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## DIY Personal Lubricant

FEBRUARY 4, 2015 | BY: TIFFANY | 9 COMMENTS





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## “Honey! Can we try something new tonight?”

My poor husband has probably heard those words more times than he'd like to admit. And not every time works out to be pleasing, yummy, or fun. Sometimes it means an awful, terrible, disgusting dinner failure. Other times it means I am holding him down and telling him he doesn't have a choice about dripping coconut oil up into his nasal cavity (which is very helpful, in case you were wondering) ... Hey don't judge! It was Friday night and he was complaining and saying he was sure he had a sinus infection. I can't help but play doctor mom, especially when doctor mom is the only option. This time however, there were no complaints about my experiments.

Let me back up a little...

## Your Personal Lubricant is Problematic

Those super slippery store-bought lubes are not exactly all you've ever dreamed of. Yes, they do what they are designed to do but that comes at a price that most women don't know about. At one time I was one of those women. Let's go over it all shall we?

### Sugar – Lubes Dirty Little Secret

If you know much about the vagina, you will know that there is a delicate balance of yeast and bacteria (some good), and when that balance gets thrown out of whack you end up smelling like a fish and we won't go into cottage cheese... Oops... Did I say too much?

As you are prepping for a night of fun and the lubricant comes out, the last thing on your mind is that delicate balance, or that your personal lubricant is loaded with SUGAR! And that evil sugar has a very good chance of interrupting your delicate vaginal balancing act, and the next thing you know you are running to the store to buy some over the counter medication to treat a yeast infection (If you want to know how to [deal with yeast infections naturally](#) we've got you covered). All because you wanted to have a little fun.

And you thought there was something wrong with you! All this time it was really your lubricant. Now, it won't cause an infection every time, but for some women this can cause lots of issues. If your personal lubricant has anything in the ingredients like glycerin or glucose then steer clear.

## Parabens... Err... Paradoxes

Parabens are synthetic preservatives. They can be absorbed through your skin, or through the vaginal wall and can cause all kinds of trouble. Parabens cause hormone disruption by mimicking estrogen in your body, they kill vaginal flora and feed candida causing an increased chance of bacterial infections or yeast infections, they can decrease fertility, and cause cell damage. Which increases your risk of breast cancer.

## Other Ickies...

Additionally, commercial personal lubricants often contain petroleum, silicone, phenoxyethanol, propylene glycol, and chlorhexidine. To find out why these ingredients are also ickies that you don't want in your lubricant, check out our previous post on [lubricant](#).

## Introducing DIY Personal Lubricant

Let's face it, when you live a natural lifestyle you quickly find yourself making everything... and I really mean everything. Which then causes a lot of corner cutting. Why make eye liner when you can just bust a capsule of activated charcoal open and wet your eye liner brush? Why make personal lubricant when you can just grab the nearest jar of coconut oil (yes jars of coconut oil are everywhere in my house), and use liberally?

And yes that is totally an option. I've done that many, many times. But sometimes that just doesn't cut it. Coconut oil is great but it tends to need reapplication frequently and it can be a little sticky in comparison to a commercial lube. So I went on a search to develop a safe natural lube that was, well, a little more fun. In the process I discovered a world of natural lubricant options beyond coconut oil.

## Possible Personal Lubricant Ingredients

Finding what is just right for you in your DIY lubricant shouldn't take too much work. Combining your

choice of ingredients may take a little work. Or you can cut corners and try our recipe or some others that we also recommend at the end of this post. As for ingredients that can generally be used safely in lubricant, here's our list:

- coconut oil,
- pure aloe vera gel,
- olive oil,
- flax-seed oil,
- essential oils,
- vitamin E oil,
- almond oil,
- distilled water

Like everything in life there is no perfect solution. DIY lubricant recipes often don't last as long as their commercial counterparts. Also, if you are using any kind of oil, which most recipes do, then they are not safe to use with latex condoms. Luckily there are other options and you can use polyurethane or other non-latex options instead. Or you can make a water based lubricant.

## Slippery DIY Personal Lubricant

### INGREDIENTS

- 1/4 C. Aloe vera gel
- 1/4 C. Flax seed oil
- 5 Drops Peppermint essential oil
- 12 Drops Sensation essential oil

### INSTRUCTIONS

1. Add all ingredients to glass jar or squeeze tube. Shake to combine. Keep refrigerated. Use liberally.

## NOTES

Other great essential oils to try are Black pepper, Geranium, and Ylang ylang.

To make this lubricant safe with latex you are going to have to omit everything and just use aloe vera gel.... yeah I know that isn't the same at all... Better yet, get an alternative kind of condom. You don't want to miss out on this lube.

## Other Awesome Lubricant Recipes

[Homemade Natural Personal Lubricant](#) – Yogi Mama

[The Personal Lubricant That Will Change Your Life!](#) – Oh Lardy!

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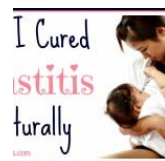
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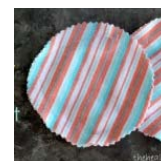
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laura says

[June 10, 2015 at 6:43 pm](#)

What's the benefit of black pepper in this?

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Tiffany says

[June 15, 2015 at 2:20 pm](#)

The black pepper gives it a warming sensation and the peppermint gives it a cooling sensation. It makes for a fun combo.

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Jane says

[August 4, 2015 at 3:35 pm](#)

i have this 99% aloe vera gel made my lily of the desert. can i use that?

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Tiffany says

[August 5, 2015 at 7:26 pm](#)

Personally, I wouldn't.



The goal is to have an all natural product, and although it is mostly aloe I would still stick to the 100% aloe.

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cheryl says

[August 18, 2015 at 3:59 pm](#)

its not gonna burn the vagina or penis??

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Tiffany says

[September 1, 2015 at 2:30 pm](#)

No burning. It will be tingly but no burning. 😊

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Debbi says

[August 19, 2015 at 11:48 am](#)

if using the other oils... Geranium, ylang ylang, black pepper how many drops of those?

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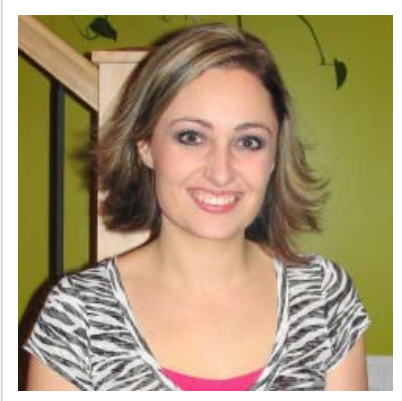
Debbie says

[August 30, 2015 at 4:57 am](#)

A comment on the essential oils. They are supposedly natural but I react the same as I do with artificial fragrances: with an allergic reaction. Any alternatives to suggest? I'm also scared of putting anything on my vagina that came from a commercially bought bottle of aloe Vera gel:

any particular brand that you are certain is safe? Thanks.

[Reply](#)



Tiffany says

[September 7, 2015 at 12:56 pm](#)

With your extra sensitivities I would just do without the oils. The recipe would lack the fun tingle, but will still work as a lube. I was also concerned about what aloe vera gel to use. The one recommended in the recipe is the best I have found. You could also extract the aloe from the plant yourself, and then blend it up.

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