



## SEXUAL HEALTH & FAMILY PLANNING ACT

### Personal lubricants

Personal lubricants are used to make sex more comfortable and enjoyable. They can also be used with sex toys and to help insert menstrual cups, tampons, or pelvic floor trainers.

There are many types of lubricants available and many brands on the market. The main types of lubricants are water based, silicone, and oil.

Some water based lubricants and all oils can also act as vaginal moisturisers, which is helpful if vaginal dryness is a problem. Importantly oil based lubricants cannot be used with latex and polyisoprene condoms. Silicone lubricants provide lubrication but do not necessarily have a moisturising effect.

Lubricants are available in supermarkets, pharmacies, sex shops, and online.

SHFPACT does not necessarily endorse individual products and the products listed here are just a few of the personal lubricants that are available.

### Water based lubricants

There are numerous water based lubricants readily available. They are suitable for use with condoms and with sex toys. They can dry out and may need re-application.

The water based lubricants listed here also act as vaginal moisturisers and are petro-chemical free.

#### **Sylk**

Sylk is a personal lubricant and vaginal moisturiser made in New Zealand from Kiwi fruit extract. Sylk does not contain any petrochemicals, silicon, parabens, hormones, fragrances, colouring, is pH balanced and vegan. It is suitable for use with condoms, and can be suitable for sensitive skin. Available in most pharmacies or on line for approx. \$12-\$14 for a 40gm bottle.

#### **Astroglide**

Astroglide produces many different personal lubricants. All Astroglide lubricants are vegan.

[http://www.astroglideaustralia.com/buy\\_astroglide.html](http://www.astroglideaustralia.com/buy_astroglide.html)

The two lubricants listed here are petro chemical free and are suitable for sensitive skin.

- **Natural liquid** personal lubricant and vaginal moisturiser, water based, fragrance free & petro chemical free personal lubricant. \$12.60 for a 74gm tube plus postage of \$7.50. Also available in Woolworths supermarkets.
- **Sensitive Skin Gel** personal lubricant and vaginal moisturiser, water based & lubricant for women with sensitive skin or a tendency to allergies. \$12.55 for a 65gm tube plus postage of \$7.50.

#### **Lariese Evolve Fragrance Free personal lubricant**

This is a water based gel that is available in a fragrance free version (as well as scented versions). The Lariese Evolve Personal Organic Lubricant contains Moroccan Argan oil, aloe vera and vitamin E is certified organic, gluten free, and vegan. Available online: <https://www.nourishedlife.com.au>

#### **Pelvi BioGlide lubricant**

Pelvi BIOglide Lubricant is a water-soluble fragrance free gel. It is made from natural ingredients and is vegan.

Available online: <https://www.nourishedlife.com.au>

### Silicone lubricants

Silicone lubricants are made from inert lubricating substances such as dimethicone. They be longer lasting and be more slippery but do not necessarily provide vaginal moisturising. They can be used with condoms but are not suitable for use with sex toys.

## **Astroglide silicone lubricants**

Astroglide produce two silicone lubricants: Astroglide Diamond Premium Silicone GEL and Astroglide X Premium Silicone Personal Lubricant. Astroglide silicone lubricants also act as vaginal moisturisers.

Available online: [http://www.astroglideaustralia.com/buy\\_astroglide.html](http://www.astroglideaustralia.com/buy_astroglide.html)

## **PJUR lubricants**

PJUR produce several silicone lubricants including PJUR Woman and PJUR Original. For information and Australian suppliers: <http://www.pjurlubricants.com.au>

## **Oils and oil based lubricants**

Oils can be a very useful lubricant and vaginal moisturiser, as well as being a cost effective and chemical free option. Importantly oils cannot be used with latex or polyisoprene condoms as they weaken the condom which can lead to breaks and tears.

- **Food grade oils:**

Any food grade oil such as olive oil, coconut oil, avocado oil etc. can be used as a lubricant. Lighter oils are preferable to avoid staining of bed clothes etc.

Sweet almond oil (Available in health food stores or online) is recommended by the Australian Menopause Society as a moisturising lubricant that can also help relieve vaginal dryness.

- **Astroglide Organic Oil Personal Lubricant & Massage Oil:**

Plant oil based personal Lubricant and vaginal moisturiser. Not suitable for use with latex or polyisoprene condoms.

[http://www.astroglideaustralia.com/buy\\_astroglide.html](http://www.astroglideaustralia.com/buy_astroglide.html)

- **Noosa Basics Organic Intimacy Oil:**

With a Coconut Oil base, the Noosa Basics Organic Intimacy Oil also contains Sunflower Seed Oil, Hemp Seed Oil and Vitamin E to hydrate sensitive areas. It is vegan and Australian made. It can be used with polyurethane condoms but is not suitable for use with latex or polyisoprene products.

<https://www.nourishedlife.com.au>

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