

THE GOOD CONDOM GUIDE

We've carried out exhaustive research to bring you the very best condom info – from the raunchiest rubbers to sexy roll-on tips. No man will turn down safe sex with you again. Happy Christmas!

To have the best sex, you need to be totally relaxed – this means not diving into bed with the stress that you're not using protection in the back of your mind. 'Of course you don't want to miss out on the spontaneity of a sexual encounter, but you have to feel confident to insist a man wears a condom,' says Emily Dubberley, author of *Brief Encounters: The Women's Guide To Casual Sex* (£10.99, Fusion Press). She adds, 'It's also more important that you respect yourself enough to insist on protecting yourself against STIs.' To guide you through the mind (and body) boggling array of condoms on the market, we've rounded up all the textures, flavours and shapes, so you can stock up and know what you're getting. We've also done extensive research, to bring you the sexiest ways for him to get it on in rubber.

But, first things first – you've got to feel good about negotiating that condom moment. Dubberley advises: 'It's worth having the condom conversation well before sex has entered the equation – when your clothes are still on but it's obvious that you're going to be having sex. If you aren't sure whether sex is going to be on the cards, you can always slip it into conversation by mentioning a friend who you think is clueless because she goes out and has unsafe sex. Yes, it'll be obvious what you're intimating, but it gets it out of the way.'

SEXY ROLL ON TIPS

'Put a drop of lube in the tip of his penis using one hand, and roll the condom down the shaft with your other,' suggests Dubberley. 'Or hold the teat of the condom between your lips, then gently roll it over his penis using your lips and fingers. Or you could try putting on the condom by feel alone, while you kiss him – it's also handy for sex in the dark!' If you leave it to him to put the condom on, make sure you keep him stimulated and spur him on – perhaps with some teasing ball play!

BEST FOR FLAVOUR

PASANTE MIXED FLAVOURS

£7 for 12,

www.temptationsdirect.co.uk



What's it like? A lip-smacking medley of chocolate, mint, vanilla, blueberry, banana and strawberry flavours in each selection pack will give your taste buds (among other things) a treat.

Sex tip: 'Team these with flavoured lubricant,' suggests B's sexpert, Sarah Hedley, 'for a tastier, safer blow job.'



CONDOMI FLAVOURED

£3.75 for 10, www.14-condoms.co.uk

What's it like? Comes in anything from fruity apple to exotic coconut, vanilla, tutti frutti, or the ever-classic banana.

Sex tip: 'Get some condom-friendly body chocolate and feast on each other,' suggests sex psychologist Dr Petra Boynton. Be warned, though, while you might be tempted to combine food with flavoured condoms, never use any real food with latex condoms as the condom will rot and be useless. 'If you are usually put off by the smell of latex, these are perfect,' says Hedley. 'The vanilla is the best, and it's meant to be an aphrodisiac for blokes, so just getting the rubber out alone should have him in the mood!'

BEST FOR LUBRICATION

DUREX TINGLE

£7.33 for 12,

www.pharmacy2u.co.uk



What's it like? It's coated in a special lubricant to create a gentle, tingling sensation.

Sex tip: Dr Boynton says, 'Take advantage of the tingly sensation by rubbing his penis over your clitoris, then tease him inside you gently.' Or, if you want to try it while you're

alone, Hedley suggests putting the Tingle on your vibrator. 'Then, if you get a reaction to it, you can wash it off.'



TROJAN SHARED PLEASURE

£9 for 12, www.14-condoms.co.uk

What's it like?

Contains a special lubricant which creates a warm sensation when you both get aroused.

Sex tip: 'Suggest he gives you a clitoral massage, with the head of his condom-clad penis, so the warming sensation hits you in your most sensitive spot!' says Hedley.



SUPER SAFETY

MATES ULTRASAFE



£4.99 for 12, www.lovehoney.co.uk

What's it like? The contoured shape gives extra sensitivity and anti-slip reassurance.

Sex tip: 'With the snug fit of this one, he'll be able to feel everything, so lie back once he's inside and squeeze your legs together for extra friction,' suggests Dr Boynton.

SAFEX FORTE EXTRA

£4.65 for 12, www.14-condoms.co.uk

What's it like? Premium latex gives extra protection.

Sex tip: Dr Boynton says, 'Limber up for a marathon session – thicker condoms will make him last longer, so go for it!'



