

She encourages people to experiment with different strains in small doses and suggests masturbating first to gauge the mind and body response. Because cannabis impacts short-term memory, she said it's a good idea to write it down.

Besides flower, Manta recommends Foria's THC and CBD oil "lubes" for those who are curious. The term is a bit of a misnomer because it's more a sensation-enhancing oil than an actual lubricant.

I enjoy a THC-loaded oil called Night Moves from the San Francisco-based brand Quim. Made with MCT oil, cannabis oil, tea tree oil and damiana, it takes at least 30 minutes to kick in and cannot be used with latex condoms, but it sure packs a vaginal punch. The whole bottle is 50 milliliters and contains a total of 350 milligrams THC, but eight to 10 pumps should be enough for one romp in the hay.

I also like to mix concentrates and sex, though admittedly, it isn't for cannabis newbies. The Puffco Peak, which is essentially a futuristic dab rig that self-heats and doesn't require a blowtorch (it is also highly portable) is, hands down, the best dab tool on the market right now. The extreme head rush and body sensation one gets from dabbing kicks sex up to an unimaginable level. Sensations are felt stronger, inhibitions are lowered and, for me, deeper connection is achieved. Sometimes, my partner and I use it during sex for a mid-sesh punch up.

Edibles are another obvious choice. Like with anything else cannabis-related, users should know how their bodies react to edibles before mixing anything as emotionally and physically engaging as sex into the equation. But because edibles produce phenomenal body highs, it follows that they can enhance feeling during sex, too.

Manta also notes that she enjoys bath bombs—Kush Queen is a favorite



PHOTO COURTESY OF VELVET SWING

Velvet Swing's Cannabis Enhanced Sensual Lubricant is recommended by local budtenders at Kolas dispensary.

brand of hers (and mine)—as well as suppositories (she uses Foria's). Suppositories are particularly good for people with any kind of pain, including menstrual.

Several Sacramento budtenders at local dispensaries commented that their customers keep asking for cannabis sex products, but that they haven't gotten around to carrying them yet.

At Kolas, however, customers looking to incorporate cannabis in the boudoir will strike gold. Over the phone, its budtender squealed, "Yes! We sure do carry them. I use one that is amazing," she said, asking not to be named.

"I use Velvet Swing's Cannabis Sensual Lubricant.

I dabbled in it myself so I could be able to recommend it to customers or not," she said.

She added that, like many cannabis sex oils, Velvet Swing's has 100mg THC, 33mg CBD and is water-based.

It's also geared toward women since vaginas have mucous membranes and penises do not. But she also noted that she believes it does make men last longer.

"I use a few pumps and wait for it to kick in, about 20 or so minutes. Then it starts feeling tingly down there," she said, giggling.

I felt the same way when I used cannabis "lubes" and mixed cannabis and sex for the first time. With a little education (and a few experiments in the bedroom) I'm hoping others can have the same revelation, too. □

**"It's a struggle to slow down and actually kind of be present in your own skin. ... Cannabis can help with all of this."**

**Ashley Manta**  
cannabis sex educator

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