



## Lovecentria's Guide For The Joy Of Lubricants

### How Lubricants Can Improve Your Sex Life

Lubricants often get a bad reputation. Some women think that they shouldn't have to use lubricants because they produce their own natural wetness, and lots of people think that lubricants are only used by gay men. These myths must be dispelled or you will not be able to experience the joy of using lubricants. There are many different kinds of lube that come in different packages, colors, scents and uses. This article is designed to help you learn more about lubricants so that you can start using them to enhance your sex life.

### Types Of Lubricants

There are a few different types of lubricant, so before you run out and buy a bottle, make sure you understand the differences.

### Water-based lubricants

These are probably the most popular type of lubricant because they are less irritating to different skin types. Many of the commonly used water-based lubricants today, such as K-Y Jelly and Astroglide, are designed to have a prolonged slippery effect so that everything remains lubed during sex. Water-based lubricants are especially good for use with condoms because they don't weaken condoms.



Plus, having sex while wearing condoms but without lubricant increases the risk for tearing and breakage, especially if you are engaged in anal sex. And, even though women produce natural vaginal fluids during sex, this might not always be enough moisture to ensure safe use of a condom during sex. It's better to be safe than sorry, so if you are using condoms as your method of STD protection and birth control, invest in some water-based lubricant today.

### **Oil-based lubricants**

Remember in the scene in Last Tango in Paris when Marlon Brando's character sodomizes his girlfriend using butter? Well, that's an example of an oil-based lubricant. Butter, baby oil, hand lotion, and Vaseline are all examples of oil-based lubricants, and these are not recommended if you are using condoms.

This is because the oil can cause the condoms to break and tear, which is something you definitely want to avoid. Plus, the oil-based lubricant can result in bacterial infections more easily because they leave a coating along the anal or vaginal walls and are more difficult to wash off. Therefore, if you are looking for a lubricant, generally try to use water-based lubricants if possible.

### **Silicone-based lubricants**



These lubricants are sort of a combination of water-based lubricants – in that they are generally safe to use with latex condoms – and oil-based lubricants – in that they last longer than water-based lubricants and are usually thicker than water-based lubricants too.

However, you should note that silicone-based lubricants don't react well when used with silicone-based toys – these lubricants can actually cause the surface of the toy to dissolve. Another important point is that silicone-based lubricants might not be as slippery as water-based or oil-based lubricants. One interesting thing about silicone-based lubes is that they can be used in the water – that means that the next time you and your partner get it on in the hot tub and the water creates uncomfortable friction, try applying some silicon-based lubricant for easier sex. Unfortunately, silicon is hard to wash off your body and your clothes.

## **Specialty lubricants**

These are lubricants whose purpose is to cause certain changes in the area they are applied. For example, some lubricants are designed to warm the area when applied. Other lubricants are designed to increase blood flow to certain areas of the body.

For example, certain lubricants, when applied to the clitoral area, are supposed to increase blood flow to that area, thereby making it easier for her to reach orgasm. And, there are also flavored lubricants that are designed to be used for oral sex purposes.



## How To Buy Lubricants

Now that you know a little more about the different types of lubricants, it's time to get out there and buy your own. But, there are other factors that you may want to consider when purchasing lube other than simply their type.

For example, packaging is important too. You might not want to hit up your local Costco looking for 10 kg pails of your favorite lube because this just isn't practical. A normal sized bottle of lube is perfect for keeping in your night table because you can access it easily and quickly if you need it. Alternatively, individual pillow pockets of lube are also handy. They are single-serving size which means that she won't be grossed out when you pull out a large bottle of lube that you've been using on other ladies too. Single-serving packages can also travel with you quite easily, making them very convenient.

## What Are You Using The Lube For?

The kind of lube you want to buy depends on what you are using it for. If, for example, you just want to use it for masturbation purposes, the type of lube isn't that important, and the packaging is even less important. However, if you are specifically buying lube for anal sex purposes, then you want to make sure that the lube is water-based so that it won't cause your condom to break or tear. There are some types of anal lube that contain benzocaine which is a mild anesthetic used to



control pain during anal sex, which can make penetration even easier and more pleasurable.

### **Why Lubes Are Great**

Now that you know a little more about lubes, it's time for you to try them out. You and your partner will be pleasantly surprised at how wonderful they are. They make self-pleasure, foreplay and sex more exciting and sensual. Plus, always remember that lack of good lubrication is a major cause of condom breakage which can result in unwanted pregnancies and STD infection. So, to make your sex safer and more enjoyable, visit your local pharmacy or sex shop today to get your own supply of lubricant.

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