silicone is hypo-allergenic and has no odor or taste.

Pros

- Can be used with latex and polyurethane condoms
- Stays slick for a long time
- Waterproof: works in hot tub, shower, bath, etc.
- Extremely concentrated

Cons

- Incompatible with silicone or Cyberskin sex toys
- Requires soap and water to wash off
- Can stain fabric



Oil-based and Petroleum

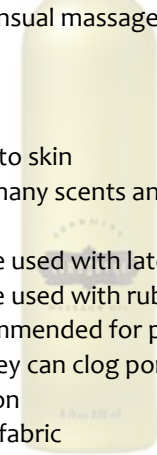
These lubricants significantly weaken latex, causing condoms and other latex products to tear or break. As long as they stay away from latex, they can be great for sensual massage and self-pleasure.

Pros

- Soothing to skin
- Come in many scents and flavors

Cons

- Cannot be used with latex products
- Cannot be used with rubber sex toys
- Not recommended for penetrative sex, as they can clog pores and lead to infection
- Can stain fabric



The Benefits Of Water-Based And Silicon-Based Lubricant

New research from the Journal of Sexual Medicine

Researchers at Indiana University found that use of water- or silicone-based lubricants was associated with significantly higher ratings of sexual pleasure and satisfaction for solo, penile-vaginal, and penile-anal sex. This double-blind daily diary study involved

2,453 women, each of whom was randomly assigned to use one of six lubricant products to use during all solo and partnered sexual activities. In addition to reporting improved pleasure, women reported fewer instances of genital pain when using the lubricants.

January Promotion

When you come into the SHPRC this month, mention this newsletter and receive a **FREE** sample of personal lubricant! A counselor will be happy to tell you all about the different kinds we stock or answer any questions you have.

Featured book

The Good Vibrations Guide to Sex

This extraordinarily comprehensive book has an entire chapter dedicated to using lubrication to improve your sex life. Come and check it out today!

Featured product

Sliquid Organics Natural Lubricant

Water-based, glycerin-free, paraben-free, and organic, this lubricant is an excellent choice all around.

Pre-lubricated condoms

Nearly all condoms come pre-lubricated with either water- or silicone-based lubricant, but for most people this is not sufficient to last for an entire sexual



encounter. For best results, put a few drops of lube on the inside of the condom (the side touching the penis) before rolling down, and as much as desired on the outside of the condom.

Specialty lubricants

Glycerin-free lubricants are often favored by people who are prone to yeast infections. Glycerin is a sugary liquid (the reason why many water-based lubricants taste sweet), and while it can make water-based lubricant more slippery, it can also provide a perfect environment for yeast to thrive.

As people are becoming more conscientious of the potentially harmful chemicals in everyday products, more people are opting for **paraben-free** lubricants. Parabens are a type of preservative found in cosmetics and food. They have the ability to weakly mimic estrogen and have been found in extremely low concentrations in breast cancer tumors, though the causal link between parabens and cancer is extremely weak.

It is rare to find standalone **spermicidal** lubricant, but many condoms come pre-coated with it.

Spermicide is a harsh chemical called Nonoxonyl-9. While it is a crucial component in using diaphragms and other similar contraceptive methods, using spermicide in conjunction with condoms does not provide any additional protection against pregnancy. Even more, the chemicals can cause micro-tears in the vagina and rectum, actually *increasing* the chances of contracting STIs.

Flavored lubricants can be used for foreplay and oral sex, but are generally not recommended for penetrative sex because their sugar content can lead to yeast infections.

Warming lubricants can be used to stimulate the genitals, nipples, or other erogenous zones. The warming sensation can be controlled by rubbing or blowing on lubricated area. Some people may have sensitivities to the ingredients, so use caution when using these.

FAQs: What type of lube should I use for...

Anal sex

Unlike the vagina, the rectum is not self-lubricating, so choosing a good lubricant is especially important for ensuring that anal sex is pleasurable for both partners. The anal and rectal tissues are very delicate, so you need a thick water- or silicone-based lubricant that can protect them. Additionally, the rectum is designed to absorb water, so keep in mind that if you're using a water-based lube, you may need to re-apply frequently.

Water sex

Water-based lubricants will be instantly washed away in the water, so your best bet is a silicone lubricant. Be careful though, because silicone doesn't wash off easily and can leave tile and ceramic surfaces dangerously slippery!

Self-pleasure

Since you don't need to worry about latex breaking, you can use almost any type of lubricant that feels best to you. Keep in mind, though, that oil-based lubricants may lead to infection in the vagina and rectum, so it's best to keep oils to external use.

Sex toys

Water-based lubricants are safe to use with all sex toy materials. Oil-based lubricants will ruin toys made out of jelly rubber, vinyl, elastomer, and Cyberskin. Silicone-based lubricants will ruin toys made out of Cyberskin, silicone, and VixSkin. Hard plastic and nitrile toys are safe to use with any lubricant. If you're unsure what your toy is made out of, ask an SHPRC counselor or look it up on the internet. When in doubt, use water-based lube.

Location

2nd floor of Vaden Health Center

Hours

Monday-Thursday 12-6
Friday 12-5

Questions? Comments? Ideas for future newsletters?
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