

Body Grip Aids for Pole Dancers

Product	Skin Type	How it works	Price & Purchasing*
Dancing Dust - Make Me Dewy	Dry	For normal to extra dry skin. Available in Light tack or Extreme tack. Shake well before use. Spray on to the skin and apply a thin layer. More layers can be added for more intensity. Let dry for 30-60 seconds. Not advised for hand use. Comes in many different colours and scents. Vegan. Safe for sensitive skin.	\$32.99-34.99 for 100ml dancingdustbodyshimmer.com/
Dancing Dust - Make Me Dusty	Sweaty	Apply small amount to hands or body grip points prior to warming up. Can be reactivated with sweat, water or alcohol. Can rub onto the pole. Vegan. Many different colour & scent options. Adds a slight tack to hands.	\$26.99 for 80ml dancingdustbodyshimmer.com
Dew Point	Dry	Available in Light, Medium or Ultra. Spray onto body grip points as needed. Comes in 3 different size bottles.	\$24.95 for 75ml fairypolemother.com.au
Dry Hands	Sweaty/Oily	Use a few drops and rub the hands together or apply to body grip points. Can also be applied to pole. Turns into a light, powdery finish. May need to reapply. Suitable for all pole finishes.	\$20.00 for 59ml dryhands.com.au
Envirogrip	Sweaty/Oily	Apply a small amount to hands or body grips points as needed. Reapply as needed. Vegan, biodegradable bottle. 50c from each sale donated to charity. Vanilla scent.	\$26.00 for 60ml envirogrip.com
Griptinite	Sweaty/Oily	Use a small amount (about the same as a 5c coin) and rub into hands or body grip points as needed. Can be rubbed onto the pole also. Wait 15-25secs. Adds a slight tack & has a light powdery finish. Vegan.	\$17.99 for 50ml griptinite.com
Hold Tight Liquid Grip	Sweaty/Oily	Apply a small amount to the hands (or body). Liquid chalk to repel sweat and moisture. Powdery finish. Little need to reapply.	\$19.50 for 59ml holdtightgrip.com.au
iTac2	Dry	Take a small amount of iTac2 on to your finger and rub onto your hands and/or body, then wait one minute for the iTac2 to activate. To remove iTac2 from your body and/or hands use hot soapy water. Like a bees wax finish. No suitable for hand use.	\$22.50 for 45g fairypolemother.com.au
Pole Physics Body Lotion	Dry	Pole Physics is a no-slick body lotion engineered to hydrate skin without leaving a "slick" residue for pole dancers. It is not a grip product so can be used with other products and is all natural. Pole Physics is available in many different forms - scented, unscented, with a gradual tan, even one suitable for mum's & bubs!	\$29.95-\$32.95 for 200ml polephysics.com
Tite Grip 1 & 2	Sweaty	Tite Grip 1 is the original formula used for super sweaty hands (the formula may turn white when applied). Tite Grip 2 is the newer, most popular, formula which is more of a topical hand (or body) cream. For both, apply 30-60min before using the pole. Lasts 4-6 hours.	(1) \$24.50 for 59ml (2) \$23.50 for 59ml fairypolemother.com.au

*as of May 2021



Body Grip Guide

Skin type

Body Grip Products

Dry Doras



Body lotion for pole dancers!



Sweaty Bettys



Remember this is a guide only and every pole dancer is different. So find what works for you!



Hair Flicks & Tricks