

About This Guide

This Product Care and Information Guide is provided to our customers as a reference for adult toys and other products offered by VIP. While we strive to make every effort to know the materials and ingredients in the merchandise we carry, due to the rapid evolution of both science and the manufacturing of adult products, it is difficult for us to know every ingredient in every product. However, in order to assist you in making informed decisions regarding your purchases, this guide can serve as a valuable resource for recommendations regarding “Body Friendly” materials, proper product usage and care, and safer sex practices.

If you have any questions that have not been answered in this guide, please do not hesitate to call or visit our retail store and speak with one of our staff members.

Materials

While shopping at our store, you may notice certain products with a sticker labeling them as “Body Friendly”. We have undertaken this “Body Friendly” program in order to provide you with the opportunity to make the most health-positive purchases possible. Our designation of products as “Body Friendly” means that these products, when used and cared for according to the recommendations specified in this guide, are unlikely to have any adverse effects on your body. Products made with materials such as glass, metal, acrylic, and hard plastic are considered “Body Friendly”, and may be used internally without a condom. Although some silicone and elastomer products are also considered “Body Friendly”, the lack of disclosure due to manufacturing and packaging regulations make it difficult to determine for sure if there are additives to render them non-body friendly.

Products made with Soft Plastic are not considered “Body Friendly”, and we recommend using a condom at all times.

Our designation of certain materials and products as “Body Friendly” is tied to the absence of a group of chemicals generally used to soften plastic, of which the most common group is “Phthalates”. While there is no conclusive evidence as to whether or not these chemicals adversely affect one’s body, there are safety questions regarding the use of these chemicals in sex toys. While some research shows adverse affects on laboratory animals, other studies show no ill affects. Some sex toy manufacturers are substituting other plasticizers for Phthalates and labeling their products as Phthalate-free. However, the products we have designated as “Body Friendly” we believe to be free of Phthalates, and contain no other plasticizers.

For more information on Phthalates and other plasticizers, please see section on soft plastic toys.

Glass

Glass toys are some of the most sanitary and beautiful adult toys on the market today. The glass toys carried at VIP are all hand-crafted and made from borosilicate glass (the same material as Pyrex®). Glass toys are completely non-porous, will not harbor smell or bacteria, and are considered “Body Friendly”. Glass toys also come with the added bonus of retaining temperature variations, and can be warmed or cooled depending on

one's preference. These toys are also incredibly resistant to breakage, compatible with any kind of lubricant, and with proper care can last a lifetime.

Cleaning: Glass toys can be easily cleaned with mild soap and water, or antibacterial toy cleaner. If there are no moving parts, these toys can also be sterilized by placing them in the top rack of your dishwasher, or by boiling them in water for 10 minutes (boiling any longer may leave a mineral residue on your toy). It is important to keep these toys from coming into contact with another hard surface, as the glass may chip. To keep from damaging your toy while using the boiling method described above, you can first bring the water to a boil, turn off the heat, and then immerse your toy. A glass toy can safely be shared with another as long as it is sterilized between users.

Care and Storage: Above all else, it is important to keep your glass toys from coming into sharp contact with another hard surface. Storing your toy in a cloth bag is an easy way to keep your toy from becoming damaged. Additionally, be aware of *rapid* temperature change. Alternating between hot and cold temperatures too quickly will create undue stress on the material and may make it more prone to breakage.

VIP Favorites:

The entire Icicles line – a variety of shapes, sizes, and colors to suit every taste and budget

The Double Ended Glass—bumpy on one side, smooth on the other for a great contrast in sensation

Metal

Stainless Steel toys are hard, heavy, non-porous, and do not harbor smell or bacteria. These toys are designated as “Body Friendly”. Metal toys, like glass, also retain temperature (take care, however, since metal will change temperature more quickly than glass). In addition, metal toys carry a significant weight, allowing for pressure-play on erogenous zones.

Cleaning: Metal toys can be easily cleaned with mild soap and water, or antibacterial toy cleaner. They can also be cleaned in your dishwasher, or sterilized by placing them in boiling water for 10 minutes. If you do not want your toy to get scratched in the pot while boiling, first bring the water to a boil, turn off the heat, and lower your toy into the heated water. Boiling for longer than 10 minutes may leave a mineral residue on your toy.

Care and Storage: While there is little you can do to make your metal toy unusable, it is still possible to dent, or scratch it. To keep your toy in perfect condition, keep it from coming into contact with hard surfaces, and store it by itself in a cloth bag.

VIP Favorites:

N'Joy Pure Wand—designed to give women intense G-spot stimulation

N'Joy Plug—an anal plug specifically weighted for G-spot or prostate stimulation

Silicone

100% silicone is an incredibly high-quality material. It is non-porous, and does not harbor smell or bacteria. This material does not break down over time, and with proper care can last a very long time. Because silicone is such a desirable material, many toy manufacturers advertise silicone on their packaging. However, the toy may actually contain only a small percentage of silicone. For information regarding “Body-Friendly”, refer to the section titled “Materials”.

Cleaning: 100% silicone can be cleaned with mild soap and water or antibacterial toy cleaner. If there are no moving parts, it can also be sterilized by placing your toy in the dishwasher, or by placing it in boiling water for 10 minutes. Boiling any longer may leave a mineral residue on your toy.

Care and Storage: Silicone is very resistant to breakage. However, if the surface becomes cut, the toy can tear and harbor bacteria. To avoid this, keep your silicone toy away from sharp objects.

