

Guide To Anal and Vaginal Play for Women and Men

Most of the following techniques apply to both vaginal and anal play for women and men.

*Bowel Movements – It's best to have a bowel movement just before or 1-2 hours before, then anal douche with warm water using a 1 cup bulb syringe or enema bag before anal play. Make sure you're completely evacuated and clean. Learn your cycle, everyone is different but it usually takes 6-8 hours from the time you eat to the time you have a bowel movement and you normally have a bowel movement for each meal you eat. If you eat before anal play make sure it's a light meal.

*Toys – Use only toys made from silicone. Never use toys made from other rubber materials as they leach out harsh chemicals that may cause allergic reactions. Clean your toys with soap and hot water and store them in a clean dry place between use. Never store toys in plastic or air tight containers as this will promote bacteria growth. A cloth bag or pillow case is perfect, then store them in a clean laundry drawer. Heating your toys by soaking them in hot water before use will enhance your experience.

*Lube – Use plenty of thick, water based lube, the more the better. We recommend Cinnalube due to it's hypoallergenic properties, thick consistency, and slipperiness. Use lube both internally and externally, squirt some thick lube, about 5-10cc, into your anal canal using a nozzle tipped syringe prior to anal play. Continue to reapply lube during play and always make sure your toy is very slippery. Dry surfaces will cause discomfort and ruin your experience. A basting brush or 1" natural bristle brush works well for applying lube. If you are using longer toys like our Equinox for longer periods it will help to reapply or squirt about 10cc of medium thick lube internally every 30-60 minutes or so, as moisture is absorbed by the body.

*Temperature – Be sure you are warm and comfortable. Lying down in bed under covers with a heated blanket, heated mattress pad, and other well placed heating pads is great in cooler temperatures. Place a water proof heating pad on your belly near your crotch to help relax all abdominal muscles. Being warm and comfortable is a key to being able to relax and enjoy vaginal/anal play. Be sure you don't have cold feet or legs, warm feet are also a key to relaxation. Try a heating pad under your feet, thigh high stockings, heated slippers, leg warmers, etc. Staying warm is critical to relaxing your external and internal sphincter muscles. A hot bath is a great way to help relax and prepare for vaginal/anal play.

*Positions – Lying down is a great position to begin with. Some people like lying on their back or side. Lying on your left side is a great position for achieving deeper penetration. Rolling from side to side and gently rotating your hips will help you achieve the most comfortable positions, deeper penetrations, and help relax and stretch your sphincter muscles.

*Relaxation techniques – The best way to relax your external and internal sphincter muscles is to breath slowly and deeply and gently push like when making a bowel movement, but remember gently. Practice this by inserting 2 fingers and feel how your sphincter muscles tighten and relax as you breath and gently push. It's best to do this every time before you begin anal play to be sure you are relaxed before your first insertion. You should be able to feel the end of your anal canal muscle that is about 2 inches long. It's important to learn to breath and very gently push and maintain this gentle pressure to keep your sphincter muscles relaxed. This is the key to relaxing and enjoying larger toys and deeper penetration. Practice doing this during you entire session to keep your muscles relaxed. Your sphincter muscles will then gradually become more relaxed as your session progresses. They will also become more flexible with practice and deeper insertions will become more and more comfortable and pleasurable. You will gradually develop the ability to achieve long sustained internal

orgasms that come in waves. Give yourself plenty of time to play, 3 hour or longer sessions are intensely pleasurable and relaxing and give your external and internal sphincter muscles plenty of time to stretch and relax.

*Cramping - Long sessions of play in bed may cause cramping of muscles in your feet or legs. Place a bar of any type of bath soap (SafeGuard brand works well) under the sheets or in a sock at the foot of your bed to help stop leg cramps. Yes this really works.

*Health – When done gradually and comfortably anal play will lead to better anal health. You will never have to worry about hemorrhoids. Actually stretching the anal canal is one medical treatment for hemorrhoids. Like other muscles in your body, your anal sphincter muscles will improve health with stretching and exercise. If you experience pain, stop, go slow, and reapply lube. Slight pain may be due to dryness, lack of lubrication and lack of relaxation. Never force or push a toy hard to achieve penetration, instead "push" gently like you do for a bowel movement, that will relax your muscles allowing them to comfortably accept the toy. Reapply lube frequently, practice your relaxation techniques, start with smaller toys and gradually work up to larger toys. Go slow and stay within your comfort zone. As you practice you will be able to use larger toys. Everyone is different but this usually takes weeks to months of practice, several times a week, to gradually become comfortable and enjoy using larger toys and achieving deeper penetrations. Remember use only silicone toys!

*Anal Hygiene - Whenever possible use a bidet to thoroughly clean up after bowel movements, never use dry wipes or toilet paper that don't clean well and promote chafing and hemorrhoids. If you don't have a bidet, get a hand held portable bidet or use a small container filled with hot water, or a squeeze bulb or enema bag to wash completely. After cleaning thoroughly, put a tiny bit of Cinnalube powder on your finger tip and apply to your wet sphincter, this will prevent chafing and hemorrhoids. This is especially important if you will be sitting for long periods and will keep you anus healthy and ready for anal play. Periodic anal douching or enemas will also help you keep your anal, rectal, and colon clean and healthy. Use only clean warm water for enemas and douching, never use anything else no matter what the ads say.

*Kegal Exercises – Kegal exercises are NOT recommended for improving vaginal/anal play and health as they tend to promote muscle tightness and interfere with relaxation and stretching.

*Urination –Be sure you pee before and during anal/vaginal play as a full bladder will make anal/vaginal play less enjoyable and will interfere with larger and deeper penetrations. If you don't want to get up, keep a plastic jug within reach to easily pee in any position. This will allow you to enjoy long sessions under the covers without interruption.

*Shaving – Gently shaving or buzzing as much of your anal and pubic area as you like can be very erotic and increase the sensation of anal and vaginal play considerably. Personal groomers are a great alternative to shaving if you want to avoid razor burn and irritation caused by close shaving and the bumps that may occur when hair begins to regrow. The Cleancut PS335 T-Shape Personal Shaver and Cleancut ES412 and other personal groomers with built in foil shavers are an excellent choice to achieve a close pubic area shave without actually wet shaving.

*Hands Free Use – Using a harness to mount your toy to a pillow, soft mannequin, etc. is very erotic and will enhance your experience considerably.