FORBIDDEN
SEX TOYS

ADVANCED TECHNIQUES
TO INCREASE HER SEXUAL
PLEASURE USING SEX TOYS

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Chapter 1

Time to Play
When you know that something has gotta give and happiness lies in your hands, it can be incredibly easy to let go of any pent up emotions and let your sex become something fun. Sex toys are just that... toys! Open your mind up and let go of your preconceived notions about what a “sex toy” looks like. Here’s the truth. Anything that lets you turn your sex life into something that is fun instead of work is a sex toy!

Sure, there are lots of ways your life can be flavorful without adding any fun to the recipe, but is that really what you want? A dish full of flavor that leaves a bad taste in your mouth?

VARIETY IS THE SPICE OF LIFE

If the famous aphorism is true and your love life seems to be serious lacking in adventure, you have probably been compensating this “lack of spice” with another relationship flavor. How does your love life taste?

Bitter

More than half of American men in their forties have experienced some kind of erectile dysfunction¹ and 43% of women in the American National Health and Social Life Survey struggle with their desire, arousal and orgasm.²

This kind of sexual dissatisfaction breeds resentment that builds up over time, leaving a bitter taste in the mouth. How long have you been letting the acrid flavor of a lacking sex life ruin the delicate bouquet of your lovemaking? If you are having an especially difficult time understanding your wife’s sexual needs, read my book “Double Her Desire”.

Sour

Only about 5% of divorced women reported sex (or lack thereof) as the cause of their breakup, compared to 17% of men. A whopping 27% of divorced couples, however, cited “emotional problems” as their reason, and just as many ended their marriage because of an unfaithful partner.³ If you are worried that your inability to connect, emotionally or sexually, is leading you straight to divorce, check out my book “Turn Her On Faster” which lays out every foreplay technique you need to increase your intimacy.
Salty

It’s hard to gauge the true numbers on infidelity, but estimates put the numbers somewhere between 25% and 40%. Unhappy partners were three times more likely to cheat than those who considered themselves to be in happy relationships, so not all unfaithful acts can be attributed to emotional upset.4

If you’re worried that she’s faking it and finding her pleasure somewhere else, it’s time to learn how to give her what she wants. Check out my book “Female Orgasm Secrets Revealed” for a more in-depth look. The emotional troubles and infidelity that occur when a lover turns lukewarm aren’t just painful and damaging, but ultimately preventable. Don’t let your troubles tear your marriage apart... get help!

Sweet

Your first impulse when it comes to reviving a sagging sex drive may be to layer on the sweetness, but women’s knees don’t usually get weak for nice guys. Sure, it’s true that when we are looking for a long-term partner, most women will rate manners higher in importance than either income or physical appearance and a whopping 60% said that manners alone make any man absolutely more attractive.5

We want men who know what they want and not only communicate it to us, but make safe space for us to share with you all those secret desires we have hidden away in our sweet candy centers. We really do love “nice guys”... but you’re harder to lust after. Many women, after finding themselves in a relationship with the perfect guy, are afraid to bring up the more provocative, risqué things they want to try in bed, worried that a “nice guy” will think less of them, and that exploring the darker, more mysterious corners of your love life could melt the sugar-coating that holds their stable relationship together.

Of all the flavors sex can take on, there certainly isn’t anything wrong with sweet, per se, but it’s the type of thing you want to tease your taste buds and tantalize your hunger, or a nice little treat to top things off at the end of a fine meal. If your sex is all sweet and no meat, it’s time to dig into something a bit more complicated!
Savory

When it comes to the real “meat and potatoes” of sex, a lot of men focus on trying to add some variety by attempting a half dozen new Kama Sutra positions every time they have sex. For most women, being man-handled into multiple maneuvers is not going to make orgasm any more likely. In fact, only about one third of us need a wide variety of techniques used during any given sex session in order to get off.7

Don’t get me wrong, we all appreciate a little experimentation and we love to discover new things that really make us squirm and scream. The way to do that, however, is not through a complex sequence of sexy poses, but by picking one or two techniques to try each time, and focusing on getting really good at them. We want to savor a hearty helping of hot sex without being overwhelmed by the choices of a massive bawdy buffet.

