

CSCSNH

Certified Sexuality Counseling of Southern New Hampshire

www.cscsnh.com

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

TYPES OF LUBRICATION