

Where Do You Put Your Lube?

By: Renée Burwell, LMSW

Being the economically savvy (or what others might call 'cheap') person that I am, I was in conflict about getting nightstands. Why have a nightstand when you have a dresser? To me it was just an added unnecessary cost and added clutter. Then while discussing the topic to a friend they responded, "Where do you put your lube if you don't have a nightstand?" The question was kind of funny to me, but at the same time a very legitimate concern. I know I put mine in my Hide & Chic box, but where did I expect my guests to put theirs? I began to think about the trouble it is to have to search in bags or look under the bed for something that could be in a nightstand. Everyone needs a place to put their lubricant. The question shouldn't be, "Do I need a lube," but "Where do I put my lube?"

Generally speaking, dry sex is not good sex, nor is it safe. It is the quickest way to break a condom, create infections in the body, transmit STIs due to the increased friction, and is usually painful. It is also a primary factor that can decrease fertility for those who are trying to conceive.

So you get wet naturally, or your partner knows how to make you drizzle. This might be so, but just like how most people need lotion, so do other parts of the body. Natural lubrication can change over time, due to various reasons. Common reasons are stress, breast-feeding, sinus medications, birth control, diet, and aging. Even if a person has never had a dry spell, it never can hurt to add additional lubrication to the event. Whether you are using toys, enjoying oral, anal, or vaginal intercourse, having lube in the nightstand can add a little more pleasure to the mix.

There is not a one lubricant fits all needs. They vary in purpose of use, base, and ingredients. There are three primary bases for lubricants: water, silicone, and oil. It's always good to know where each one goes.



Water-Based: In terms of safety, this is your safest lubricant for vaginal sex to avoid *bacterial vaginosis* and yeast infections. You can use it with ease without worries of it degrading your condoms or toys. Cleanup is pretty easy. Water-based can even come in flavors or with arousal properties to increase your pleasure. It is also one of the best lubricants to use for someone trying to get pregnant. It helps the sperm stay strong and swim. The only con you might find with water-based is that it dries up faster than other lubrication. Depending on your needs, there's no harm in purchasing

a second bottle!

BK Products: Natural Intimate Lubricant (pictured), Delicious Encounters flavored lubricants

Spit: Some consider spit as a natural, water-based lubricant. While it may be water-based it is full of bacteria that can throw off the PH of the vagina, and it can weaken the vitality of sperm for those trying to get pregnant. Spit with caution.



Silicone-Based: Great for anal sex!! It can also be used with condoms, but it's not so great with silicone-based toys (it can cause toys to deteriorate). A lot of people enjoy silicone-based, as it lasts longer without having to reapply than water-based lubricants, and it can also be used in water (tubs, showers, pools). There is usually some cleanup needed with soap and water after use. For vaginal play, I recommend using a hybrid of water-based and silicone, or at minimum cleanup soon after, to decrease chances of infection due to the silicone trapping bacteria in the vagina.

BK Products: Sleek Lubricant (pictured), and Silk a hybrid water & 14% silicone lubricant

Oil-Based: Messy to cleanup, oil-based lubricants are not compatible with latex condoms (the oil creates holes in the latex). Oil-based includes: olive oil, coconut oil, baby oil, etc. Canola oil, while not safe for use with a condom, is a natural lubricant that is good for individuals trying to conceive.

Petroleum-Based: This one is in the oil family, but stay clear from it. They are not safe using with condoms, and do not allow the vagina to breathe, increasing chances of infection. There is also research linking petroleum to cancer. Not something you want near your delicate parts!

The How-To: There are many ways to apply lubricant. You can begin by rubbing it in your palms first to warm it up before rubbing it on the penis, vagina, or anus. You can put some directly on the body. If using condoms, a couple drops of lubricant inside the condom are great to increase sensation. This can also be applied inside insertable condoms to increase pleasure for the inserting partner. Reapply, as needed, whenever you feel a little dryness. Have fun, relax, and enjoy!!!

So now that you know the ends and out of lubricants, where do you put your lube?