

UNIVERSAL MANUAL · ENTIRE CATEGORY

INSTRUCTIONS FOR USE

Cosmetics & Dietary Supplements

This document is the **universal manual for the entire product category, Cosmetics & Dietary Supplements** (lubricants, condoms, aphrodisiacs and dietary supplements, pheromones, delay sprays, and massage oils). It contains safety and usage information common to the entire category.

SAFE USE

DISCREET PACKAGING

CARE & COMFORT



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Cosmetics & Dietary Supplements

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IMPORTANT

This document is the universal manual for the entire product category of lubricants, condoms, aphrodisiacs and dietary supplements, pheromones, delay sprays, and massage oils. It contains safety and usage information common to the whole category — always also follow the specific instructions and ingredient list printed on the packaging of the particular product.



Your safety comes first. This chapter summarizes the general principles that apply across the whole category — always also check the specific instructions on the packaging of the product you are using.

- All products in this category are intended for adult use only (18+).
- Before first use, read the ingredients and instructions printed on the packaging of the specific product — they may contain important information relevant to that particular item.
- For cosmetic products (lubricants, pheromone perfumes, massage oils, delay sprays), perform a patch test before full application: apply a small amount to the inner forearm and wait 24–48 hours to check for redness, itching, or any other reaction.
- Do not use on broken, irritated, or inflamed skin, or on mucous membranes, unless the product is explicitly intended for that purpose.
- Avoid contact with the eyes. If a product gets into the eyes, rinse thoroughly with clean water; if irritation persists, seek medical attention.
- If an allergic reaction, irritation, or other discomfort occurs, stop using the product immediately.
- Dietary supplements (aphrodisiacs) are not a substitute for a varied and balanced diet and a healthy lifestyle. Do not exceed the recommended daily dose stated on the packaging.
- Dietary supplements are not intended to diagnose, treat, or prevent any disease.
- If you are pregnant, breastfeeding, taking medication, or have a health condition, consult a doctor before taking dietary supplements or aphrodisiacs.
- Keep out of reach of children and pets.
- Do not use a product after its expiration date shown on the packaging.
- Oil-based lubricants and massage oils can degrade latex — do not use them together with latex condoms or latex toys (see the Lubricants & Condoms chapter).
- Delay sprays contain mild desensitizing ingredients — follow the exact dosage and application time stated on the packaging; excessive use can cause excessive numbness.
- Do not use any of these products on another person against their will — all products should only be used with the consent of everyone involved.

**WARNING**

If irritation, an allergic reaction, or any other health problem persists, stop using the product and consult a doctor.

Types of lubricant

- **Water-based lubricants** — versatile and the gentlest on materials; compatible with latex condoms and with silicone toys. They can dry out over time — simply reapply or add a little water to reactivate them.
- **Silicone-based lubricants** — last longer and are suitable for use in water (shower, bath). Compatible with latex and polyurethane condoms, but not recommended together with silicone toys — silicone-on-silicone contact can damage the toy's surface over time.
- **Oil-based lubricants** — not suitable together with latex condoms or latex toys, because oil weakens the structure of latex and reduces its strength and reliability.



IMPORTANT

With latex condoms, use only water-based or silicone-based lubricants. Oil-based lubricants, body lotions, and petroleum jelly must not be combined with latex.

Using a condom

- 1 Check the packaging and expiration date**
Before opening, check that the packaging is undamaged and the condom has not expired.
 - 2 Open carefully**
Open the wrapper carefully by hand, never with teeth or a sharp object, to avoid damaging the condom.
 - 3 Place it on the erect penis**
Place the condom, rolled-side out, on the tip of the erect penis.
 - 4 Pinch the tip**
Pinch the tip of the condom to remove trapped air and leave space to collect semen.
 - 5 Roll it down to the base**
While holding the tip, roll the condom down to the base of the erect penis.
 - 6 Remove carefully after use**
After ejaculation, hold the condom at the base and carefully withdraw so the contents do not spill. Remove the condom, tie a knot, and wrap it in a tissue.
- A condom is intended for single use only.
 - If a condom breaks or slips off, stop immediately and put on a new one.

- Dietary supplements are not a substitute for a varied and balanced diet and a healthy lifestyle.
- Do not exceed the recommended daily dose stated on the packaging of the specific product.
- Dietary supplements are not intended to diagnose, treat, or prevent any disease.
- If you are pregnant, breastfeeding, taking medication, or have a health condition, consult a doctor or pharmacist before use.
- Before use, check the ingredient list for anything you may be allergic to.
- Keep out of reach of children, in a cool, dry place away from direct sunlight.
- Do not use after the expiration date shown on the packaging.