Spicy

People often joke that sex toys, pornography and the new frontier of medical reproductive technology is making men obsolete, but women know just how ridiculous that sounds and I can guarantee that anyone who tells you different is having trouble dealing with a bitter taste or a sour turn for the worse in their relationship.

We don’t go to these great lengths to learn about sex, risk insult and injury to attempt extraordinary new things, or complicate our lives for the sake of love and lust, just because we want someone to watch TV with on Wednesday nights after the kids soccer practice. Sure, masturbation is fun and for a lot of women, a much easier way to have an orgasm.8

It’s also a lot easier to pop a TV dinner in the microwave than it is to spice a curry or jerk a chicken, but luckily we live in a world where easier doesn’t always equate to better. There is something completely unique to the experience of touching and being touched by someone else, and no MD, no machine, no technology and no toy can replace that job of loving lust.

THE ROAD TO NOWHERE

Everyone reacts differently to dwindling sex drive in a marriage, but ultimately anyone without guidance is searching blindly in the dark, grasping at opportunities and following paths that may very well lead nowhere at all.

In the now infamous Kinsey interviews, it became clear that while the human body has some obvious and generally universal erogenous zones, there is really no part of the body that isn’t, for at least some of us, easily aroused by erotic touch.9 With this kind of information, it can be easy to
get lost in a sea of sexy spots, trying to stimulate every nook and cranny to find “the one”. Choosing your path to better sex can be confusing for even the best of us.

**Too Little**

Whether you and your wife are concerned about quality or quantity, chances are that at least one of you are unsatisfied with your sex life, along with 56% of the rest of the population. Almost half of men are worried about frequency, wanting more sex, but less than a third of women feel this same way. They say “less is more”, so if you aren’t having the kind of sex you want, because you wear yourself out trying to do it too often, it’s time to scale back and reserve some energy for your next performance.

If you aren’t giving enough of yourself to your woman, take some time to think about why. The truth is, it doesn’t even matter what you do to make your sex life better - overwhelmingly, we’ve seen that the one factor that makes the statistical difference for a woman who is attempting to overcome some kind of sexual dysfunction - lack of libido, anorgasmia, etc. - is the commitment her partner makes to her pleasure. How committed are you?

A lot of our popular mythology suggests that orgasms are natural for a man, but challenging for a woman. For a long time, knowledge of the female orgasm was lost, or hiding, and the men who pioneered the scientific community argued incessantly amongst themselves about its existence. I’m not sure if even occurred to them to just, you know, ask a woman.

Nowadays, women are telling scientists all about their sex lives, so we know that female orgasm isn’t just real, but natural and as easy (or challenging) as a man’s. A staggering 90% of women have no troubles reaching orgasm with a partner who uses only their mouth and/or their hands to stimulate. Whether you do this before, in the middle of, after, or completely exclusive to intercourse, what really matters is the time you spend devoted to her pleasure. Half of the women who would be able to reach orgasm during a manual/oral interlude are self-conscious enough about how much time you spend down there that they will move on to sex before they come.

If your wife is sacrificing her own pleasure because she’s worried about wasting your time, you’ve done too little to let her know that her orgasm is beautiful and her happiness your priority. Time to get to work. If you need help adding a bit more variety or skill to your foreplay and lovemaking, try mastering oral sex by following my “Hot Licks” program!
Too Much

The world of sex is a vast sea of opportunity for exploration, enticing and empowering like a sensual swim in a tropical bay full of vibrant fish that dart this way and that in all different directions... or frightening and overwhelming like being lost at sea in a wide open ocean. Sometimes “too much” can be a delicious dive headfirst into a whole new world, but other times going overboard will land you in a deep pit of trouble.

