



GABRIELLE
MOORE
Better Sex. Better Life.

Slippery When Wet

*How To CHOOSE
THE PERFECT LUBRICANT*



Hello again, and welcome to another episode of “*Erotic Encounters*”!

This week’s *Erotic Encounter* has been sponsored by “*Forbidden Sex Toys*”, my most advanced sex education program all about erotic playthings.

Remember! As an “*Erotic Encounters*” member you receive a 70% discount when you order your copy of “*Forbidden Sex Toys*” today.

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Are you ready to embark on your *Erotic Encounter*?

I WANT YOU to close the door, make yourself comfortable, relax and get ready...

... because today I will teach you some of my most exciting and intimate secrets about sex toys and aids.

Are you ready? Let’s do it!



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How To Choose The Perfect Lubricant

There are a lot of personal lubricants on the market today, so even if you understand the fundamental differences between the major categories of lube, finding the right one for you without those categories can be incredibly confusing. This guide is designed to give you everything you need to know to choose the right variety of lubricants for you.

THE BASICS

I've covered the basics of lube variety before, but it's important to have them down pat! Do you know what kinds of lubes are available, their limitations, their benefits and their best uses?

WATER

Water-based lubricants are the "universal compatibility" variety as they can be used with any sex toys, condoms, and materials. They are often edible and flavored, but the additives in these can be problematic if used for penetration. A water-based lube is absolutely essential for anyone who owns silicone sex toys. It washes off easily with a bit of warm water.

SILICONE

Silicone is super slick, lasts incredibly long, and can be revived from drying with a little bit of water or saliva. Unlike water and oil, silicone does not absorb into toys or skin, so it should



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stick around a lot longer than either of them. It works great with all non-silicone toys and won't get gummed up over time if you don't use a lot of it, but shouldn't be ingested. It may take some soap and water to wash off.

OIL

Oil is great for male masturbation and anal sex, but shouldn't be used with anything latex. If you are using this for penetration, it should be made from natural oil, not a petroleum based product like mineral oil. It may take some washing off with hot water and soap, natural oil lube works great for anal because of its moisturizing properties which help to stretch the skin and loosen tight muscles.

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MASTURBATION AND ANAL
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WITH ANYTHING LATEX.

NUMBING OR WARMING

Be careful with these, don't put anything with sugar into the vagina or anus, and be sure to test their strength before application.

DIY

You can make homemade oil-based lubricants easily at home, but remember their use is limited. Use something natural like coconut oil, which melts at body temperature so can be stored without spillage easily. Don't add scents to lubricant for insertion.



STEP ONE: TAKING INVENTORY

Before you starting stocking up on lubes, you need to take a look at your current adult treasure chest, your needs and the products you already use to help guide your decision. Since there are restrictions to the interaction of different materials, it is incredibly important to know what your sex toys are made of, because the list of possible ingredients is lengthy. In fact, there are over 100 different materials which make up the sex toys as a standard online retail store!

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The safety rating of these toys can be organized into ten categories, starting from the safest and ending with the least. Of course, just because something is safe doesn't mean it is without restrictions!

SILICONE IS REALISTIC FEELING, WARMS UP OR COOLS DOWN AS DESIRED, IS NON-POROUS, HYPOALLERGENIC, EASY TO CLEAN AND ABLE TO BE SHAPED INTO A WIDE VARIETY OF INTERESTING SHAPES AND SIZES.

1. Pure silicone: a *pure* silicone, not a silicone mix, is amazingly safe as a non-porous, long-lasting, soft and pliable material... but you cannot use it with a silicone lube. Your best bet if you have silicone toys is to find something water-based just for these occasions. Don't mix them up and accidentally grab the silicone, or you may have some melty sex toys on your hands.

Silicone is realistic feeling, warms up or cools down as desired, is non-porous, hypoallergenic, easy to clean and able to be shaped into a wide variety of interesting shapes and sizes.

