



GODDESS GUIDE: LUBRICANTS 101

Why Use Lubricants?

Many people are under the incorrect assumption that nature supplies ample lubrication to make sex comfortable and enjoyable. While the lubrication naturally produced by our bodies is certainly helpful, lubricant in a bottle dramatically improves the sensation, duration and enjoyment of sex. All you have to do is give it a try and you'll experience it for yourself!

To get an idea of the magical power of lubricant simply run your finger across your lips when they are dry (no lipgloss), then wet your lips with your tongue and try it again. WOW - What a difference! Nothing is more uncomfortable than the friction of dry skin. Not only does it hurt, dry friction causes micro tears in the delicate tissues of a woman's vagina.

Our body's ability to self-lubricate is determined by many things, including:

- Age - As we age our bodies produce less estrogen
- Menstrual Cycle - many women experience more dryness between ovulation and menstruation
- Stress - Effects sexual response in both men and women.
- Drugs - Birth Control, cigarettes, and alcohol have all been associated with dryness.
- Childbirth, Pregnancy - Hormonal fluctuations effect moisture production
- Individual Differences - Some women simply produce more lubricant than others.
- Hydration - when your body is dehydrated it will produce less lubrication.
- Medical Conditions - Diabetes, cardiovascular disease, pelvic surgeries, etc. all impede lubrication.
- Sleep Deprivation - When you're tired and sleep deprived your body is compromised.

What Is The Best Lubricant For Me?

When it comes to lubricants you'll find many choices, but what is the best choice for you? Take a look at the categories below and it's easy to decide. I recommend selecting a lubricant from each category so you will be prepared for anything your heart desires! The three major categories for lubricant are water-based, silicone-based and hybrid formulas.

Water-Based

- Compatible with all toy materials (silicone and plastics) and latex condoms
- Can be reactivated by adding water
- Offers the most variety: flavors, stimulating, natural, heating, etc.
- Washes away from the body quickly & easily
- Most economical and commonly used
- Only drawback is that it becomes sticky, less slippery as time elapses
- Sliquid Organics Natural, and Sliquid Organics Sensation are fabulous water-based lubes.

Silicone-Based

- Compatible with plastic, metal, latex and glass, as well as latex condoms
- NEVER feels sticky
- Longest lasting, most luxurious lubricant
- Can also be used for body massage
- Perfect for use in water (tub, shower, pool, jacuzzi...ocean!)
- Thin, slippery consistency allows you to feel maximum sensation
- Feels like slippery "oil", but safer to use (oils can trigger an infection when used vaginally, and oils are not compatible with rubber or latex)
- Only drawback: Since silicone molecules bond with silicone molecules using a silicone lube with a silicone toy can gum up the surface of the silicone toy over time.
- Concentrated, a little goes a long way. Silicone lube will last twice as long as the same-sized bottle of water-based lube.
- Silicone isn't absorbed by the body, which is a good thing because it won't change your pH balance or react with your body's chemistry
- Great for shaving, soothing irritated skin or creating a little "shine" where ever you want.
- Pink and Bliss Bliss are incredible silicone lubricants

Hybrid Formulas (water-based with a touch of silicone)

- Compatible with plastic, glass, metal, latex and rubber
- Sensual creamy consistency
- Because of silicone, does not feel sticky
- Thicker provides more "cushion" feeling and is ideal for anal penetration
- Leaves skin feeling silky smooth when dry
- Not suggested for use with most silicone products
- Sliquid Organics Silk is wonderful, creamy lube.

A few more considerations:

Glycerine-Free

Glycerine, which is a common ingredient in most flavored water-based lubes, is a form of sugar. A growing number of women have noticed that glycerine-based products trigger yeast infections or vaginal infections and this is why Goddess Unleashed does not offer lubes with glycerine (flavored lubes).

Paraben-Free

Parabens are a common preservative found in most beauty products, however some women develop sensitivity toward petrochemicals manifest in skin irritations. Most products with parabens are banned in Europe.

Natural/Organic

A number of women prefer products that are made with all natural or organic ingredients. We carry the Sliquid Organics line because we believe Sliquid has the greatest commitment to providing the highest quality, organic lubricants available.