DUREX EXTRA SAFE

£4.75 for 12, www.britishcondoms.com

What's it like? Slightly thicker with a more fitted

shape, so slide on with some lubrication.

Sex tip: 'The more lubrication there is, the less sensation-giving friction you generate, so indulge in plenty of foreplay to make sure that you both get satisfaction without penetration first,' says Dubberley.

HOW TO DEAL WITH HIS CONDOM EXCUSES

'Some men have a strong objection to wearing condoms, claiming that it ruins the experience for them,' says Dubberley. 'There may be a degree of truth in this, but it won't ruin the sensation as much as catching an STI will.' Don't let him anywhere near you until he's got a condom on, just in case he goes for the 'oops, I slipped' approach. To protect you both, use with one of these lines...

HIS EXCUSE: 'I don't have any'

HOW TO DEAL WITH IT: Dubberley says 'Always carry condoms yourself. Any bloke who's worth having sex with will have no problems about a woman who carries condoms: if he's hung up about it, think yourself lucky that you've discovered he's an idiot before you've had sex with him.'

HIS EXCUSE: 'I'm just too big/small to wear condoms'

HOW TO DEAL WITH IT: 'Carry different types,' says Dubberley. 'Trojan

Magnums are great for men who complain they're too well-hung for rubber.'

HIS EXCUSE: 'They make me go limp'

HOW TO DEAL WITH IT: 'Suggest putting some lubrication inside the condom,' says Dubberley, 'it will give him extra friction and sensation.'

HIS EXCUSE: 'It will ruin the mood'

HOW TO DEAL WITH IT: Dubberley says, 'Make it all part of the foreplay, and sexily help him into it!'



STIMULATION

DUREX FETHERLITE



£4.75 for 12, www.britishcondoms.com

What's it like? It's made from ultra-fine latex, specially designed for extra sensitivity.

Sex tip: 'Learn how to put the condom on for him by feel alone, so you can look deeply into his eyes the whole time,' says Dubberley. 'This is a good condom to use if he's had a few drinks,' adds Hedley, 'as he might be feeling a bit numb.'



DUREX PLEASUREMAX

£3.29 for 3, www.mypharmacy.co.uk

What's it like? Has a uniquely-positioned ribbed and raised dot texture, designed to maximise stimulation for you both.

Sex tip: Dubberley says, 'For extra clitoral stimulation, go on top, lean forward as far as you can and grind up and down against his

penis.' Get him to wear an O-Gasm Vibrating Ring of Joy Cock Ring (£4.99, www.feelconfident.co.uk) for added thrills.



LATEX ALLERGIES

Most condoms are made from latex, which can cause an allergic reaction in some people. The good news is there are alternative materials, so you can still enjoy safe sex without the discomfort. If you think you might be allergic to latex, polyurethane or natural lambskin varieties are available, although it's important to note that the latter variety DO NOT protect against STIs.



DUREX AVANTI

£14.60 for 10, www.britishcondoms.com

What's it like? It's made from ultra-thin

polyurethane, designed to make sex feel more intimate. The best choice if you're allergic to latex.

Sex tip: Boynton says, 'Treat each other to a sensual massage. Unlike latex, polyurethane doesn't disintegrate when you use massage oil, so you're free to indulge.'



TROJAN SUPRA

£4.85 for 6, www.undercovercondoms.co.uk

What's it like? So sheer, these condoms are the closest feeling to skin-to-skin and are totally odourless, so shouldn't dampen his ardour.

Sex tip: Because these rubbers transmit body heat so effectively, generate plenty with a full body massage first. Try it with handcuffs so that the massage doesn't come from your hands! □

YOUR CONDOM CONUNDRUMS SORTED

HOW CAN I CHECK IF IT'S SAFE?

In the UK, we have two ways to tell if a brand of condom has been properly tested and shown to be of a high-quality: the BSI Kitemark and the European CE mark. Before you use a condom, you should also check the expiry date on the condom package. If it's past its sell-by date, throw it away.

I'M TOO EMBARRASSED TO BUY THEM!

Save your blushes by going online – all the websites listed on these pages have

huge ranges of different brands of condoms and sex aids, and deliver discreetly to your door in plain packaging.

WHAT BRAND SHOULD I GO FOR?

The most popular brands are: Durex, Trojan, Mates, Condomi, QC, Safex, Pasante and Sure.

HOW SAFE ARE THEY?

Condoms are 97 per cent effective as a method of birth control and there is no other contraceptive method that can protect you from STIs.