Lube Compatibility: Never use a silicone-based lubricant with your silicone toy, as the two silicone components may bond and ruin your otherwise premium toy. Most lubricated condoms contain silicone lubricant, so be sure to use an unlubricated condom. Water-based lubricants are safe to use with silicone toys.

VIP Favorites: Any toy by Tantus® or Fun Factory®, our two favorite silicone toy manufacturers.

Elastomer

Elastomer is soft, durable and stretchy. However, it is slightly porous, and can harbor bacteria. To protect your toy from bacteria, and to extend its life, we recommend using a condom. For information regarding “Body-Friendly”, refer to the section titled “Materials”.

Cleaning: Elastomer can be cleaned with mild soap and water. It should not be boiled, nor placed in your dishwasher. Because it is slightly porous, it is important to keep your elastomer toy away from anything dirty.

Care and Storage: Elastomer toys can be stored safely in any drawer or toy-bag.

VIP Favorites:

Rabbit Habit E vibrator (featured on HBO’s *Sex in the City*)

Maven male masturbation sleeve

Acrylic

Acrylic is light, hard, completely non-porous, and “Body Friendly”. Acrylic toys are a less-expensive alternative to glass toys. Unlike glass, acrylic does not retain temperature.

Cleaning: Acrylic can be cleaned with mild soap and water. It should not be boiled, as this can cause small cracks over time.

Care and Storage: Acrylic can be scratched. It is best to store them in a cloth toy bag to keep them from coming into contact with other materials.

VIP Favorites:

Acrylic wand—curved for G-spot or prostate stimulation

Hard Plastic

Hard Plastic toys are any product made from firm, non-flexible plastic. Many inexpensive toys are made from hard plastic. It is completely non-porous and “Body Friendly” as long as it isn’t coated in a matte silicone/soft plastic blend.

Cleaning: Hard Plastic may be cleaned with mild soap and water or antibacterial toy cleaner. Be careful to not get any water into any battery compartment of a vibrator, and never submerge a toy with moving parts unless the packaging explicitly states it is submersible.

Care and Storage: Store hard plastic in a cloth toy bag to avoid scratches. Avoid extreme heat as this will melt the plastic.

VIP Favorites:

Scoop Lover – thin & curved for clitoral stimulation and available in 4 sparkly colors

Power Penis Vibe – strong vibration in an anatomically shaped vibrator

Soft Plastic

Soft Plastic is our generic term for a class of materials including jelly, soft skin, cyber skin, silicone blends, any plastics that have been softened with Phthalates or other plasticizers, or any unknown materials. Many of these toys are porous and can never be thoroughly cleaned. Because many of the chemicals used in soft plastic toys are undisclosed to retailers, we are unable to really know what adverse effects they might have on your body. If you do not know if your toy contains Phthalates or other softeners, conduct what we call “the Vinyl Curtain Test”—smell your toy and if it smells like a vinyl shower curtain, it probably contains Phthalates or other forms of plasticizers. As such, toys falling under this category are not considered “Body Friendly”, and we recommend always using an unlubricated condom with any soft plastic toy.

Cleaning: Most soft plastic toys can be rinsed with water and left to air dry completely before storing. Soft skin or Cyber skin toys can also be dusted with corn starch to keep them from getting sticky. Do not use talc, as talc coming into contact with female genitalia has been linked to ovarian cancer.

Care and Storage: Soft plastic should be kept away from heat and from any liquid other than water. They should also be stored individually. Soft plastic can also leave stains on furniture, so it is best to store these toys in a plastic bag after drying completely.

VIP Favorites:

IVibe Rabbit—multiple levels of pulsing and surging ecstasy

James Deen Realistic Cock – live out your fantasies involving your favorite male porn star!

Product Categories

The following pages feature brief introductions to the various product categories available at VIP. We have provided information regarding the best ways to care for your products, important safety information where necessary, and VIP Favorites for each category. At the end of this guide, you will also find reviews on specific products.

It is important to note that when sharing products, please be sure to: sterilize the product, or use a condom, making sure to change the condom between users.

Vibrators

Vibrators come in many different shapes, sizes, and materials, as well as varying degrees of pulsation. The three most popular styles of vibrators are the phallus-shaped vibrator, the G-spot vibrator (curved at the tip for optimal G-spot or prostate stimulation), and the dual-stimulation vibrator more commonly referred to as “the rabbit” (these vibrators provide simultaneous clitoral and vaginal stimulation). The above vibrators are generally battery operated or rechargeable, but there are plug-in options as well. Vibrators of the plug-in variety tend to provide stronger vibrations and their stimulating power is generally more intense.

Care and Cleaning: Never get water, or any other liquid, into the motor or battery compartment of a vibrator. If this does happen, remove any batteries and let it air-dry completely before attempting to use it again.

Safety Note: Vibrators without flared bases or testicles should never be used anally. Unlike the vagina, there are no barriers to protect objects from travelling up the rectum and becoming lost in the colon or lower intestine.

VIP Favorites:

Phallus-shaped: Tantus® Goddess or Goliath

G-spot vibrators: B Gee or Lelo® Gigi

Dual-stimulation vibrators: Vibratex® Rabbit Habit (featured on HBO's "Sex and the City"), iVibe Rabbit

Plug-in: Hitachi Magic Wand, Acuvibe — both have many different attachments



Bullets

Bullets are smaller vibrators designed for external stimulation. They can range from hand-held devices to hands-free versions worn like underwear or harnesses. Bullets come in many different shapes, sizes, and materials, as well as varying degrees of vibration and pulsation. Bullets with attached cords and battery packs tend to last longer, and provide stronger vibrations than their wireless counterparts.

