

Hawaiian Tropic supporting Rubberstuffers condoms and lubricant : safer sun - safer sex / RS Health Ltd. (Rubberstuffers).

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HAWAIIAN
Tropic®

SUPPORTING

rubberstuffers
condoms and lubricant



SAFER SUN - SAFER SEX

EL SPIRITU DE LA VACANTIONES

When the sun comes out and your shirts come off it's natural to get into that holiday spirit. Getting a bit of healthy colour can boost your self-confidence and make you feel really good. As long as this doesn't involve damaging your health then there is nothing wrong at all. This pack is put together to give you some hints on having fun holidays without worrying about your health.

TOMAR EL SOL

With the thinning ozone layer all experts now agree that the safest way to protect yourself from the sun is to use a complete sun block. Here are a few ways to get this tan as safely as possible:

Get high with your sun cream. It takes 3 days for melanin to develop in your skin. This means that to begin with you're at a higher risk of burning and possible skin cancer. Start with a higher factor such as Hawaiian Tropic Sun Lotion SPF 15 and, over a week or so, gradually work down to a lower SPF (Sun Protection Factor), such as Hawaiian Tropic Carrot Gel SPF 8.



Kiss your lips with a sun block lip balm and someone might kiss you back. Hawaiian Tropic produce a lip balm SPF 15 in mint or cherry - which are not only delicious but guaranteed to keep your lips soft and kissable all through your vacation.

Remember that things like swimming or wrestling with life-guards on the beach can rub off your sun cream, so re-apply your lotion as often as possible. Or better still - get that gorgeous hunk you've had your eye on to do it for you! And if you plan on an active holiday why not try Hawaiian Tropic Sport Plus lotion SPF8 - which protects you no matter how much you sweat or swim.

For a higher factor that is hypo-allergenic for those of you with sensitive skin, why not try Hawaiian Tropic Baby Faces and Tender Places SPF 25 - ideal if you are showing those parts where the sun don't normally shine!

For those awful moments when you realise you've spent a little too long in the sun, Hawaiian Tropic Aloe with Tea Tree Oil Aftersun will cool you down and soothe your skin almost instantaneously.

LAS FIESTAS

If your holiday is raving around the clubs in Ibiza or sinking sherries in Sitges then here are some things to bear in mind:

Suddenly being somewhere hot having stayed up all night drinking your duty free allowance makes it so easy to fall asleep on the beach. Sleeping off a night out might seem attractive until you wake up bright red and unattractive. If you're tired take an alarm clock to the beach and set it to wake you up. This might sound silly, but it's better than getting your skin blistered.

If you've had lots to drink you can easily dehydrate and get sun stroke. Make sure you drink lots of bottled water, especially if you want to maintain your youth and beauty!

And if you're in the partying mood it can be harder to keep to safer sex. The following tips might make it easier:



MAS FUERTE ES MEJOR

Take extra strong condoms and lots of water-based lube on holiday with you - it might be difficult to get suitable condoms and lubricant abroad. Rubberstuffers packs are free in virtually every gay venue in London. Stock up before you go!

When you go out on the pull always have condoms and lubricant with you - don't rely on the other guy to have them and certainly don't expect the venues to stock them.

Remember that all of your happy memories of a holiday will be ruined if you end up worrying that you put yourself or someone else at risk from HIV.

Remember that most suntan lotions are oil based. So you need to take extra care that suntan oils and lotions don't get near your condom when you're having sex. Oil can weaken rubber very quickly and could cause the condom to break!



ELEXIONES DE SEXO

Here are some handy phrases to get that cute continental to have safer sex - we've given them to you in French, Italian, Spanish and Greek

I want to use a condom

Je veux utiliser un préservatif (Fr)
Voglio usare un preservativo (It)
Quero usar un condom (Sp)
Χρειάζομαι προφυλακτικό (Gr)

Can I suck you off?

Je peux te sucer?
Posso succhiarti
Puedo chuparte la polla?
Θέλεις να σε γλύψω;

Have you got any lubricant?

As-tu du gel?
Hai del lubrificante?
Tienes lubricante?
Έχεις λιπαντικό;

Is it in yet?

Est-elle dedans?
E dentro?
Es ta dentro ya?
Είναι μέσα ακόμη;

I'd rather have a blow job

Je préférerais me faire sucer
Preferirei farmi succhiare
Prefero que me chupa la polla
Θέλω μια πι'πα

Have you seen my wrist watch?

As-tu vu ma montre?
Hai visto il mio orologio?
A visto mi relo?
Έχεις δει το ρολοί μου;



Rubberstuffers is the HIV prevention charity providing 50,000 free condom packs a month on the gay scene in London and backing this up with education and support for gay men.

Rubberstuffers 24hr information line 0894 80 80 99*

*calls cost 25p/min at all times.

**Rubberstuffers packs are free on the gay scene in London.
Will you talk to him about HIV, or will you just use one?**

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RS Health is a charity (1053655) and a company limited by guarantee (2831103)