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5 Tips For Eco-Friendly Sex

Saving the planet, one sexy romp at a time. Tips for eco-friendly sex.

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recycle and its building block, vinyl chloride, is actually a human carcinogen. The plastic is often further softened with phthalates, a controversial family of chemicals. Mr. Vibrator not looking so friendly now, huh? The solution to this plastic problem? Go glass. Glass toys, while cold and not battery-operated, ensures that what you put in [your body](#), eh-hem, is environmentally sound. 📌 [Green Sex Toys?](#)

3. **Keep the lube au naturel.** Whereas conventional lube can be chock-full of dubious 7-syllable ingredients (and can't guarantee no animal testing), organic lube is typically water-based and incorporates [essential oils](#) to make the erotic experience better for your body. Check out [Yes, the first organic-certified personal lubricant of its kind](#). The products in this line are completely free of silicones and petroleum ingredients.

4. **Take showers together.** What better way to multi-task—getting clean and possibly getting dirty at the same time! Plus, you will also [save water](#). Win for good shower sex, win for the environment. Just make sure to keep these encounters a quickie. 📌 [The Joy Of The Quickie](#)

5. **Turn the lights off.** Tell your lover, it's not about your [insecurities](#), it's about saving the Earth, damn it!



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Not that we're complaining—being fellow Earthlings and all—but it seems that just about everything and its cheap knock-off is "[going green](#)" these days. But no green lifestyle is complete without some eco-friendly habits in the bedroom. With these five [environmentally friendly](#) sex tips and products at your disposal, it sure brings a new meaning to being sustainable in bed, eh?

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1. **Buy organic... lingerie.** And no, we aren't talking about a whip cream bikini. (Besides, don't those use aerosol?) Lingerie company, Urban Fox, has an [all-organic line](#) featuring nighties made of bamboo jersey and organic cotton. Going green isn't always cheap, however. A set will cost you around \$80. Hey it's either that or [this solar-powered bra](#). Your choice, my friend.

📌 [Go Green \(In Bed\)](#)

2. **No more plastic.** To achieve softness and flexibility, many erotic toy companies use PVC plastics in their products. PVC, or polyvinyl chlorides, are impossible to