Care and Cleaning: Never get water, or any other liquid, into the motor or battery compartment of a bullet. If this does happen, remove any batteries and let it air-dry completely before attempting to use it again.

Safety Note: any sort of vibrating toy without flared bases or testicles should never be used anally. Unlike the vagina, there are no barriers to protect objects from travelling up the rectum and becoming lost in the colon or lower intestine.

VIP Favorites:

Pocket Rocket—a classic toy with one vibration speed.

We-Vibe Touch – a rechargeable tongue shaped toy with 8 vibration modes

Dildos

Dildos are insertable toys which do not vibrate. They come in a wide-variety of sizes, shapes and materials. Dildos with flared bases may also be used in a harness. However, soft dildos may be damaged if used in this way.

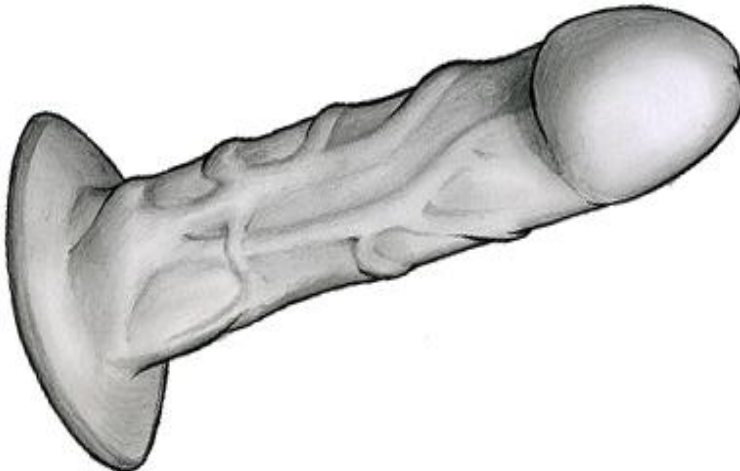
Safety Note: Dildos without flared bases or testicles should never be used anally. Unlike the vagina, there are no barriers to protect objects from travelling up the rectum and becoming lost in the colon or lower intestine.

VIP Favorites:

Tantus® Flurry—soft, but with a firm inner core, and aesthetically pleasing

Tantus® VIP Super Soft—realistic look & feel, and easily worn in a harness

Fun Factory® New Wave Double Ended Dildo – too much fun for only one person



Anal Toys

Anal Toys are specifically designed with a flared base, testicles, or a ring, to prevent them from becoming lost in the colon and intestine. There are three main types of anal toy.

The most common anal toy is the Butt Plug. Butt Plugs come in different sizes, but the purpose is essentially the same: to gradually relax rectal muscles, and when fully inserted, to provide another sensory experience. Many people use Butt Plugs during vaginal sex because the interior pressure of the Butt Plug can make the vagina feel tighter.

The second type of anal toy is used to stimulate the G-spot or prostate. Prostate and G-spot toys are generally curved to maximize the pressure on and stimulation of the desired area.

The third type of anal toy are known as anal beads, which are designed to be inserted into the rectum, one at a time, and removed during climax. Anal beads come in two different varieties. The first are plastic balls strung together on a fabric string. Since the beads of this variety are “free-floating” around the string, it is possible for the beads to shift while in the body, causing a small amount of pinching. Additionally, the string itself may harbor bacteria. The second type of anal beads are more hygienic. These are typically a single piece of material with the beads enclosed inside. As such, there is no string involved and are generally more comfortable during use.

VIP Favorites:

Butt Plugs:

Lelo® Bob —small size makes it great for beginners

Tantus® Big Flirt—great beginner or intermediate toy, sleek and comfortable

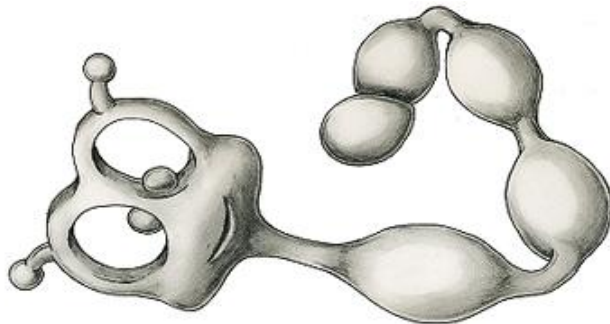
Prostate / G-spot:

Aneros ProGasm—contoured to stimulate the prostate

Rude-Boy—simultaneously stimulates the prostate and perineum

Anal Beads:

Fun Factory® Felix Flexy—cute design, hygienic, silicone, and a comfortable soft ring for easy removal



Harnesses

A harness is generally worn in the same manner as a jock strap or underwear. The general purpose of a harness is to hold a dildo or other phallic object in place on the body, and should be worn snug to prevent too

much movement. Harnesses can be worn by anyone. Men generally wear harnesses with the dildo positioned directly above the penis, while women generally wear them with the base of the dildo positioned over the clitoris. Harnesses also come with interchangeable rings in order to attach different sized toys. While the majority of harnesses come in the manner described above, there are models designed to be worn on the thigh, chest, or even on the face.

Another version of harness is referred to as a “strapless strap-on”. These kinds of harnesses are affixed to the body by inserting one end of the phallus into the vagina or anus.