2. Glass: pyrex glass is safe for cleanliness and is perfectly safe from breakage. These things are seriously strong. They can be used with just about any kind of lube, but silicone gives them an incredibly slickness that can't be beat.
3. Metal: Metallic toys are great for g-spot and p-spot play, but work best with thicker lubricants like oil or water-based creams.
4. Ceramic: Ceramic is made in a high-heat kiln and is known to be incredibly strong and hardy, durable, resistant to shock from change in temperature. Another great safe pick, like all of the others can be sterilized in boiling water. Ceramic is finished by vitrifying, so it isn't porous. It also works best with something thick. It should be washed with soap and water and dried, stored in a cloth pouch. Do not use rough or abrasive metallic scrubbers.
5. Wood: With the right finish, perfectly safe, but if you aren't sure try using with a condom. Cleaning can also be more difficult, but hot soapy water should work fine if you let it dry properly between uses and remember not to soak it.
6. Plastic: these are synthetic or semi-synthetic, but non-porous so easy to clean with soap and water, or alcohol. It is also phthalate free and can be used with any kind of lube!
7. Non-porous TPR: this high-quality, medical-grade thermoplastic rubber is

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non-porous, phthalate and latex-free, easy to clean, firm and smooth, safe with water and silicone based lubricants, but not oil.

8. Thermoplastic rubber: with plastics, you will want to use condoms with all of the toys in the following categories. These are made with petrochemicals and absorb both lube and bodily fluids, making them not particularly safe for vaginal play and very unsafe for anal play.
9. Rubber and Jelly: you may want to avoid these altogether, because they often let off terrible smells which give away their petrochemical make up. They are very affordable but this translates into their short life span. Don't leave them sitting out in the heat or you'll end up with more like a puddle than a dildo.
10. Skin like: You can use these with condoms, but do NOT use the "toy cleaner" that often comes with the kits, made entirely of talc, which has been shown to contribute to cervical cancers. Often called "cyberskin" these toys are cheaper than silicone, and porous so impossible to disinfect, and they are made with phthalates which are harmful to the body and often irritate.

If you aren't sure of your toy's materials, it is a safe bet that they fall on the 6-10 range and should be used with condoms and a water or silicone lubricant. Again, the breakdown: water works with everything, silicone works with everything except other *silicone*, and oil works best bareback.

Oil is especially good for male masturbation. What do you use lubrication for most often? Is it for use with your sex toys, as a masturbation aid, for anal sex, for fingering, for vaginal intercourse?



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I'll walk you through some trial runs in a few different categories and you can see what works best.

FERTILITY?

You should avoid oil-based lubricants if you are using condoms, because they will render them essentially useless. Also keep in mind that if you are practicing natural fertility methods that involve checking lubrication and cervical state, using a silicone-based lubricant which does not absorb into the body and needs to be washed or expelled can cause confusion.

If you are on a budget (who isn't?) and want to test drive a bunch of different lubes, look for sample packs available at local toy stores or online. Try to get a variety of different kinds from different brands. The easiest way to do this is to travel to a sex expo or contention. Many sexual health clinics offer one or two varieties that are condom-safe. Otherwise, just buy one or two of each of the trinity and start from there. You're bound to find at least one that works.

IF YOU CAN ONLY AFFORD ONE,
REMEMBER THAT WATER-BASED
LUBES ARE ALWAYS SAFE.

If you can only afford one, remember that water-based lubes are always safe.

STEP TWO: MANUAL STIMULATION

Your first testing grounds for your collection of lubricants is with manual stimulation. You may find that the lube that's best for you isn't as great for her, but if you can only afford one "manual" lube, go for an all-natural and organic oil. Keep it somewhere dark and dry, and if you don't use it often you can even keep it refrigerated – just make sure to get it out early before you use it! Not only are oil-based lubes known for feeling great for guys, they help improve the elasticity and tone of the vaginal skin, especially around



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the perineum, incredibly important for fingering, fisting, pregnant women and anyone woman wants to maintain a flexible, supple vaginal canal.

Before you get started, make sure your hands and your genitals are both clean and dry. Set yourself up with a towel underneath you to catch any spillage and have a hand towel nearby to clean up between each kind of lube. Natural oil will absorb into the skin, but mineral oil will need to be washed off. Silicone will require soap and warm water, but water-based lubes can just be wiped with a damp cloth.

NATURAL OIL WILL ABSORB INTO THE SKIN, BUT MINERAL OIL WILL NEED TO BE WASHED OFF. SILICONE WILL REQUIRE SOAP AND WARM WATER, BUT WATER-BASED LUBES CAN JUST BE WIPED WITH A DAMP CLOTH.

