

sextalk.

answers to your questions about sex and relationships

factoid 93% of UA students usually or always wear a seatbelt.
(2006 Health and Wellness Survey, n= 3102)

Q. I have problems with lubrication. Where can I buy something to help? What do you recommend?

A. Lack of lubrication (or dry sex) can be painful, frustrating, and no fun at all. If you are experiencing dryness during intercourse, you and your partner may benefit from more foreplay to get your juices flowing. Taking time to nibble, caress, tickle, and explore sensitive and stimulating areas of the body may increase arousal and natural "wetness" prior to penetration.

Just as your car runs better when well lubricated, sex works better for both partners when there is enough lubrication. If, after extending your romantic foreplay, you still experience dryness, you may want to consider using a personal lubricant. Fortunately, there are hundreds of effective products on the market that are inexpensive and easy to use.

Lubricants can be purchased in any drug store, from the Campus Health Pharmacy, on-line, or in adult bookstores and specialty shops, such as Fascinations. Lubricants may be water-based, oil-based or silicon-based. If you are using latex condoms (and the majority of UA students report that they usually use condoms during sex) don't use an oil-based lubricant. Lubes made from petroleum products (Vaseline, baby oil, mineral oil) can easily degrade the rubber, causing a condom to tear or fail. A water-based lubricant is always a safe bet if you use sex toys or latex condoms.

One of the brands to stand the test of time for over 100 years is K-Y jelly (also marketed in a liquid form as K-Y Personal Lubricant). K-Y products are water-based lubricants originally designed (and still used) for medical examinations. Over the years they have also helped make sex more slippery for millions of people. Another very popular brand is Astroglide. Both K-Y and Astroglide market lubricants that cause a warming sensation. SexTalk readers have given mixed reviews on these "hot" new products. There are also flavored lubricants for use during oral sex.

Have a question? Send it to sextalk@email.arizona.edu

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