VIP favorites:

Classic Harnesses:

Tantus® Bend Over Beginner Harness—soft fabric harness is a great starter set, comes with two Tantus® dildos in graduated sizes

Stormy Leather Terra Firma D Harness—soft leather harness is very sturdy and comfortable to wear.

Strapless Strap-Ons:

Tantus® Feeldoe Slim – the smallest in the Feeldoe series making it a great toy for beginners

Fun Factory® Share XL – a larger, textured toy for more experienced players



Cock Rings

A cock ring is a firm or stretchy ring placed comfortably around the head of the penis, the base of the penis or penis and testicles. Cock rings come in many shapes, sizes and materials. We recommend using a small amount of lubrication when putting on and taking off cock rings. This will minimize pinching and hair pulling. Cock rings must fit correctly. To ensure a correct fit, start with an adjustable ring. To measure for a cock ring, measure the

circumference around the base of the erect penis, either with your adjustable cock ring or a string, and divide that length by π (3.14) to get the diameter. Cock rings should only be put on when the penis is flaccid, before an erection occurs. Most people wear cock rings around the base of the penis behind the scrotum, but they can also be worn in front of the scrotum. A cock ring that snaps or fastens (recommended for beginners) can be placed behind the scrotum and fastened above the penis. To put on a solid cock ring, first tuck the testicles through one at a time, then pull the penis through head first while pulling the cock ring up toward the body.

There are typically three different kinds of cock rings:

Snap-on or Adjustable: these cock rings are recommended for beginners, as they are easy to remove. They're usually made of fabric or leather. Some of the best cock rings around are of this variety.

Stretchy: these rings are generally made of elastomer, or soft jelly, and are typically easy to remove. To remove, just stretch and pull off. If it gets stuck or tangled, any household scissors will get it off just fine.

Solid: these rings are usually made of rubber or metal, and for experienced users only. Many people find them incredibly comfortable and love the seam-free smoothness of a solid ring. To ensure a correct fit, bring in a snap-on or adjustable cock ring that fits well and compare sizes in the store. To remove a solid cock ring, first lose the erection (ejaculation helps). Once the penis is flaccid, the cock ring can be removed in reverse of how it's put on—by first removing the penis, and then the testicles, one at a time.

Care and Cleaning: Clean cock rings according to their material.

Safety Notes: A note on penis anatomy. Most of the arteries in a penis are near the inside, and the major veins are near the outside. Also, veins are much more compressible than arteries. That means a cock ring creating constriction around the outside of the penis restricts the blood flowing out while doing nothing to inhibit blood flowing in. Because blood flow is being cut to the penis, cock rings should not be worn longer than is comfortable.

People who bleed easily, have any issues with clotting or blood vessels, are diabetic, or are taking anticoagulants, aspirin, or any other blood-thinning medication should consult their doctors before using cock rings.

While a cock ring can make erections firmer or longer-lasting, we don't recommend using one to treat a medical problem without first consulting a doctor. Don't put a cock ring on anything sore, swollen, infected, or numb. Cock rings and the numbing agent benzocaine, found in sprays or creams designed to maintain erections, should not be used at the same time. Stop if there's any bleeding, loss of sensation, or bruising.

VIP favorites:

Spartacus Firm Rubber Set

Super Speeds 6 Snap Cock Ring



Vibrating Cock Rings

Vibrating cock rings are most commonly worn around the base of the penis or penis and testicles. These cock rings serve the same function as a normal cock ring, however the primary focus is on vibration and clitoral stimulation. This type of toy is consistently our most popular couple's toy.

Care and Cleaning: Do not get any liquid into the battery compartment, otherwise, clean cock rings according to their material.

Safety Notes: Please follow the safety guidelines for standard cock rings when using vibrating rings.

VIP favorites:

Screaming O

Big O

Neo-Ring ("Body Friendly")

Masturbation Sleeves

Many masturbation sleeves are designed to be a hand-held addition to male masturbation. These toys are usually made from a soft material such as elastomer or cyber skin. The inside of these toys can also be textured

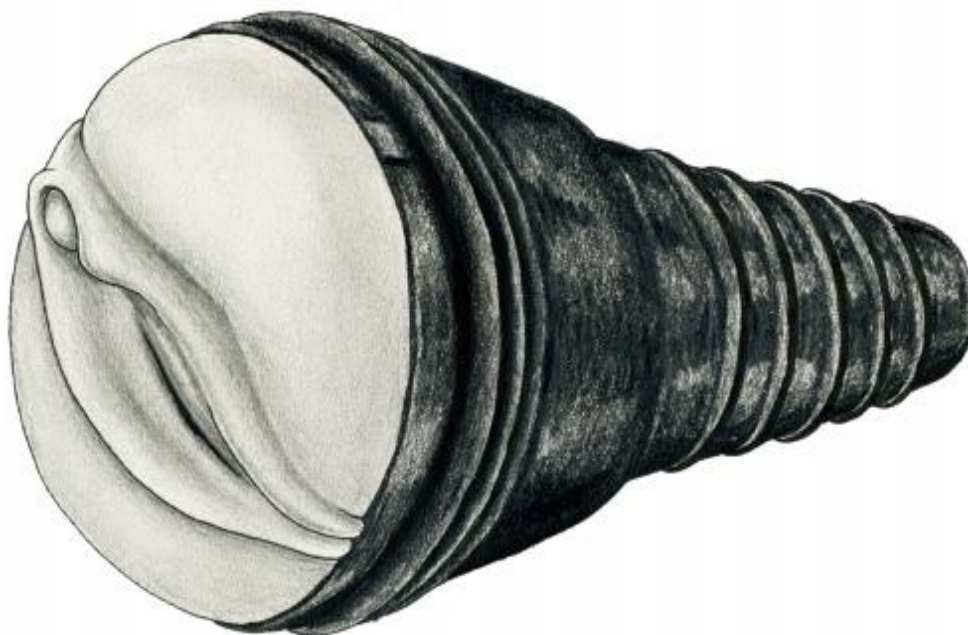
for additional stimulation. Some toys also have vibrating components. We recommend using lubrication with these toys to prevent excess friction.

