LUBRICATION

WHEN TO USE AND WHY



practice safer sex. ALWAYS USE A CONDOM -

Pasante

TYPES OF LUBRICANT



Personal lubricants or "lubes" come in 4 forms, water-based, silicone-based, hybrid and oil-based.

Water-based, silicone-based and hybrid lubes are usually fine to use with condoms and will not damage latex.

Oil-based lubes should not be used with condoms as these can cause damage to the condom. Always check the packaging to see if the lube is condom friendly.



Water-based lubes are the most popular and because they are water-based, they are easily absorbed and easier to clean off. This does mean however that the lubrication doesn't last as long and you may need to reapply at points.



Silicone-based lubes are very similar to water-based but are thinner and greasier. They're not as easy to clean up as the water-based lubes and can be messy.

BEFORE YOU GET WET!

Check that both people are happy to introduce lube to foreplay or sex beforehand. Communication is key to heightening your pleasure!

When having sex always use a condom and if you choose to include some lube, make sure the condom is put on first and that the lube is water-based or silicone-based. Do not use oil-based lubes as these cause damage to condoms

Always check the packaging to make sure that the lube is safe to use with condoms.



DO NOT USE WITH CONDOMS

- Baby Oil
- Bath Oil
- Body Lotion
- Petroleum Jelly
- Cocoa Butter
- Coconut Oil
- Hand Cream
- Sun Cream
- Massage Oil
- Olive Oil
- Liquid Soap
- Hand Sanitiser
- Other oil-based products



ANAL SEX

Anal sex is no longer the taboo of the past, but can be a daunting experience for those that are inexperienced.

It's super important that both partners consent. Using lube is a must and will not only make it a lot more comfortable, but also pleasurable for both people.

Also to prevent the transmission of STIs, always use a condom.

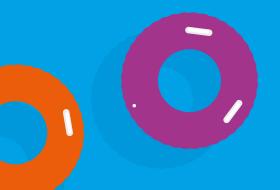
- Foreplay: Being aroused first means you're more relaxed, making it more enjoyable for both partners.
- Take it slow: Starting small is the best approach.
- Be vocal: If something feels uncomfortable, say it out loud. Communication is the key to enjoyment.

CONTRACEPTION

Condoms and lubrication are available for free in the UK through the NHS.

Places where you can get free contraception include GP surgeries, Sexual Health / GUM clinics and young people's services.

For more information on these, please see the contacts overleaf.



Useful Contacts:

www.nhs.uk

www.fpa.org.uk

www.brook.org.uk

www.tht.org.uk

National Sexual Health Helpline 0300 123 7123

Text prepared using various sources such as NHS.uk & Fpa.org.uk in August 2017





T: 01903 753844 E: sales@pasante.com

Protect your Passion