When it comes to memorizing a book full of special moves, or trying to plan marathon sexcapades, leave the playlist on your iPod and bring only your best to the bedroom. Work on learning one or two new skills at a time with communication and co-operation from your wife, because Kinsey’s famous studies showed clearly that the female orgasm isn’t dependent on “elaborated, varied and prolonged” techniques. Just like you, what really matters when aiming your board at the big orgasmic wave is to maintain steady, uninterrupted rhythmic pressure or movement, on just about any of her most sensitive erogenous zones.

Never Enough

Even in this modern age of the post-revolutionary sex positive movement, only half of women are able to achieve orgasm “often” with a partner. She is, by far, more capable of getting herself off than you are on any day of the week, so taking a cue from her should be a no-brainer.

Deal with this one truth: unless you are willing to give up masturbating for the rest of your life, accept the fact that your body alone will never be enough. No matter what she’s touching herself with, she is always going to masturbate, so don’t look at adding toys to your play as a way to get her to stop masturbating - that’s manipulative and unfair to you both. Be a realist and enjoy the fact that you can share in some fun times together, instead of making it about her self-pleasure.

If she doesn’t already use sex toys in her own masturbation, having her explore alone is a good way to introduce toys in a way that will allow her to get used to the idea slowly. Encouraging her to buy and try toys on her own in a no-pressure environment will help her get comfortable with new sensations before you ask her to “show & tell” you how she likes it and hand you the reigns.

Some sex toys are kinkier than others. In fact, it’s likely you’ll find that the really freaky ones are
the ones that don’t really look like a sex toy at all. If your wife says she wants bring a sex toy to play with you, it doesn’t necessarily mean that she wants to do anything that differs much from what you usually do in bed - even the slightest difference in shape, texture or amount of vibration can be enough to really turn up the heat in your love life.

That being said, a woman who suggests using toys may not mean a standard dildo or vibrator in the bedside table. She could very well have something completely different in mind. A browse around just about any toy store, online or otherwise, will quickly reveal a wide array of toys, tools and implements that to an untrained eye might appear utterly ridiculous, if not simply confusing. How on earth are you supposed to decide just which path to choose when it comes to getting kinky?

The bottom line, love, is that half of all women out there prefer their own fingers or a vibrator to anything you can do for them, but there is no need to be afraid. Worry not my darling. I have your road map right here. Let me guide you through the wide world of toys with a look at inside my pleasure chest, so you can find just what you need to share the experience of amazing orgasms with the woman you love.
Chapter 2

The Pleasure Chest
There are hundreds of different kinds of sex toys on the shelves at your local toy shop or porn store and available online, so figuring out exactly where to start can be a bit daunting. I have read the books, done the research, tested the products, taken inventory and even opened up an online toy store of my very own just to show you the way! I’ve narrowed this vast ocean of availability down to a dozen options to choose from, so whether you have the aide of an experience salesperson or have your very first toy shipped directly to your door, you will have everything you need to make an informed purchase.

How to Pick ‘Em & How to Use ‘Em

What kind of criteria do you need to determine what toys are right for you? Shape, color, size, texture, material, vibration level and temperature all matter, plus I’m sure lots of other little intricacies you and your wife have yet to discover! You will definitely want to play and explore together sexually, so you know what kind of stimulation she really likes and shop together for some hot little sex machines. Having toys at the ready won’t just make your sex more interesting, but will help improve her orgasms and improve the experience you both have every time, toys or none.

HOT STUFF

So you’re ready to take the plunge, do the deed, and make the move with a sexy surprise for your special someone. Where do you start? The selection can seem pretty much endless, but I’m here to tell you that there is no need to worry. Let me give you the basics, so you have some knowledge to work with when you make your first buy.

Lingerie


If you are having a hard time breaking the ice with your wife, lingerie can be a great way to start. Buying things that fit just right can be a bit difficult, especially if you’re trying to surprise her, but try to pay attention to the types of bras, panties and other under things she usually wears. If you know what size already fits her, figuring out something that will work for her shouldn’t be much trouble at all.

