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Headline: Inner condoms can spice up your sex life

Blurb:

The ring on each side of an inner condom can give you more sexual pleasure. The outer ring can give the clitoris an extra tickle and the inner ring can stimulate the tip of the penis. Users say the thin material that inner condoms are made of make sex feel more natural than with a male condom.

Bullet points:

- Inner condoms (formerly called female condoms) have a ring on each side of the condom.
- The rings can give you more sexual pleasure. The outer ring can give the clitoris an extra tickle. The inner ring can stimulate the tip of the penis.
- Inner condoms are made of a thin, soft-feel material. Users say the thin material makes sex feel more natural than with a male condom.

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An inner condom is inserted into a person's vagina or anus before sex.

Inner condoms have rings on each side of the condom.

For vaginal sex, the ring at the closed end is inserted into the vagina. It ensures that the condom fits snugly.

For anal sex, the inner ring is removed.

The ring at the closed end of an inner condom keeps it in place during sex. The outer ring is visible from outside the vagina or anus.

The rings can give you more sexual pleasure.

The outer ring can give the clitoris an extra tickle. The inner ring can stimulate the tip of the penis.

Inner condoms are bigger than male condoms, so there's no tightness around the penis, as with male condoms.

Inner condoms are made of a thin, soft-feel material. [Some users say the thin material makes sex feel more natural than with a male condom.](#)

Inner condoms can be inserted a few hours before sex and don't depend on an erect penis (male condoms do).

Experts say this is why some women find inner condoms useful when their partners are under the influence of drugs or alcohol. [Alcohol and some drugs can make it hard to get or keep an erection.](#)

Inner condoms are the only devices women can wear for protection against both falling pregnant and contracting sexually transmitted infections, such as HIV.

All government clinics and hospitals stock inner condoms for free.

In the private sector you can buy an inner condom for just over R17 (they usually come two in a packet).

Inner condoms cost more than male condoms, but because you insert them before sex, you don't have to interrupt sexual acts to put them on, as with male condoms.

You can insert inner condoms a few hours before sex, so you also have more control over when and how to use them.

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