Care and Cleaning: Many masturbation sleeves can be turned inside out for easy cleaning. We recommend mild soap and water. Cyber skin may lose its powdery soft feel after cleaning. To renew this supple feeling, a light dusting of corn starch will remedy the issue.

VIP favorites:

The Fleshlight—our best selling male masturbator

Tenga Flip Hole



Penis Pumps

Penis pumps temporarily create a vacuum around the penis. It can heighten sensitivity in the penis and can temporarily make a penis appear slightly larger. It does not permanently increase penis size. Pumps vary in their strength, sealing mechanism, and construction. It is normal to feel a tingling sensation after removing the pump as the blood drains from the area.

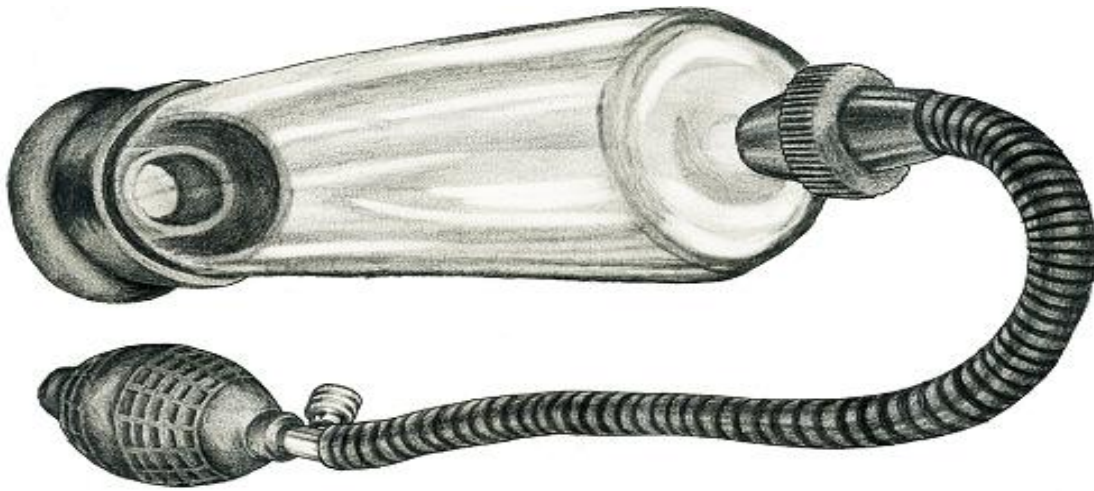
Care and Cleaning: Most cylinders are made of hard plastic and can be cleaned with soap and water.

Safety Notes: Like cock rings, we don't recommend using penis pumps to treat a medical problem without first consulting a doctor. A penis pump should not be used for longer than is comfortable, or about 10 minutes. Don't use a penis pump on anything sore, swollen, infected, or numb, and never pump anything above the neck. Stop at any sign of bruising or bleeding. Don't use penis pumps in combination with anything containing benzocaine or any other numbing agent, but it is safe to use penis pumps and cock rings at the same time.

VIP favorites:

Head Coach Erection Pump

Pump Worx Accu-Meter Pump



Condoms

Condoms are by far the most popular safer sex product. Most male condoms are made of latex, which offers protection against pregnancy and many STDs. Polyurethane, polyisoprene, lambskin, and nitrile condoms are available for those with latex sensitivities. While Polyurethane, polyisoprene, and nitrile condoms protect against both pregnancy and STDs, natural lambskin condoms only offer protection against pregnancy, but not against STDs. No contraceptive, however, can provide 100% protection.

Most condom breakage is due to human error. Condoms with air in the tip, and/or insufficient lubrication are more likely to break. Following these simple steps can prevent most condom failure due to human error:

1. Check the expiration date. Expired condoms break very easily – do not use them!
2. Do not store condoms in areas with extreme temperature changes, like a wallet or pocket, as this can weaken them and lead to breakage.
3. Make sure the penis is fully erect when putting on a condom.
4. Use a new condom every time you have sex. NEVER reuse a condom.
5. Always use a new condom when switching from anal to vaginal sex to avoid the spread of bacteria.
6. Make sure the wrapper is sealed and intact before you carefully open the packaging and gently handle the condom to avoid ripping.
7. Make sure the rolled up ring of the condom is on the outside.
8. If the penis is uncircumcised, pull the foreskin back before putting the condom on.
9. Squeeze the tip of the condom gently so no air is trapped inside. A drop of silicone or water-based lube inside the reservoir tip can help seal out air while simultaneously creating additional sensations and helping to prevent breakage.
10. Hold the squeezed tip of the condom, while gently unrolling the condom down the shaft of the penis all the way to the base. If the condom does not unroll, it is inside out and should be thrown away. Do NOT turn the condom over and roll it down since this can transfer fluids and infection.
11. Only use one condom at a time as two together are actually much more likely to break than just one.
12. If you feel the condom break during intercourse, stop immediately and pull out to put on a fresh condom.
13. Immediately after ejaculation, hold the condom at the base of the penis firmly to avoid spilling semen during withdrawal.

