

# What's the Difference: Spray Lubricants



## LITHIUM GREASE

A mix of lithium hydroxide and oils, lithium grease is ideal for metal-to-metal contact, especially when pressure or a heavy load is involved. It works great in places such as table saw cranks and the metal hinges on garage doors. Just be sure to use a small amount, because contaminants stick to lithium grease and create a messy goo.



## PTFE

PTFE, short for polytetrafluoroethylene, is best known by DuPont's trade name Teflon. Made famous as a cookware coating, PTFE has a variety of uses, such as lubricating chains and cables. Even though it's chemically different, PTFE has lubricative characteristics similar to silicone. PTFE is not classified as toxic, but a food-grade PTFE spray such as Bel-Ray No-Tox Food Grade Grease with PTFE should be used on kitchen drawers and cabinet hinges.



## SILICONE

Most silicone sprays contain only about 1.5% silicone lubricant. The upside of silicone spray is that it helps repel water and performs well in extreme temperatures. Thin and clear, it's also good when neatness counts. In addition to metal, silicone is often safe to use on rubber, wood, nylon, vinyl, and plastic parts. Many sprays are also food safe, but check first. Silicone shouldn't be used where pressure or load bearing is involved.



## DRY LUBRICANTS

Dry spray lubricants, most commonly graphite, don't spray on completely dry, but their solvents evaporate rapidly, leaving a dry film. Dry lubricants are good for interior hinges, interior locks, drawer slides, and toolbox drawers. Just be sure to wipe off or even buff off the excess. The main advantages of dry lubricants are: no oily mess, and dust and dirt don't stick to them. Dry lubricants do not displace water, and they wear off fairly quickly under load, making it necessary to reapply them more frequently than other lubricants.



## OIL

Often called penetrating oil, most oil spray lubricants are made from crude oil or vegetable oil. Their low surface tension makes them best for penetrating deep into mechanisms and into the threads of rusted bolts and nuts. The key to all penetrating oils is patience. They work much faster than traditional lubricants at freeing stuck parts, and best practice is to reapply them and give them hours or days to work. Because penetrating oil evaporates quickly, once you've freed a stuck part, apply a longer-lasting lubricant.



**\*NOTE: WD-40 isn't a lube. It's a solvent. WD-40 BRAND has gotten into the lube game though.**



# What's the Difference: Personal Lubricants



## WATER BASED

Your safest bet to start with. It can be used for all of your sexual needs: penetrative sex, masturbation, and sex toy play. Ideal for people with sensitive skin or vaginal irritation and can be used with condoms and sex toys. They are also really easy to clean out of sheets and clothes, and won't leave a stain.

Water-based lubes are not good for water-play/shower sex, as they will just wash away.

Water-based lubes tend to get sticky and require frequent re-application. So if you are planning to have marathon sex, might we suggest another type of lubrication?



## OIL BASED



Provides a slippery feel that lasts longer than water-based lube. Ideal for masturbation (hands or toys), penetrative unprotected sex, and water-play. Oil-based lubes can also be used for a sensual massage. Natural examples include coconut and olive oil.

Oil-based lubes (or other oil products like petroleum jelly or mineral oil) should not be used with latex condoms, as they can dissolve latex may cause condoms to break. Latex diaphragms and latex sex toys should also be kept away from oil-based lubricants. Non-latex condoms (like those made of polyisoprene) are also sensitive to oil-based personal lube, so check the package before use. Oil based lubes can be more difficult to clean off sheets and your body.

## SILICONE BASED

Slippery, long-lasting, and ideal for a more extended session. It requires less lube to be applied and needs reapplication less often. Silicone-based lubes are also great for shower play, as they don't wash away so easily. The catch is that silicone-based lubes are a bit more tedious to wash off, as you will need soap and water to clean up afterward.

Silicone-based lubricants should not be used with silicone-based sex toys, as they can break down the rubber over time. However, this doesn't mean all sex toys are off-limits with silicone-based lubricants—there are many toys made from other materials, like hard plastic, glass, and steel.



## DRY LUBRICANTS



What? Ouch, no. Do not recommend. At least spit on it. Not trying kink shame...but seriously, ouch. ...and also ouch for whoever you might be with!?! Did you see all of the options above? **So many options! None of them are in this box**, but I'm sure you can ask someone, or find a store nearby. Have you checked the kitchen or bathroom cabinets? The nightstand? (With consent.) Be nice to yourself. You're awesome, & you're worth it. Really.

**\*NOTE: Seriously, no personal lube in this box. But I like you thought there might be.**

