

sextalk.

answers to your questions about sex and relationships

factoid

Sexual Responsibility Week on the Mall: Wednesday, February 11 from 10am-1:30pm. Free prizes, condoms, lube, and fun! Meet Mr. Condom!

Q. What is the best lubricant?

A. Clinically, no one lubricant is better than the other. So, the “best” lubricant depends on what you prefer. There are generally three forms of lubricants, each with differing characteristics aimed for enhancing sexual pleasure: Water-based, Oil-based, and Silicone-based. Below are guidelines to help you choose one that is just right for you.

Water-based lubricants (e.g. K-Y Jelly, Astroglide): For a lubricant that is safe to use with condoms and easy to clean off, these lubricants may be your choice. They are generally considered to be the safest all-purpose lubricants, have a thinner consistency, and are often reported to be non-irritating and non-staining.

Drawbacks: Dry more quickly than other forms of lubricant; those containing glycerin can irritate the vagina, potentially causing yeast infections in some women.

Oil-based lubricants (e.g. Vaseline, Lotion): These lubricants have a thicker consistency and longer duration than water-based lubricants and are safe for male masturbation.

Drawbacks: Unsafe to use with condoms or other latex products as they deteriorate latex; not recommended for sexual intercourse because they leave a coating on the vagina or rectum that can increase the risk of bacterial and other infections; more difficult to clean off; have the ability to stain.

Silicone-based lubricants (e.g. Sensual Essence Silicone, Eros Original Bodyglide): If underwater pleasure is what you desire, try these lubricants. Similar to water-based lubricants, they are safe to use with condoms and other latex products. However, the skin does not absorb them, so they are longer lasting and waterproof!

Drawbacks: Can be difficult to clean off (use soap and water); some women report vaginal irritation when left on for long periods of time; can cause damage to sex toys made from silicone.

Within these forms of lubricants, you can find additional characteristics that may spice-up your sexual interests. For anal sex, try a water-based lubricant with a thicker, creamier consistency, such as K-Y Jelly or Liquid Silk. To increase the pleasure of oral sex, try a flavored lubricant, or for an enhanced heating sensation, you may enjoy a warming lubricant.

Don't be afraid to experiment to find the best lubricant for you! Visit the Campus Health Pharmacy to find water-based lubricants for as little as \$4.99. Hours are Monday-Friday, 8:00am-4:30pm.



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

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