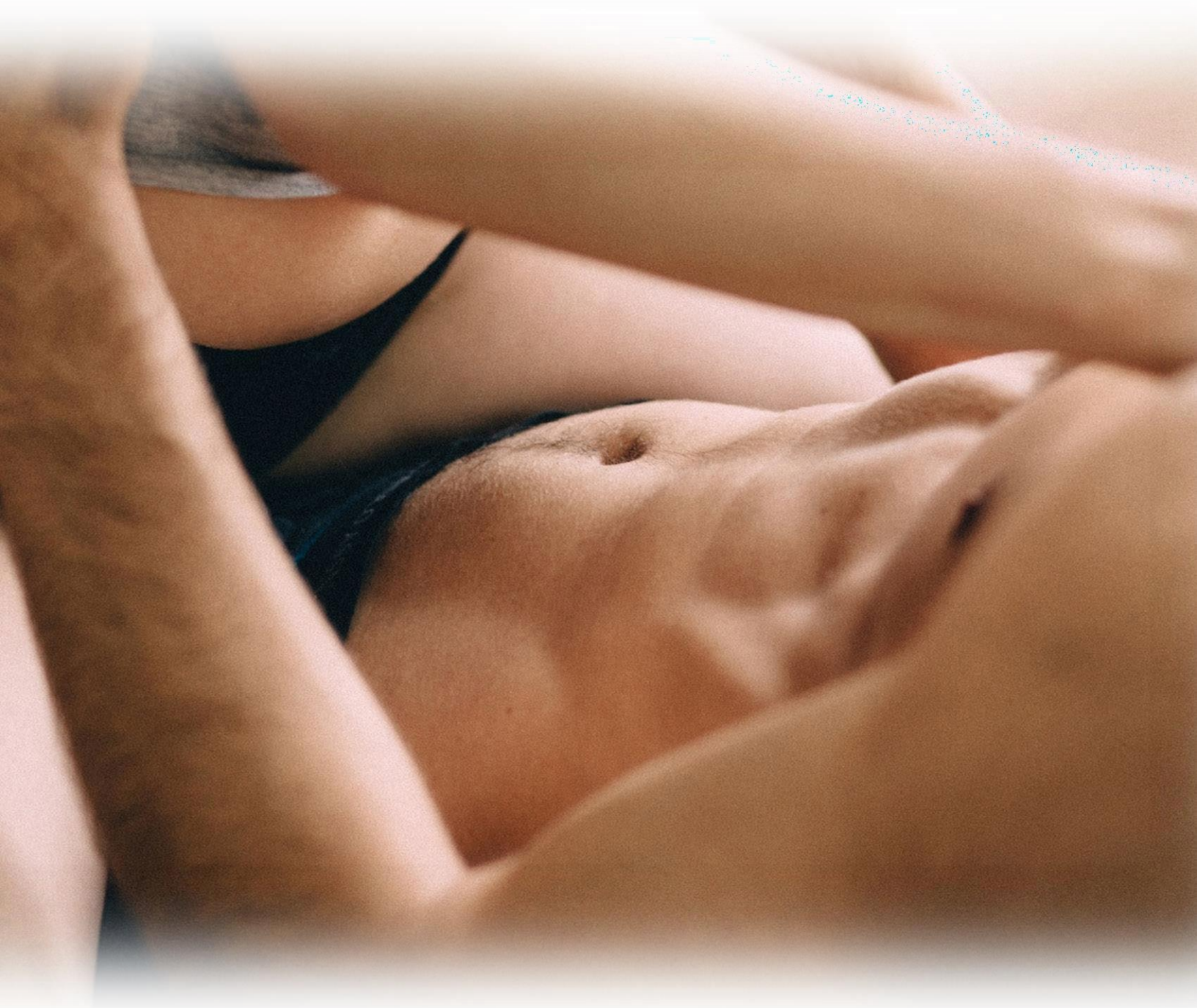




LUBE RECIPE

FOR YONI MASSAGE, LINGAM MASSAGE, GENITAL & FULL BODY PLAY



**Step by Step Instructions for
Making Your Own Lubricant**

TOOLS YOU WILL NEED:

- ✓ 1 Sterilized Blender
- ✓ 1 - 32oz/1quart Glass Jar Sterilized
- ✓ 1 - 3-quart Stainless Steel Pot
- ✓ 8 - 4oz Phthalate Free/Food Grade Plastic Bottles- recommend squeeze tubes to ensure mixture stays hygienic (*look for plastic with recycling codes 1, 2, or 5*)

THREE WAYS TO STERILIZE BOTTLES

INGREDIENTS YOU WILL NEED:

- ✓ 1 - 16oz container of ORGANIC COCONUT OIL
- ✓ 1.5 cups Pure ALOE VERA GEL
- ✓ 1/4oz VITAMIN E OIL
- ✓ 20 to 45 drops LAVENDER OIL (or preferred)

MIXING INSTRUCTIONS:

1. Fill pot with water and turn on burner at a low boil.
2. Fill glass jar with approx. 14oz of solid COCONUT OIL and put entire jar in pot to melt. Do not let the coconut oil boil. You just want it warm, not hot!
3. Once the COCONUT OIL has melted, turn off the heat and make sure the oil is warm, but not hot.
4. Add 1.5 cups of ALOE VERA GEL to the mixture and stir with sterilized metal

spoon to melt any pieces of COCONUT OIL that may have hardened due to the cold temperature of the ALOE VERA GEL.

5. When all is 100% liquid, carefully remove jar from the pot of hot water and pour into blender.
6. Add 1/4 oz VITAMIN E OIL.
7. Blend on low until the mixture has a uniform, creamy color and texture.
8. Add 20-45 drops of food grade LAVENDER OIL and blend gently one more time.
9. Pour directly from blender into 4oz bottles.

PLEASE NOTE: We advise storing extra bottles of lube in the fridge, as the pure ALOE VERA GEL is degradable over time. It is safe to store your active bottle of lube outside of the fridge anywhere from 4-6 weeks. Make sure to smell it before each use and if it smells rancid, then don't use.

FAQ'S

CAN I USE THIS WITH CONDOMS? Not for use with condoms. We recommend using a water-based lube

CAN I USE WITH SEX TOYS? Yes. Coconut Oil is great to use with REAL silicone sex toys, glass, metal, ceramic, etc. It is NOT compatible with the low-grade sex toy materials TPR, TPE, jelly, rubber, latex, vinyl, PVC, and so on.

CAN I EAT IT? Yes! All ingredients are safe to ingest orally, as well as vaginally and anally.

PLEASE NOTE: Because this lube is oil based, it is not recommended for women who have chronic urinary tract infections.

ABOUT THE INGREDIENTS:



COCONUT OIL: Helps heal skin and soothe tissue. It has antimicrobial and anti-fungal properties.



ALOE VERA GEL: Helps soothe and heal tissue. Aloe Vera is the ultimate Yoni medicine



VITAMIN E OIL: Used as a preservative and skin nutrient

LAVENDER OIL: Has anti-inflammatory, anti-microbial, anti-fungal properties. It also increases circulation and help neutralize toxins.

© 2012-2022 Copyright, Devi Ward Erickson, Founder, Institute of Authentic Tantra® Education Ltd. All rights reserved. Used under license.

Authentic Tantra® and Tibetan Tantra™ are trademarks of Devi Ward Erickson and the Institute of Authentic Tantra Education Ltd., and used under license.

Recipe redistributed by: Diana Pompilii-Rosi of Awaken Your Pleasure. I invite you to visit my website at: www.awakenyourpleasure.com.

