

Lubricants

- Silicone
 - Benefits
 - Stay slick for a long time
 - Useful when playing in/w with water
 - Compatible with
 - latex condoms
 - Elastomer, glass, metal, jelly, PVC dildos
 - Odorless, tasteless, non-staining
 - Drawbacks
 - Expensive (however only a few drops are usually necessary)
 - Difficult to clean out of the vagina, need soap and water
 - Will start to deteriorate silicone toys
- Water-based
 - Benefits
 - Can be used with condoms and any type of toy
 - Easy to clean off and out of the body
 - Inexpensive and easy to find anywhere
 - Drawbacks
 - Can dry up and feel sticky
 - Poor for use in and with water
 - Least enduring lubricant
- Water-based Lubes that contain glycerin
 - Glycerin is a sugar additive that keeps water-based lubes slick longer, and gives lubricants a sweet taste
 - Great in gels for use in anal sex where more viscosity is helpful

However..

 - Glycerin can promote yeast infections in women
 - Can stain sheets and towels
 - Start to get very sticky when they dry out
- Oil-based
 - Benefits
 - Stay slick for a long time
 - Can be very viscous for use in anal sex
 - Can be used in and with water
 - Drawbacks
 - **WILL RETARD LATEX CONDOMS!**
 - Not easy to clean out of the body
 - Likely to stain sheets and towels
 - Can increase likelihood of vaginal infections
 - May not be best on soft toys, but will not cause severe damage