If you have the chance, visit a specialty store where a knowledgeable salesperson can help you out. If you have the chance, borrow something clean and formfitting that your wife owns and wears often. A good salesperson would prefer to hear about your wife’s personality, not your perfect fantasy. Start with something that isn’t too much of a leap from her everyday attire, but that stands out as being special and sexy.
For the more adventurous couple, something unique like a body stocking, stockings and garters, costumes or anything crotchless can really spice up a quiet evening home alone, or a hot date out where no one will know what secrets lie under her little black dress. If you are especially daring, you can pick up a little something special for yourself, too! 


Games


If you are having an especially hard time finding a way to break the ice, or you want a little something new to do on your date-night-in, there is an incredible selection of racy games from flirty to filthy and everything in between! What kind of games interests you? How do you like to play?

You can buy games of chance, sexy dice, and risqué board games for with friends or raunchy games to play alone with your wife. You can buy vouchers to help her tell you what kind of sex she wants in a fun, low-pressure way... or to help you do the same. There are computer games for adventure fantasy where you can be any kind of kinky you can imagine, and techie truth or dare games where you can really be yourself.

Vibrators


Just more than one in five adults around the world have used a vibrator at some point in their life, and they are by far the best way to have a first orgasm, a great way for women who can only come alone to have an orgasm with a partner, and a surefire shot to get a girl who can’t come during intercourse to bridge the gap.22

The word “clitoris” is based on the ancient Greek word for “little hill”, but this tiny bud appearing on the outside of the genitals actually rivals the penis in size, with its sensitive bits buried deep inside the body and accessible only through the masterful stimulation of the entire region.23 A vibe is by far the best toy for this kind of intensity; the resonant frequency of the vibration provides just the right kind of steady stimulation she needs to come.24

Traditional vibrators are long, slim shafts that tend to have a dial control and are designed to be pleasurable both for penetration and external stimulation.
Clitoral vibes are not designed for insertion and come in a variety of shapes and sizes, like the Pocket Rocket or the iVibe. Classics like the vibrating egg are great because they can be used inside all sorts of sheaths, shafts and dildos for extra usefulness. (http://www.sextoyfun.com/category.php?a=gabriellemoore&cid=3)

The discreet but infamous Hitachi Magic Wand and other electrical massagers are seriously intense and never run out of juice. Be sure to get one that plugs in to the wall. There are cordless rechargeable varieties, but these rely on a battery and will eventually die. These have been around since before electric even irons or vacuums, and are built to last.25 (http://www.sextoyfun.com/category.php?a=gabriellemoore&cid=15)

Double- or Trible-action vibrators come in many varieties, the most popular of which is a penetrative dildo with an appendage designed to hit her clit. (http://www.sextoyfun.com/category.php?a=gabriellemoore&cid=824) Vibes also come in remote control (http://www.sextoyfun.com/category.php?a=gabriellemoore&cid=3&selected=825) and waterproof (http://www.sextoyfun.com/category.php?a=gabriellemoore&cid=3&selected=254) varieties, are sewn into panties or made into little strap on butterflies, worn on the finger (http://www.sextoyfun.com/category.php?a=gabriellemoore&cid=239) or made to fit in the palm of your hand, or disguised to look like other everyday things like lipstick, pens and bathtub rubber duckies. Each of the items below also come in vibrating varieties - dildos, G-Spot (http://www.sextoyfun.com/category.php?a=gabriellemoore&cid=11) and anal toys, along with all the “toys for boys”.

Whether your toy is battery operated or corded electric, running the motor for longer than 20 minutes or so at a time can cause overheating and the toy will burn out before its time, so if you plan to play for longer than that, be sure to bring more than one buzzy buddy to bed and play tag-team.

Dildos & Dongs


If you think of the female genitals as one intricate “clitoral complex”, you can understand how stimulating multiple pleasure points which all function together as a cohesive unit has the accumulative effect of building toward an incredibly intense orgasm, rather than being cause for distraction. Dildos give you the chance to do just this - heck, some of them can stimulate every one of her genital erogenous zones at the same time. It’ll take you a lot of work to come even close to that kind of dexterity, and you don’t vibrate.

