

# The Pleasure Playlist

Pleasurable lube use



*until  
I found  
lube*





# Pleasurable lube use



Using lube can make sex more pleasurable.

It reduces friction, makes sex more comfortable and prevents chafing.

Lube also reduces the risk of condoms and dams tearing and STI transmission.



# Pleasurable lube use



Find which lube you like best.

There are different types of lube,  
which vary in textures and flavours.

When using condoms and dams, only  
use water or silicone based lube (oil  
makes condoms break easier).





# Pleasurable lube use



## Water based lube.

### Pros:

- Can use with condoms, dams and sex toys
- May be better for sensitive skin
- Easy to clean out of sheets

### Cons:

- May not last as long
- Will wash away quickly in water



# Pleasurable lube use



## Silicone lube.

### Pros:

- Longer lasting and recommended for anal sex
- Need less lube and reapply less frequently
- Some people like the feel more

### Cons:

- Don't use with silicone sex toys





# Pleasurable lube use



For more tips on using dams, condoms  
and lube...pleasurably  
(and a playlist to try them out to!)

Visit The Pleasure Playlist - WAAC  
or scan the QR code.