You can do these tests individually, but for the most fun and a great learning experience, try a bit of mutual masturbation to get things started. You can do all your tests at once if you want! Take turns, so you can pay close attention to how each lube responds to each of your bodies. Talk about how it feels. Take turns and really enjoy the experience. If you need to separate your activities out over a few days, do it. All the better to really get a feel for each of the different lubricants for such a wide variety of activity.

TESTING FOR HIM

Start by placing a bit of lubrication in the palm of one hand. If the liquid is cold, close your hand around it loosely until it becomes body temperature. You want to go slowly. Pay close attention to how the lubricant feels over at least a short course of time. How quickly does it soak in to your flesh? How soft and smooth is it? Does it gum up at all? Do you have to reapply?

Try to actually take down some notes while you're testing (a great reason to bring along your partner) about the texture and the overall sensation. Does it look appealing? How does it smell? Does it make a strange sound if you apply enough pressure? Silicone and most water-based lubricants shouldn't be ingested, but natural, organic, food-grade oils that are safe for consumption (like a homemade cocoa butter and cinnamon warming lube) can be great for oral sex... so be sure to ask your lover how it tastes! Remember, it will taste a lot differently on your skin than out of the bottle, so best she test it out in its natural environment by experimenting with a bit of oral.

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TESTING FOR HER

You as well should go in for a taste when it is your wife's turn to test out your selection. She may find that shaving at least her inner and outer labia (leaving all the hair on her pubic bone) makes the experience more enjoyable for you both, and easier to determine the difference between each of your chosen lubes. She will also find this makes cleanup from lube usage a lot faster and simpler!

She too will want to test how quickly water and oil-based lubes soak into her skin. If she isn't shaved, she can avoid difficult cleanup by parting her lips before applying lube, and sticking to application on only one or two fingertips.

You should also help her test things like taste (if it is an edible lube) and smell. How does the lube feel on her skin? Does it make it difficult for her to get enough pressure or friction on her clit? When you've taken some time playing around with your lubes on her exterior bits, you can move on to step three and get inside.

STEP THREE: VAGINAL PENETRATION

Vaginal penetration, with your fingers, your penis or your toys, may require a few different lubes. Not only do each of the penetrating implements require individual consideration, but she may require more or less lubrication, or even different kinds of lubrication, throughout her menstrual cycle.

Start out with your fingers, than move to intercourse. If you need a break to mix things up in the middle, switch to a toy and give yourself time to recover for another round! For these exercises, you will probably want to stick to one type of lube per day, because silicone in particular can be difficult to "clean up" afterward. A gently, water-only vaginal douche may help, or it will naturally secrete itself over the course of a day or two.



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RULE OF THUMB

After a good start with exterior manual stimulation, you can take it up a notch by lubing up one or two digits on your strong hand to prepare for penetration. Making this transition should be easy! Start with a comfortable number of fingers and try each lube out with one, two, maybe even three or four fingers.

Start slow and take note of any gumminess, stickiness, drag or absorption. Keep her talking during the experience and have her let you know how each lube feels different from the other. Is there an overriding favorite for manual stimulation?

AFTER A GOOD START WITH EXTERIOR MANUAL STIMULATION, YOU CAN TAKE IT UP A NOTCH BY LUBING UP ONE OR TWO DIGITS ON YOUR STRONG HAND TO PREPARE FOR PENETRATION.

THE FULL MONTY

When it comes time to progress to intercourse, take stock again. Are you using a condom? If so, ditch the oil and focus on the other two categories. If she is still lubricated from manual stimulation, simply add a touch of lube to your body before entering her and remember not to mix and match! The one that she's using, you need to use too. If you were practicing manual stimulation beforehand, make sure you weren't using any oil lube inside her recently before you put a condom-clad penis inside.

During intercourse, it may be kind of difficult to take notes, so since you plan to be working with one lube at a time, just remember to take a break in the middle, or sit down and talk at the end of your play together each day to write down some notes. You want to have something to compare when you finish up with all of your varieties so you can



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make some decisions, right? Pay close attention to how long you can engage in penetrative sex before you have to reapply more lube, and get lots of feedback from your lover about her experience as well.

