



Choose Your Lube

Type	Some Brand Names	Advantages	Disadvantages	Restrictions
Oil	Aura Glow, Aura Cacia, Charlie Sunshine's Secret Formula, Kama Sutra Oils of Love	Great for general body massage. Can combine with essential oil. Easily available.	Destroys latex products. Not safe for condoms, diaphragms, gloves, dental dams, sponges. May stain fabrics.	Not for vagina as it clings to walls and promotes bacteria. Safe for anus.
Water Based	Slippery Stuff, Astroglide, KYJelly, Ortho Jelly, ForPlay, Wet, Eros Water-Based Formula, Wet Light, Probe Thick Rich, Adam & Eve	Inexpensive, safe for genitals, safe with latex products, non-staining, tasteless. Easily available.	May dry out and get sticky. Refresh with water. Spray bottles work well.	Not good for full body massage due to tendency to dry out and become sticky.
Flavored Water Based	Lube-a-Licious, I-D Juicy Lube, Astroglide Strawberry, Joy Jelly	May taste good. Easily available.	Contains sugar which promotes bacterial growth in vagina.	Not for vagina. Not good for full body massage due to tendency to dry out and become sticky.
Silicone	Eros Body Glide Classic, Silicone Body Glide, Wet Platinum, I-D Millennium, I-Lube, System JO Silicone Lube, Bodyfluid	Luxurious. Non-drying, non-absorbent. Waterproof - can be used underwater. Safe with all condoms, diaphragms, gloves.	More expensive than water based. May harm sex toys made of silicone. Available only at sex toy stores or on-line.	No restrictions, though usually not preferred for full body massage as it is very concentrated.
Petroleum	Vaseline, Baby Oil, Elbow Grease, Men's Cream, KY Jelly	Good for male self-pleasuring, or anal use.	Destroys latex products. Not safe for condoms, diaphragms, gloves, dental dams, sponges. May stain fabrics.	Not for vagina as it clings to walls and promotes bacteria. Safe for anus.
Spermicidal Lubes	Warning - spermicidal lubes can cause an increased susceptibility for HIV infection.	Kills sperm and some viruses, though not effective against HIV.	Tastes medicinal. May temporarily numb tongue. Irritates linings of vagina, rectum, mouth.	Do not use for HIV protection as it increases susceptibility.
Desensitizing Lubes	Anal Eaze, Durex Play Longer, Sliquid Stay Male Desensitizer. Identified by any ingredient that ends in "caine."	May allow more comfortable anal penetration, or may prolong lovemaking due to numbing effect on penis.	Warning - the desensitization may cloud the body's natural warning system for pain and cause injury.	Not recommended for vagina. Do not ingest.
Stimulating Lubes	ID Pleasure, ID Sensation, System Jo Warming, Climax Bursts, Sliquid Sizzle	May create greater sensitivity due to warm or tingly feeling. Water based are latex friendly.	May take some experience to recognize the effect on genitals and determine the right amount to use.	None, although use sparingly initially to determine the effects.
Cornstarch	Argo (available at your grocery store), Kama Sutra Honey Dust	Fun to sprinkle from above. Latex safe.	May need vacuum cleanup. Kama Sutra Honey Dust is heavily perfumed.	For external use only.
Saliva		Free, natural, readily available. A woman may absorb testosterone from a man's saliva, increasing arousal.	None.	None, other than possible safer sex concerns as it is a body fluid.