

Lube

Lube Type	Description	Advantages	Disadvantages
Anal	Thicker than most lube to be long-lasting and non-sticky. It may contain antibacterial and numbing properties. May also contain aloe vera for soothing.	Made specifically for anal sex. Can come in the form of water-, oil-, or silicone-based lube.	See disadvantages for water-, oil-, and silicone-based lube.
Edible	Lube that can be used orally and comes in flavorless and flavored options.	Made of food-grade ingredients and safe to ingest. Helps awaken the sense of taste/smell. Safe to use with latex condoms and dental dams.	Flavored lubes may contain glycerin, which can irritate the vagina, cause yeast infections, and damage and dehydrate vaginal and anal tissue.
Cooling / warming	The ingredients include capsaicin and propylene glycol (warming agents) and menthol or mint (cooling agents).	May relieve pain/discomfort of penetration. Can enhance arousal and intensity of orgasms. Can come in the form of water-, oil-, or silicone-based lube.	Ingredients may cause tingling, irritation, itching, or burning sensations.
Hybrid	A lube combining water-based and silicone-based ingredients.	Combines the natural feel of water-based lube and the longevity and slipperiness of silicone-based lube. Compatible with latex condoms / dental dams / gloves.	May not be compatible with silicone toys depending on how much silicone is used in the lube.

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Natural / Organic	Made with organic ingredients that won't disrupt the body's natural pH balance.	<p>Made with water and natural oil as the base.</p> <p>Some are made of botanicals or other eco-friendly ingredients.</p> <p>Free of preservatives, i.e., parabens, petroleum jelly, and propylene glycol.</p>	May be more expensive. Has a shorter shelf-life.
Numbing	Uses mild topical anesthetics to desensitize the area it's applied to.	<p>Most are water- or silicone-based.</p> <p>May relieve pain/discomfort of penetration.</p> <p>Can be used with latex condoms and sex toys depending on ingredients.</p>	<p>May not feel pain or intense sensations until the lube has worn off.</p> <p>Ingredients may cause tingling, irritation, itching, or burning sensations.</p>
Oil-based	Made with plant and other natural oils. It lasts longer than water-based lube and can be used as a massage oil.	<p>Feels rich and is long-lasting.</p> <p>Safe to use with 100% silicone toys.</p> <p>Safe with polyurethane and nitrile barriers.</p> <p>If natural oils are used, it may be safe to ingest.</p> <p>Can be used in the shower.</p>	<p>Not compatible to use with latex condoms as oil can make it porous, which increases chances of ripping.</p> <p>Often not compatible with soft toy materials like TEP/TRP.</p> <p>Can stain sheets and clothing.</p> <p>Takes longer to wash off skin and toys.</p> <p>Can throw off pH balance and can harbor bacteria in the vaginal canal.</p>

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Silicone-based	Made of a silicone polymer blend that is long-lasting and tends to be hypoallergenic.	<p>Slick, slippery texture that can be used in water.</p> <p>Great for sensitive skin during intercourse and can be used longer with less reapplication.</p> <p>Safe to use with condoms and protective barriers of all materials, i.e., latex.</p>	<p>Not compatible to use with silicone toys as it can break down the surface of the toy.</p> <p>More effort to wash off of skin and toys.</p>
Water-based	Most common type of lube and is easy to find. They are water-soluble and feel more like the body's natural lubricant.	<p>Best for sensitive skin and feels the most natural.</p> <p>Safe to use with natural rubber, latex and polyisoprene condoms, dental dams, and silicone toys.</p> <p>Easy to clean up and typically does not stain.</p> <p>Has a longer shelf-life.</p>	Dries quickly, need to reapply more frequently.