14. Turn and move completely away from your partner before you let go of the condom to avoid spillage and fluid transfer.
15. Once the condom is removed, tie the open end of the condom in a knot to prevent leakage, and dispose of your condom in the trash. Do NOT flush it down the toilet. Flushed condoms have been known to reappear, which can come as an unwelcome surprise.

Many condoms come pre-packaged with silicone or water-based lubricants. Latex and polyisoprene condoms are not compatible with oils and will break down if they come in contact with things like oil-based lubricants, petroleum jelly, baby oil, lotions, vegetable oil, etc. It is also good to avoid contact with talcum or baby powder, as these may contain oils as well. Polyurethane, nitrile, and lambskin condoms, however, *are* compatible with oil-based lubricants in addition to silicone and water-based options.

There are a few condoms on the market that have spermicidal lubricant. Nonoxynol-9 (spermicide) prevents pregnancy by destroying the cell membranes of sperm, but it also has the ability to rupture the cell membranes in the vagina, penis, and anus leaving microscopic lesions. Consequently, if a spermicidal condom does break, the likelihood of STD transmission can increase over 50%. For this reason, we recommend condoms with spermicidal lubricant to couples who are only looking to prevent pregnancy.

Female Condoms

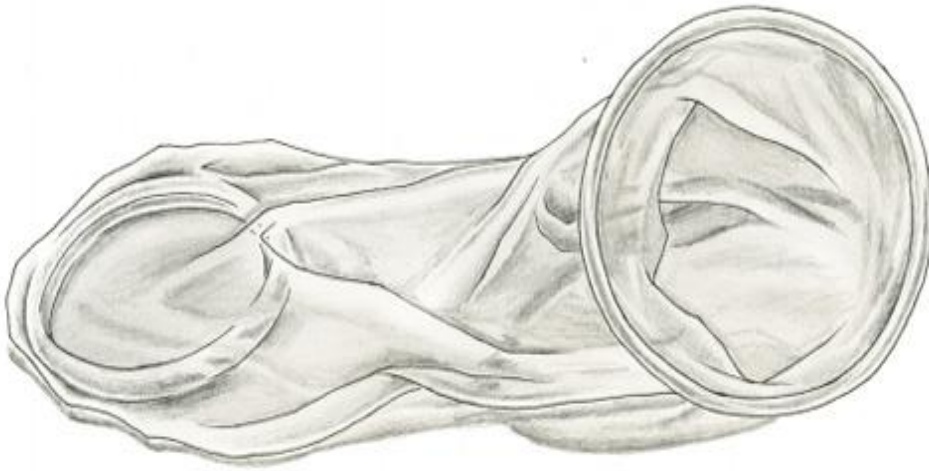
The FC2 female condom is a flexible piece of nitrile with a small ring at the closed end and a larger ring at the open end. It is worn inside the vagina or anus by inserting the small ring into the body and leaving the larger ring to rest comfortably on the outside of the body. Female condoms are a great contraceptive alternative for people with latex allergies.

The instructions in the box are quite thorough with regard to vaginal sex. For anal sex, it's the same basic idea, though many people choose to remove the inner ring. Here's a basic list of common human errors to avoid:

1. Don't use a female condom and a male condom at the same time. Friction between them can cause breakage.
2. Make sure whatever you are inserting makes it into the condom.
3. Use a generous amount of lube on both the outside and the inside of the condom.
4. Do not re-use female condoms.

VIP favorite:

FC2 Female Condom™



Dental Dams

Using a barrier for cunnilingus or anilingus (rimming) can prevent transmission of several STDs, including herpes, HPV, and hepatitis A. Many have abandoned efforts to have safer oral sex because of the difficulties involved. But it is possible to have mind-blowing protected oral sex—following these tips is a great start.

1. Use a generous amount of lube on the barrier side opposite of the mouth. This one is by far the most important since mouths produce saliva, but barriers don't.
2. Move the barrier during use. Doing this will produce additional sensations that a stationary barrier would not.
3. Bunch up the barrier. Vulvas and anuses aren't flat; the barrier shouldn't be either.
4. Keep track of which side is which. With all that bunching, it can be helpful to write "tongue" on one corner of the dam on the tongue side to keep track of which side goes where. If it flips over, throw it out and get a new one to prevent the transfer of any fluids.
5. Like with condoms, check the expiration date of dental dams. Old dams break.
6. While it's good to hold the corners so the dam doesn't slide away, it's important not to stretch it taut. It may be helpful to ask your partner to help hold the dam in place.

Aside from manufactured Dental Dams, Saran Wrap brand plastic wrap is the only plastic wrap that we know of that is FDA approved for safe protected oral sex.

VIP favorite:
Dental Damn™

Lubricants

A Lubricant is a liquid, cream or gel that reduces friction. When choosing a lubricant for sex, we recommend that you purchase only lubricants specifically designed for intimate contact. Lubrication can make sexual experiences more comfortable, and it is a necessary ingredient for safe sex. Lube can also significantly reduce

STD transmission by reducing tissue trauma and lowering the chance for microscopic tears through which viruses and bacteria can be transmitted.

