

Adult Fun: All About the Lube...

Some helpful thoughts for my patients.

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“I feel sex is a beautiful thing between two people. Between five, it's fantastic.”

Woody Allen



“We should all feel as comfortable talking about sex as if we were talking about the weather. I really don’t want sex to be this thing where you’re giggling in the corner. It's a really important part of our overall health and well-being.”

Dr. Emily Morse, Sex Therapist

Eat
Sleep
Lube
Repeat



Why use "lube?"

- It adds fun.
- It makes sex and related activities better
- Did I mention that it adds fun?

Why use “lube?”

[From Self Magazine, Feb
23, 2016]

- Sometimes your body takes its sweet time catching up to your turned-on mind.
- It can introduce delightful new feelings during sex.
- It can make up for what the body can no longer produce (e.g., post-menopause)
- It can free up your mind to focus on the sex at hand.
- It can decrease friction that gets in the way of all of those good feelings.
- It can turn into amazing foreplay.

Why use “lube?”

[From Self Magazine, Feb
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- Lube can help you figure out what you like while masturbating.
- It can make anal sex more pleasurable than painful.

Good news:

- There are lubes you can use even if you have a sensitive vagina.
- Your vagina won't become “addicted” to it. Promise.

Types of lube

- Water-based
- Silicone-based
- Hybrid
- Natural oils
- Saliva

Water-based lubes

- Pros
 - Historically, the most popular and most versatile
 - Safe for toys and condoms
 - Water soluble so easily washed away
 - Available in **flavors!**
 - Comes as liquids, gels, or creams
- Cons
 - They dry quickly and become sticky
 - Don't work as well if you're having sex in water (e.g., shower or spa)
- Popular brands
 - K-Y Jelly, Astroglide, System Jo, Pjur

Silicone-based lubes

- Pros
 - They are the most slippery and remain so for a much longer period of time
 - Ideal for non-vaginal sexual activities
 - Don't degrade latex condoms
 - Work well in water
 - Usually not irritating b/c most free from glycols and glycerine
- Cons
 - Will damage silicone sex toys
- Popular brands
 - Wet, System Jo, überlube, Swiss Navy, Astroglide

Hybrid-lubes

- Pros
 - Easier to clean off (mostly water-based)
 - Reactivates with water if it seems a little dry
 - Longer lasting than plain water-based due to the silicone
 - System Jo Hybrid uses coconut oil in place of silicone
 - Generally safe with silicone toys (but test first!)

Natural lubes

- Pros
 - For people who desire to avoid unnatural ingredients
- Cons
 - Some oils, such as coconut oil, can damage condoms resulting in unplanned pregnancy
 - Some, such as aloe vera, can cause painful irritation to skin and vaginal tissues
 - Spit – seen in tons of porn films. Just about everything works better than this.

Flavored Lubes

- While lube is your organ's best friend, flavored lube is your mouth's best friend.
- Unflavored lube is perfectly adequate for plain ol' "vanilla" sex.
 - However, flavored lubes can greatly enhance oral sex activities as we tend to use our tongues differently/more "intently" when a flavor is involved. These leads to a heightened sexual experience for the receiving partner.
 - Also, flavors may make the oral experience more "tolerable" for the tongue's owner under some circumstances.

Flavored Lubes

- It used to be a common complaint that flavored lubes tasted "too much like medicine."
- The new ones, such as the Gelato assortment from **System Jo**, has kicked the quality up quite a few notches.
 - *They truly taste like luscious desserts with flavors such as Crème Brûlée, Salted Caramel, Tiramisu, Hazelnut Espresso, and Mint Chocolate.*
 - *Their non-gelato flavors are also greatly improved over the old style: Candy Shop Bubble Gum, Cotton Candy, Watermelon, Juicy Pineapple, and many others.*
 - Other well known manufacturing brands are Wicked, Wet, and Aloe Cadabra

Where to learn more?

- Sex podcasts
 - Sex with Emily
- Internet
 - To quote Avenue Q (the musical): “The internet is for porn.” Do a Google search.
- Local stores
 - Déjà Vu Love Boutique (Vista, CA)
 - Sales people in local stores very helpful and can often let you try samples, unlike ordering online.
- Your doctor

So go out and experiment,
have fun, and enjoy!

And, then step up and explore the world of toys... 😊