



INTIMATE LUBRICANTS 

SAFETY AND COMFORT

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► **Why use lubricant ?**

Condoms and lubricants : the ideal combination for enhanced protection

It helps protect against sexually transmitted diseases (STDs) by reducing risks of condom splitting.

Lubricants you should not use

It is also an indispensable factor in the sexual fulfilment of certain couples.

Three tips for effective lubrication

Are all lubricants the same?

Correct condom use

No, as some are not condom compatible.

Lubricants are also a source of pleasure

If you have any other questions, follow the guide : we have laboratory tested several brands to guarantee your safety and comfort.

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## INTIMATE LUBRICANTS



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- ▶ **Condoms and lubricants :**  
The ideal combination for enhanced protection

### Why use lubricant ?

The condom is the best protection against sexually transmitted diseases (STDs)... as long as it does not tear during intercourse.

### Lubricants you should not use

A few precautions can considerably reduce this risk.

### Three tips for effective lubrication

Aids prevention associations and organisations advise the use of a lubricant gel, the effectiveness of which has been clearly proven in all clinical tests.

### Correct condom use

This recommendation is applicable to anal penetration and vaginal penetration, if natural lubrication is not sufficient.

### Lubricants are also a source of pleasure

The gel reduces mechanical friction between the membrane and the condom, therefore avoiding latex breakdown.

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### ► Lubricants you should not use

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#### Correct condom use

#### Lubricants are also a source of pleasure

You must be careful to use the appropriate product. Vaseline, moisturising cream and other cosmetic creams in fact tend to increase risks of tearing condoms.

Oil-based lubricants should not be used. Oils and other fatty matter weaken latex.

A few studies have shown that these substances reduce the resistance of latex by almost 90 %. Only water-soluble lubricating gels are condom compatible.

The problem for the consumer is to identify condom compatible gels in chemists, supermarkets and sex shops. There is no specific national standard for lubricants in the different European countries, except in France. It is therefore necessary to wait for the setting up of an international standard. This is currently in process.

In the meantime, consumers should prefer products displaying the words, "hydro-soluble", "water soluble" or "water-based gel".

But to what degree does this provide a real guarantee ?

We have pooled together our expertise in terms of comparative tests to test approximately 40 best-selling lubricants, spermicides and pessaries in the southern countries of the European Union : Spain, France, Italy and Portugal.

The products were bought anonymously and tested to assess their compatibility with condoms by an independent laboratory. The results were evaluated by our experts to provide objective information.

Our results are quite reassuring: practically none of the lubricants weakened the condom latex (\*\*\*), apart from one exception : "**Anal lube hot cinnamon**" gel, bought in a Portuguese and Spanish sex shop.

We were also able to confirm that Vaseline does in fact weaken latex.

**\*\*\* Compatible**

**\*\* Compatible, insufficient  
labelling**

**\* With low compatibility**

**■ Not compatible**

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▶ **Three tips for effective lubrication**

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- ▶ It is better to have no lubricant at all than use a cream, body oil, cosmetic lotion or Vaseline.
- ▶ Saliva is not a good lubricant but, contrary to what was previously thought, it does not weaken latex.
- ▶ Lubricating the penis can avoid unpleasant burning caused by rubbing latex. But this advice is only applicable to men on whom condoms feel tight. For others, lubrication inside the condom can make it slip off during intercourse.

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### ▶ Correct condom use

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Latex is a fragile material that needs to be handled with care to reduce risks of tearing. It is therefore necessary to follow a few rules when using condoms :

- ▶ slightly push the condom to one side of the pack, then tear open the opposite end. You will thereby avoid damaging the latex with your nails
- ▶ use the condom as soon as you start having sex
- ▶ the penis must be erect to roll on the condom delicately, without pulling. The little roll should be outside.
- ▶ roll down the condom to the base of the penis. If there is no test, leave a small empty space at the tip.
- ▶ after ejaculation, withdraw immediately, holding the edge of the condom to avoid it slipping or to prevent sperm from escaping
- ▶ ... only use a condom once !

Keep your condoms in a cool, dry place. Avoid keeping them too long in a wallet, pocket or bag.

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► **Lubricants are also a source of pleasure**

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Lubricating gel can also be used in unprotected sex.

Many women's sex life is plagued by vaginal dryness.

Insufficient natural lubrication during vaginal penetration makes sex less pleasant and even painful for one or both partners.

Vaginal dryness does not only lead to physical unpleasantness.

Sexologists believe that these hindrances to daily life can cause serious relational problems for couples.

There are many causes of insufficient natural lubrication: menopause, certain medication (anti-depressants in particular), drug taking (cannabis), stress and lack of foreplay...

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