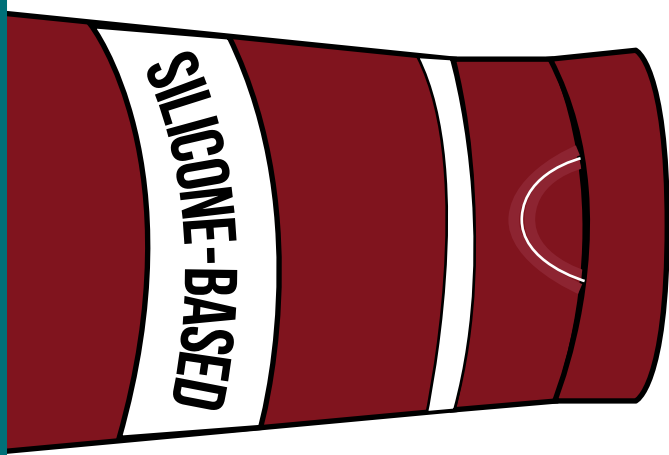


# A TUBE OF LUBE

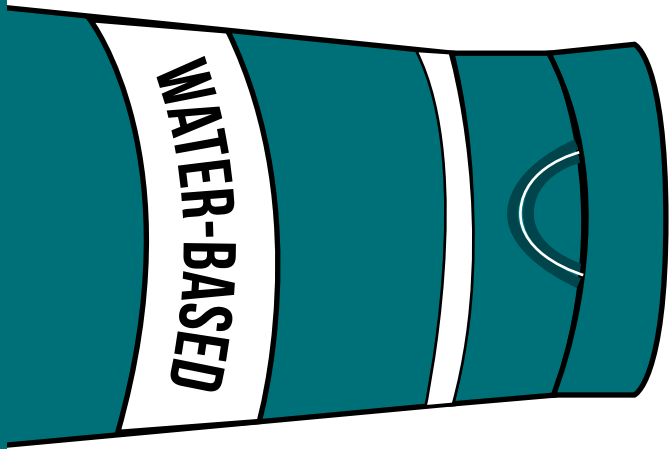
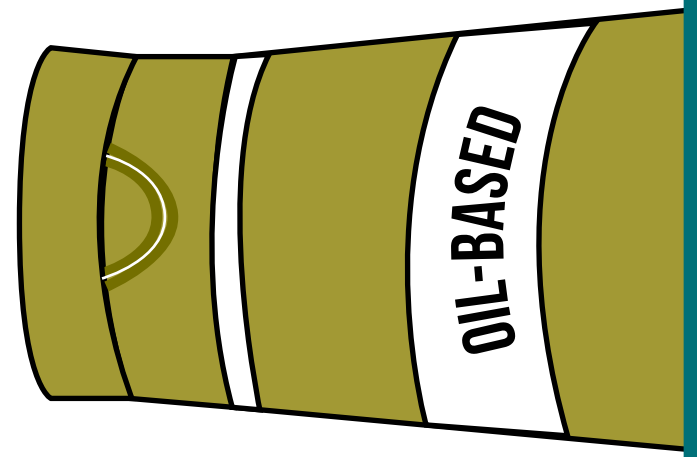
EVERYTHING YOU NEED TO KNOW ABOUT PICKING A PERSONAL LUBRICANT

## PICK THE RIGHT LUBE



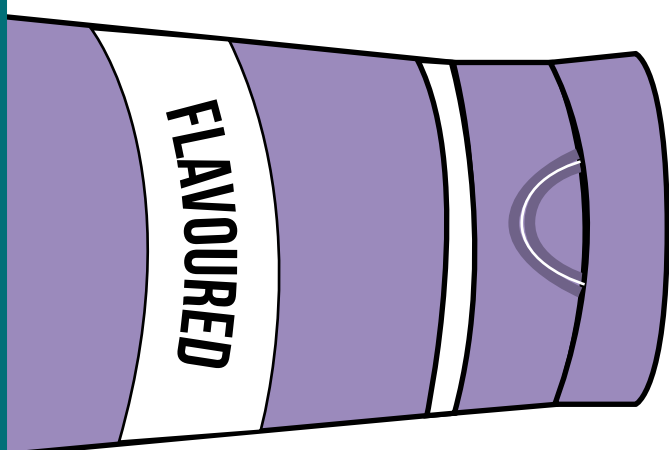
- Leaves skin feeling soft and smooth
- Is hypoallergenic and great for sensitive skin
- Can be used with condoms and certain toys
- Great for shower sex as it doesn't wash away in the tub like water-based lubes
- Wears down silicone toys

- Lasts long and feels smooth
- Great for massages
- Can cause rips and tears in condoms
- Hard to clean off toys and skin
- Cannot be used with latex toys and clothing



- Easy to wash off yourself and your sheets
- Gentle because it is made with water
- Can be used with condoms and silicone-toys
- Most widely-used and easily available
- Wears down silicone toys
- Can get sticky during extended sessions

- Feels nice and warm inside
- Can cause allergies
- Increases blood flow and arousal
- Not as easily available



- Great for oral sex
- Can taste gross if its not good quality
- Can cause allergies

## THINGS THAT ARE NOT LUBE

When it comes to personal lubricants, it is best to leave home remedies outside the bedroom. Most household products or bodily fluids can wear down or damage latex condoms and toys, or cause allergies and Sexually Transmitted Infections (STIs). Although they might seem so, they are not lubricating enough to prevent vaginal tears.



SALIVA



BABY OIL



COCONUT OIL



LOTIONS/CREAMS



VASELINE