DOSAGE

The exact dosage, method of use, and any contraindications vary between individual products – always follow the package leaflet or label of the specific product.

Pheromone perfumes & colognes

- Intended for external use on skin or clothing only (as directed on the product).
- Avoid contact with eyes and mucous membranes.
- Do not apply to broken or irritated skin.
- Perform a patch test on a small area of skin before the first full application.
- Stop using the product if skin irritation occurs.

Delay sprays (desensitizing sprays)

- Apply a small amount to the intended area as directed on the packaging, usually a few minutes before intercourse — check the exact application time and dosage on the label of the specific product.
- Wash your hands thoroughly after application to avoid transferring the product to other areas or to your partner.
- The product can transfer to a partner on contact and temporarily reduce their sensitivity — consider wiping off any excess or using a condom as a barrier.
- Do not apply to broken or irritated skin, and avoid contact with the eyes.
- Do not exceed the recommended amount — excessive use can cause excessive numbness.

**CAUTION**

If you have a known sensitivity to local anesthetics (e.g. lidocaine, benzocaine), consult a doctor before using a delay spray.



- Before a full massage, perform a patch test on a small area of skin, especially with oils containing nut-derived ingredients (e.g. sweet almond oil), which can trigger an allergic reaction.
- Intended for external use only. Avoid contact with the eyes.
- Oil-based massage products are not compatible with latex condoms or latex/silicone toys — the oil can degrade the material in the same way as oil-based lubricants.
- Oils can stain fabric and bedding — use a protective cover or a darker sheet.
- Store away from direct sunlight and heat sources to prevent natural oils from turning rancid.



- Store all products in a cool, dry place away from direct sunlight and heat sources.
- Reseal the product properly after each use to prevent it from drying out, becoming contaminated, or spoiling.
- Check the expiration date on the packaging before use.
- Lubricants typically last around 12 months after opening — always check the specific date on the packaging, which takes precedence over this general guidance.
- A change in color, smell, texture, or separation of ingredients is a sign the product should no longer be used, even if the stated shelf life has not yet passed.
- Protect condoms from extreme temperatures, direct sunlight, and sharp objects; do not carry them loose in a wallet or pocket against the body for long periods.
- Store dietary supplements and aphrodisiacs out of reach of children, following the instructions on the packaging.

- Wash your hands before handling these products to avoid transferring dirt or bacteria.
- Reseal bottle and tube caps properly after every use and wipe away any residue, keeping them clean and preventing contamination.
- Clean any toys or accessories used together with a lubricant or oil according to the manufacturer's instructions after every use.
- Do not share an opened product (e.g. a lubricant or oil) between multiple users without proper hygiene, to avoid transmitting infection.
- Do not reuse a damaged or soiled applicator (e.g. for vaginal gels or suppositories) unless it is specifically designed for repeated use.



Redness, itching, or a burning sensation appeared after application.

Rinse the skin immediately with clean water and stop using the product. If irritation persists, see a doctor.

Lubricant or oil got into the eyes.

Rinse the eyes thoroughly with clean water. If irritation persists, see a doctor.

A condom broke or slipped off during intercourse.

Stop immediately and put on a new condom. Consider consulting a doctor about emergency contraception and the risk of infection transmission.

A delay spray caused excessive numbness.

Wash the treated area with soap and water, wait for sensitivity to return, and use a smaller amount next time.

A dietary supplement does not seem to have the expected effect.

Follow the recommended dose and duration of use stated on the packaging; if in doubt, consult a doctor or pharmacist — effects can vary between individuals.

A product (lubricant, oil) has changed color, texture, or smell.

Stop using the product — this is a sign of spoilage, even if the stated shelf life has not yet passed.



CAUTION

If the problem persists even after trying the steps above, or a more serious health issue occurs, see a doctor and, if needed, contact Lechtivo.cz customer support.

- Sort and dispose of packaging (bottles, tubes, boxes) according to material and your local waste-sorting rules — rinse out any residue before disposal where possible.
- Wrap a used condom in a tissue and throw it in the trash — never flush it down the toilet, as it can cause blockages.
- Do not dispose of expired or unused dietary supplements down the toilet or with food waste — dispose of them as regular household waste, or use a local medicine/supplement take-back point if available in your area.
- Dispose of empty aerosol sprays according to the instructions on the packaging — they may be subject to special collection rules.

**ENVIRONMENT**

Recycling packaging helps protect the environment and makes the best possible use of raw materials.



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ONLINE VERSION

You can find the current version of this manual at www.lechtivo.com.