

# WHICH CONDOMS GIVE YOU A RISE, MZANSI?

WE ARE RESPONSIBLE

**S**OME CONDOMS are flavoured, others glow in the dark and some enhance a lovers' pleasure – but one thing is for sure: condoms add a lot of fun in the bedroom.

"Variety is the spice of life," said Jodi Gardner, store manager at the Rosebank branch of a Gauteng chain of adult stores aimed at women.

Gardner argues with a smile that, contrary to popular belief, condoms need not be "passion killers" – in fact, if they are used with a little imagination, they can add excitement to one's love life – especially during foreplay.

"There is a wide variety of condoms on the market that are designed to make sex more fun and pleasurable.

"You get ribbed ones, studded ones, flavoured ones – such as banana, strawberry, orange, blueberry and even passion fruit – would you believe?"

"Then there are the ultra-thin 'fetherlite' ones, glow-in-the-dark ones, tingly ones that feel cool on the skin, ones that heat up during lovemak-

ing, and of course condoms that help the man to last longer . . ." Gardner said.

Most condoms are made of latex, but for people who are allergic to this substance, there are latex-free condoms available too.

All condoms are lubricated, but Gardner warned that oil-based lubricants – such as massage oils, Vaseline or baby oil – must NEVER be used. They cause the condom to weaken and break. Instead, use only water or silicone-based lubricants together with condoms.

"Condoms have an important function by protecting a couple from HIV, sexually transmitted infections and accidental pregnancy – but they don't have to be boring. They can go a long way to making people's sex lives more exciting and intimate, not to mention a whole lot more fun," said Gardner.

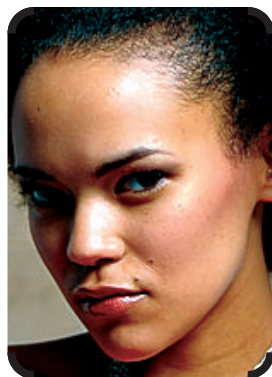
♥ For more information, visit [www.lolamontez.co.za](http://www.lolamontez.co.za) or you can call 086 156 5266.



Here are some tips for making condoms an exciting part of lovemaking:

- ♥ Keep a variety of condoms – plain, ribbed, flavoured – to keep things interesting.
- ♥ Keep condoms at your bedside, so that you don't lose the passion of the moment by searching for them.
- ♥ For safer – but still fun – sex, try using flavoured condoms during oral sex.
- ♥ Let the woman put the condom on – this can be a highly erotic experience for both lovers.
- ♥ More adventurous women can use their mouths to put on the condom, but must take care not to damage it with their teeth!

## Condoms that get celebs' groove on



Phumeza Dlwati



Morale



Mpho Maboi

THERE are many types of condoms on the market – and many have personal choices! This is what celebrities said are their favourite condoms when it's time to get jiggy with their lovers:

♥ **Radio personality Mpho Maboi:**

"My favourite condoms are

Durex – especially the flavoured variety.

"There's nothing better than a whiff of, say, mint in the middle of the act. It excites all senses, and puts the fun element into an otherwise already exciting act."

♥ **Channel O presenter Chuma Phiri:**

"My favourite condoms are the Durex Mint flavour. It's all about the motion and the air reacting with the condom, which creates that tingly feeling which excites both the man and the woman during the heat of things.

"But I also like Contempo

Wet and Wild. It makes things easier for me especially, because not too much foreplay is necessary – so I can safely say it's for

those more spontaneous times!"

♥ **Singer, model and actress Phumeza Dlwati:**

"My favourite condoms are definitely Lovers Plus, the flavoured ones! They are a trusted brand and have been in the market for a while now. The flavours that really excite me are strawberry and bubblegum!"

♥ **Hip-hop artist Morale:**

"I like using Durex condoms. They make sex pleasurable, they are reliable and don't break, and they are very comfortable."

## Test and win!

PROTEAS cricket captain and Brothers for Life Ambassador, Graeme Smith, wants you to test for HIV during this Cricket World Cup – and you could win a Proteas jersey signed by him!

To enter, send your name, a picture of yourself getting tested and the date on which you tested for HIV to [joinbrothers@jhuccp.co.za](mailto:joinbrothers@jhuccp.co.za). All pictures will be posted on the Brothers for Life website. Winners will be announced on the final day of the Cricket World Cup.

Smith, one of the Brothers for Life Ambassadors promoting HIV testing, led from the front on World Aids Day when he publicly tested for HIV. He said: "I encourage all men to take responsibility for you and your families, and I encourage you to go get an Aids test."

This Brothers for Life initiative forms supports the Minister of Health's campaign to get 15-million South Africans tested for HIV by June 2011.



## NEGOTIATING CONDOM USAGE

Dear Brothers for Life

My girlfriend and I have been together for two years now, and I love her very much.

This is my problem: she still wants me to use condoms every time we have sex. I am faithful to her and she can trust me, but she says this has nothing to do with trust and everything to do with our health.

What can I do?

■ Worried, Ivory Park

Brother, your girlfriend is right to be concerned about your health and sexual wellbeing.

Firstly, the only way to prevent pregnancy and protect yourself against contracting HIV/Aids or other sexually transmitted infections is to use condoms correctly, every time you have sex.

Your letter doesn't say, but have you both been tested

for HIV? The government is currently busy with the biggest HIV counselling and testing campaign ever, to get 15-million people to test – and you can be tested for free.

Secondly, your girlfriend has the right to insist that you use condoms whenever you have sex. It is her body and her life. It is sometimes difficult for women to negotiate using condoms with their partners, but you must respect her: no CD, no love!

★ Look out for the Brothers for Life health supplement in Daily Sun on the last Monday of each month. Please let us know what you think of this supplement, or send questions about next month's supplement on TB, by SMSing B4L and your questions to 34582. Each SMS costs R2.

★ BROUGHT TO YOU BY BROTHERS FOR LIFE ★