EXTRA DIGITS

Did you take an inventory of your sex toys when we first started? If you have all three kinds of lubes, and several different toys, best way to go about testing them all is to break them up into groups – toys that require condoms or otherwise can't be used with oil-based lube, silicone toys which will need to be used with a water-based lube, and other toys which can be used with silicone, oil or water. With this breakdown, you can test your silicone-based lube with your latex toys/condoms, your water-based lube with your silicone toys, and your oil-based lube on your "other" toys.

YOUR CONDOM-COVERED TOYS CAN TECHNICALLY BE USED WITH EITHER WATER OR SILICONE LUBE, SO IF YOU FEEL UP TO IT (AND HAVE LOTS OF SPARE CONDOMS) THEN GO FOR IT AND TRY THEM BOTH...

Your condom-covered toys can technically be used with either water or silicone lube, so if you feel up to it (and have lots of spare condoms) then go for it and try them both... just remember to take one lube each day to prevent cross-contamination.



Silicone toys should always be used with water-based lube. Try these out at the same time if you chose not to use silicone with your condom-covered toys.

Toys made of "other" natural materials like wood, ceramic, metal or glass can be used with any lube type, so if you don't have all three, you can use these any day! You may find that a thick oil-based lube works best, but both silicone and water-based lube, if they are thick enough, will also do the trick.

STEP FOUR: THE BACK DOOR

Working up to back-door penetration definitely requires lubrication, so don't make a decision without trying it out for anal first. The biggest question you will need to ask when it

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comes to anal lubrication is if you will be using it with or without condoms and/or latex gloves. Oil-based lubes cannot be used with latex, so this will be your deciding factor.

WORK UP TO IT

For manual stimulation, natural oil-based lube is most definitely your best bet. The properties of the natural oil help to relax and loosen the anal tissue both outside and inside, allow it to become more supple and receptive to touch. Working up to anal sex slowly with the right oil can make your anal experiences infinitely smoother and sexier!

WORKING UP TO ANAL SEX
SLOWLY WITH THE RIGHT OIL CAN
MAKE YOUR ANAL EXPERIENCES
INFINITELY SMOOTHER AND SEXIER!

GO ALL IN

If you are practicing anal skin-on-skin, keep with the oil to begin with, but don't let it be the end of your exploration. You may find that oil-based lubes need to be reapplied often. Generally speaking, thicker lubes are better for anal than thin varieties. Silicone lube is extra slick and won't absorb, but it will have to be "expelled" afterward and your partner may find she doesn't appreciate the feeling it leaves behind. Whatever you do, avoid "numbing" lube for beginner anal play. The body feels pain for a reason! Dulling it with a numbing agent only means that she won't be able to tell when you are hurting here, and that's not a good thing.

THE FINAL TEST

Ultimately, choosing the lube that's right for you is about finding something that fits your lifestyle. You don't need to have five different varieties at your disposal, but if you want to be prepared for a wide variety of sex, and need an excuse to make a commitment to trying out something new every week (or heck, every day!) then picking up a few new bottles of lube is a great way to start that conversation... see if you can use them up before the expiry date!



There you have it, honey... another *Erotic Encounter*!

Give this a moment to sink in, because **I WANT YOU** to promise me that you will enjoy this *Erotic Encounter* with your loved one **TONIGHT**.

Not tomorrow darling... not next week. It has to be **TONIGHT**. If you let this invaluable information slip into your subconscious, it may never rise back to the surface.

But don't worry. Your homework is going to be fun! How often do you get to learn something that sounds so *sexy*? Let your passion free and make a date to practice the new erotic arts I've shared with you.

And remember, if you want to learn more advanced techniques about sex toys, go ahead and download my "*Forbidden Sex Toys*" program. You will get a 70% discount today, just for being my "*Erotic Encounters*" member.

Just click the button at the bottom of this website or go to www.GabrielleMoore.com/sextoysoffer to download your copy now.

Enjoy your *Erotic Encounter* honey, and stay tuned, because next week's adventure will be even hotter.

Until then, live with **LOVE** and **PASSION** in your heart and body... always.

Sensually yours, Gabrielle Moore