There are three main types of lubricants: Water-based, Silicone-based, and Oil-based.

Water-based lubricants come in many consistencies and in many forms, such as flavored, warming, and stimulating. They can be used anywhere on the body, and are compatible with all sex toys, condoms and dental dams. Flavored lubricants are more likely to contain glycerin (a type of sugar), which may cause yeast infections in some women. In addition, many water-based lubricants contain preservatives called parabens that may cause irritation in individuals with sensitive skin.

Silicone-based lubricants are extremely slippery, and last much longer than water-based lubricants. They may be used on any part of the body but unlike water-based lubricants, soap and water are needed for removal. Silicone-based lubricants will stay slippery when used in water, which makes them great for showers, pools, and hot tubs. While they are condom and dental dam compatible, they are not compatible with silicone or elastomer sex toys. Silicone-based lubricants and silicone/elastomer toys may bond together resulting in a permanent sticky mess that has ruined an otherwise premium toy. If you want to use a silicone-based lubricant with your silicone/elastomer toy, you could do a small patch test on the base of the toy. If no reaction occurs after a few minutes you are probably safe to use those products together. If a reaction does occur, simply put a non-lubricated condom on your toy and tie the base of the condom in a knot to prevent the lubricant from bonding with your toy.

Oil-based lubricants are incredibly slippery and virtually never dry out. Vaseline, coconut oil, massage oil, and body lotion are all examples of oil-based lubricants. Because these lubricants are highly viscous, soap and water is required for removal. These lubricants are NOT condom or dental dam compatible, as they will break down latex. Also oil-based lubricants tend to be more difficult than water or silicone-based lubricants for the vagina to naturally clear away. They may stay in the vagina longer than other lubricants, which will change the pH and possibly lead to an overgrowth of bacteria or yeast. For this reason, we do not recommend that women use oil-based lubricants until they know how it will affect their body. We usually recommend oil-based lubricants for male masturbation and anal sex only. Oil-based lubricants will not break down Trojan Supra polyurethane condoms, Trojan Natural Lamb condoms, or The Female Condom.

Tip: For anal sex, we recommend a thicker lubricant as it tends to give more cushioning thus allowing a more comfortable experience.

VIP favorites:

Water-based: Liquid Silk—which never gets sticky; Maximus—Liquid Silk’s slightly thicker cousin, made specifically for anal sex; Sliquid Organics – organic ingredients & free of glycerin and parabens

Silicone-based: Pjur Eros—concentrated so a little goes a long way; Wet Platinum—long lasting and silky smooth.

Oil-based: Stroke 29—starts as a cooled cream and warms to be smooth and viscous; Elbow Grease—comes in many consistencies, also in warming or cooling.

LUBE COMPATIBILITY CHART:

| Lube base | Water | Silicone | Oil |
|-----------|-------|----------|-----|
| | | | |

| | | | |
|---------------------------------|----|--------|-------------------------|
| Vaginas | OK | OK | NOT USUALLY RECOMMENDED |
| Penises | OK | OK | OK |
| Anuses/Rectums | OK | OK | OK |
| Silicone Toys | OK | NOT OK | OK |
| Latex Condoms Or Dental Dams | OK | OK | NEVER |
| Polyurethane Condoms | OK | OK | OK |

Male Performance Enhancers

These products contain a range of pills, creams, and sprays designed to enhance male sexual performance.

Enhancers sold in pill form are herbal supplements designed to either increase stamina, or to increase blood flow, thus producing harder erections. As with any dietary supplement, it is important to be aware of the ingredients, and to consult your physician before use. We do not recommend using these supplements to treat any form of erectile dysfunction (ED) without first consulting your physician. Also, if you have high blood pressure or heart disease, you should not take these products.

Although each pill's formula is proprietary, there are some ingredients that appear in many of these products:

L-arginine: L-arginine (C₆H₁₄N₄O₂) is an amino acid present in the proteins of all life forms. It is a precursor of nitric oxide, which assists in vasodilation, or a widening of blood vessels. It is also reputed to increase sperm count and motility.

Caffeine: The effects of caffeine are well documented. In addition to its overall vasodilation effect, which can help sustain erections, many people find it easier to enjoy sex while awake.

Damiana, Ginkgo Biloba, Ginseng, Horny Goat Weed, Maca, Rhodiola Rosea, etc.: These are all herbs that are helpful in improving various aspects of sexual functioning.

Enhancers in cream or spray form are designed to assist in "desensitizing" the penis in order to help prolong erections. The active ingredient in these is usually benzocaine or lidocaine, both of which are topical anesthetics. They prevent the nerves from sending signals to the brain. Use sparingly, because a little goes a long way. To keep these desensitizers confined to the penis, use a condom (be sure to remove the condom immediately after use, and thoroughly wash the genitals as topical anesthetics weren't intended for long-term use, or for sealing with latex).

Safety Notes: Never use desensitizers with products such as cock rings, or penis pumps.

VIP favorites:

Pills: Libi-grow, can create a full, hard erection.

Creams: Sta-Hard Erection Cream

Sprays: Stud 100

Female Sensitivity Enhancers

These products cover a range of applications from stimulating creams to topicals designed to tighten the vagina.

Stimulating creams are generally applied to the clitoris and work by dilating capillaries, thus bringing blood to the area, and heightening sensitivity. These creams come in a wide variety of intensities and sensory affects. These creams are typically highly concentrated, so a little goes a long way.

