



## ***SEXUAL LIFE IMPROVEMENT, INC.***

*~ From the desk of Shelley L. Imholte, PhD, LCSW, MSW, M.Ed.*

### ***LUBRICANT INFO***

#### Benefits

- ~enhance sensations
- ~increase the intensity of sensation
- ~alter the way sex feels
- ~decrease pain with intercourse
- ~safe use with condoms
- ~self-pleasure discovery
- ~support touch experiences

#### Functions

- ~enhance sexual play
- ~ease vaginal penetration
- ~ease anal penetration
- ~boost sex toy play
- ~ assists with risk taking
- ~increases risk taking
- ~facilitates touch knowledge

### ***WATER-BASED LUBRICANTS***

#### Advantages

- ◆ Flush out of the body easier
- ◆ Wash off the body easier
- ◆ Adding water increases lubrication
- ◆ Widely available
- ◆ Flavored/Heat Variations
- ◆ Less Expensive
- ◆ Choice of consistency
- ◆ Safe with condoms

#### Disadvantages

- May feel tacky when dried
- Ingredients might be irritating
- Interruption of sexual activity
- Soaks into the skin

#### **Ingredients:**

Water-based lubricants with ‘parabens’ (preservatives/antiseptics) might result in allergic reactions especially with increased repeated exposure. Parabens have been found to disrupt the endocrine system, possibly affecting hormones. Water-based lubricants with ‘glycerin’ (humectant/retains moisture) are byproducts of sugar increasing risk of vaginal pH disruption and yeast infections. Sorbitol acts as a sugar alcohol that the body metabolizes slowly. Take time to consider ingredients when lubricant use involves genitals.

### ***SILICONE BASED LUBRICANTS***

#### Advantages

- ◆ Non-drying
- ◆ Longer Lasting
- ◆ Increased slickness
- ◆ Effective for persons with sensitivities
- ◆ Massage Friendly

#### Disadvantages

- Incompatible with Silicone toys
- Difficult to wash out of sheets
- Expensive
- “Coating” effect on the skin
- Less favorable taste

*The Healing House*  
701 Morrow Street  
Austin, Texas 78752

[shelley@sexuallifeimprovement.com](mailto:shelley@sexuallifeimprovement.com)

[www.sexuallifeimprovement.com](http://www.sexuallifeimprovement.com)

©Sexual Life Improvement, Inc. JUL2023



## ***SEXUAL LIFE IMPROVEMENT, INC.***

*~ From the desk of Shelley L. Imholte, PhD, LCSW, MSW, M.Ed.*

- ◆ Moisturizes the skin
- ◆ Effective in water play (shower, bathe, etc.)

### **Ingredients:**

Unlike water-based lubricants there are few differences among silicone-based lubricants. Dimethicone is an important ingredient in silicone lubricants and affects the quality and cost of the lubricant. Higher quality silicone lubricants will have a denser amount of dimethicone, listing dimethicone as the first ingredient indicates a higher density of dimethicone. Side effects such as itching, burning, or a severe allergic reaction are present with the use of any and all lubricants.

### ***OIL-BASED LUBRICANTS***

#### Advantages

- ◆ Longest lasting lubricant
- ◆ No need to reapply
- ◆ Massage Friendly
- ◆ Conditions the skin
- ◆ Thicker consistency
- ◆ Fewer ingredients
- ◆ Effective in water play (shower, bathe, etc.)

#### Disadvantages

- ◆ Ineffective with condoms
- ◆ May stain sheets
- ◆ Do not use with oral sex
- ◆ Noticeably different slickness
- ◆ Less favorable taste

### **Ingredients:**

Oil-based lubricants are usually derived from seeds or nuts such as almond nut oil or sunflower seed oil therefore allergies should be considered when examining ingredients. Common oils include and are not limited to evening primrose, coconut, avocado, olive, or grapeseed oil. Shea butter, cocoa butter, and/or vitamin E may also be found in oil-based lubricants and while they can support suppleness in the skin they do not feel as natural as water or silicone-based lubricants.

Women Voices for the Earth – Table of lubricant use and ingredients.

<https://womensvoices.org/ingredients-of-lubricants-chemicals-of-concern/>

<https://womensvoices.org/lubricants-womens-health/>

Sexuality Resource Center

<https://sexualityresources.com/category/sex-education-relationships/educational-brochures/>

Medicine Mama's Apothecary V-Magic Products

<https://medicinemamasapothecary.com/collections/vmagic>

*The Healing House*  
701 Morrow Street  
Austin, Texas 78752

[shelley@sexuallifeimprovement.com](mailto:shelley@sexuallifeimprovement.com)

[www.sexuallifeimprovement.com](http://www.sexuallifeimprovement.com)

©Sexual Life Improvement, Inc. JUL2023