

Oil and condoms don't mix : Baby oil, vaseline, olive oil, butter : If it contains oil keep it away from condoms ... / Health Education Authority.

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Oil and condoms don't mix.



Baby oil, Vaseline, olive oil, butter. If it contains oil, keep it away from condoms. It can ruin them.

So if you're using oil to give each other a massage, have a towel or tissue handy to wipe your hands.

And don't use anything as a lubricant that might contain oil. Such as a moisturiser like Nivea, or a hand cream. Even soap and shampoo have oil in them.

The only safe lubricant is a water-based one. Like KY, One to One, Clonezone, Bodywise and Boots own.



YOU CAN FIND OUT MORE ABOUT SAFER SEX BY CALLING ONE OF THE FOLLOWING NUMBERS.
THE NATIONAL AIDS HELPLINE ON 0800 567 123, THE TERRENCE HIGGINS TRUST ON 071 242 1010
OR LONDON LESBIAN AND GAY SWITCHBOARD ON 071 837 7324.

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