Tighteners work by carrying water into the vaginal tissue where the water is absorbed into cells. This absorption causes the cells to swell, closing the ducts between cells that moisture normally flows through. The double effect of swollen cells, and the absence of moisture, produces a “tighter” feeling vagina. Given the absence of moisture, it is very important to use a generous amount of lubricant when using tighteners.

While menthol, salicylic acid, and alum are the most common primary active ingredients in these products, there are other ingredients to keep an eye out for:

Glycerin, Fructose, and other sugars: Although it's not a problem for most people, those who don't want glycerin in their lube probably also don't want it in their vaginal cream. Yeast loves sugar no matter what form it comes in.

Aspartame, Saccharin: These are common artificial sweeteners.

Oil: Like all oils, these will break down latex. Don't use these products with latex condoms.

Silicone: Because some silicone toys are incompatible with some liquid silicone products, test your cream on the base of any silicone toy before using them together.

VIP favorites:

Stimulants: Intimate Organics Gentle or Intense

Tighteners: Intimate Organics Embrace

Other Desensitizers

Some desensitizing products are marketed for use during anal sex. The idea is that anal sex hurts and that numbing the anus will make it more comfortable. While it's true that applying a cream containing benzocaine or lidocaine will stop pain, this has some important health ramifications.

Pain being felt by the body can be a signal that some kind of trauma is occurring. Using a numbing agent to dull these signals may not tell the body that tissue is being injured. Continuing past the point of injury could potentially lead to permanent damage.

Despite their popularity, we recommend proceeding with caution when using products like Anal-Eze, or other desensitizers during anal sex and advise using a lubricant as well.

Intimate Organics Anal Relaxing Sprays do not contain any numbing agents, and may be a good alternative to products containing benzocaine or lidocaine. It does, however, contain oil so it shouldn't be used with latex condoms. Any water-based or silicone-based lube is also a great alternative. It will provide all the slipperiness you need for safe, comfortable anal sex.

BDSM Products

BDSM products are an umbrella term for toys designed to be used in bondage play. It is important when using these products to be as informed as possible about the safety risks involved. We have provided some online and local resources in the resources section of this guide to make sure that your use of these items are both sexually fulfilling, and health-positive.

Cuffs and Other Bondage Products

These products are designed to restrict mobility in the wearer. Cuffs designed for bondage tend to be safer, more comfortable, and easier to remove than other objects (such as scarves) used improvisationally. The primary safety concern when using these kinds of products is to repeatedly check for proper circulation. Make sure that anything restraining your partner has enough space in between their skin and the restraint (space enough for two fingers to easily slide between the skin and the restraint is a minimum amount of room). When using something such as bondage tape (which adheres only to itself, and not to skin), be sure to not wrap the tape too tightly. For bondage rope, do not use knots which are too hard to undo, and make sure that the knots being used will not pinch into your partner's skin. It is always a good idea to keep a pair of scissors handy in case a restraint needs to be suddenly removed.

Gags

Gags are used to restrict communication and, to a certain extent, breathing. There are several safety considerations when using gags. First, it's important to make sure that the gagged person can breathe effectively through their nose. If for some reason this isn't possible, gags which allow more air passage are also available. The other major safety concern with gags is communication. Whenever one partner is unable to speak, there needs to be an alternative way to communicate discomfort.



Nipple Clamps

Nipple Clamps function by restricting circulation in the nipple while being worn. The longer clamps are worn, the more sensation will be lost. When they are removed, however, sensation typically returns very quickly and with great effect. The sensory effects of nipple clamps are directly proportionate to both how tightly they were worn and for how long. For those first experimenting with nipple clamps, we recommend using those clamps which allow you to control the amount of pressure applied.

Floggers, Crops, and Paddles

Floggers and Crops come in a wide array of material, each of which will provide different sensations. For example, floggers made of soft-suede or rabbit fur provide less of a “sting” than floggers made of leather or rubber. Additionally, floggers may come with metal tips for more experienced users. Crops and Paddles, on the other hand, are generally a single piece of material (usually hard leather, or rubber), and tend to provide a more distinct pain when being struck with one. The amount of pain being felt when using any of these, however, is always proportionate to the ways in which they are used.

When using these kinds of products, always be conscious of where contact on the body is being made. There are certain parts of the body which should never be struck, regardless the material with which the product is made. Never strike the body on the lower back (near the kidneys), the stomach, spine, or head. As a general rule, the meatier or more padded parts of the body, such as the thighs, buttocks, and chest, are better suited for crops and floggers.

Additional information about BDSM practices can be found online. We highly recommend familiarizing yourself with all the safety information possible before experimenting with these products.

VIP Favorites:

Bondage: Under the Bed Restraint System; Metal Handcuffs; Fake Fur Handcuffs

Resources:

VIP

826 2nd Street

San Rafael, Ca 94901

415.485.4954

<http://www.eroticvipclub.com>

EduKink (BDSM Resource)

<http://www.edukink.org>

Marin Aids Project

<http://www.marinaidsproject.org>

415.457.2487

Marin County HIV and Hepatitis C Testing Hotline

415.499.7515

Planned Parenthood

<http://www.ppgg.org>

800.967.7526

San Francisco Sex Information (SFSI)

<http://www.sfsi.org>

415.989.7374

Scarleteen, Sex Ed For The Real World

<http://www.scarleteen.com>

SF Citadel (BDSM Resource)

<http://www.sfcitadel.org>

415-626-1746

Society of Janus (BDSM Resource)

<http://www.soj.org>

415-292-3222