**Go for the G-Spot**


Toys bent at just the right angle for explosive G-Spot play come in both standard and vibrating varieties and a wide range of materials, including some amazing pieces in glass, metal and wood that bring a whole new level of sensation to play from the different temperatures, weights and textures of the insertion toys.

Be careful with any G-Spot toys that aren’t waterproof. Most women can squirt several inches and up to a few feet depending on their position, and wet vibrators don’t make for very long-lasting toys!

The long, bent vibrating wands designed for G-Spot stimulation are also great for hitting the A-Spot, at about the same spot as the former, but deeper inside the vaginal canal. Even gently stimulation of this area can produce instant lubrication and rapid orgasms!

**Anal Toys**


Anal sex may still be more taboo and less common that intercourse for heterosexual couples, but anal toys for women fall into four basic categories - beads, plugs, dildos and G-Spot stimulation.

**Beads** are great for beginners as they are usually quite small and very easy to insert and remove. A series of small spheres, the beads are attached to each other by a string or stalk that keeps them
together and leaves a handle that stays outside the body for removal. Be slow putting them in and taking them out to avoid injury and unwanted messes.

**Plugs** are the standard anal toy that most people are familiar with, small tips that flare out to a wider midsection, with a thin stem and large base to keep the plug firmly in place without any danger of getting sucked in. Beginners should start with a smaller size than the average plug - “starter kits” tend to have a selection of plugs that range in size, starting with the shortest and narrowest and working up. You should also make sure to leave the plug in no longer than the magic 20 minute mark and work up slowly, if you are interest in long-term wear.

**Anal dildos** tend to be smaller than the sizes available for penetrative sex and many are available in strap-on varieties that can be worn during intercourse to simulate a man-man-lady threesome with double penetration! The most important feature of any kind of anal dildo is the flared base. Just because something will fit in the anus doesn’t mean it’s designed for anal play. If there isn’t a “safety stop” of some kind that prevents the toy from going all the way in beyond the sphincter and getting stuck, it isn’t meant for the anus. You do not want to have to make that trip to the doctor.
Finally, just as anal toys are great for male prostate stimulation, they have the ability to rub the G-Spot just the right way, from inside the anal cavity. Toys that are designed for prostate massage work well for this purpose, so this is one kind of toy you two can really share. You can tell them apart from the rest by their sharp, obvious curve which should point toward the front of the body when inserted.

**TOYS FOR BOYS**

Your wife isn’t the only one who gets to have some playtime! There are as many toys made with men in mind as there are playthings for the ladies, so if your local store is lacking, hop on over to my website and see what I have in store for you.

**The P-Spot**


Your prostate is a neat little nub hiding way up inside a place that some men never visit. It’s calling out to you right now, asking to be discovered! If your wife has ever rubbed the spot between your testicles and your anus with enough strength to make you tingle, you know the kind of potential your prostate holds.

Toys made especially for the prostate tend to look pretty weird, oddly shaped and sleek like something from space. They should be used with lots of lube and keep in mind, if it’s made of a material you can sterilize, you can use it to hit her G-Spot from her rear passage too.

**Cock Rings and Extensions**


Don’t think of these in terms like “marital aid” or something equally detestable. Imagine that your cock ring or extension is a magic tool that gives you special super-hero powers! Cock rings will give you both the chance to experience new kinds of sensation from the extra size, turgidity and steadfastness it will lend your erection. These restricting bands can seriously extend your lovemaking longevity, but don’t keep them on for too long - like a vibrator, your motor shouldn’t run for longer than 20 minutes or so at a time.

Extensions are another story, something that a lot of men find very intimidating. Usually some sort of condom-like sleeve with a solid tip and padded girth, many women will find an extension to be too big to enjoy. There are however certain positions that can be very pleasurable for you, even with
a sheath on, which require a bit more length that most average guys have, especially if either one (or both) of you could stand to lose a few pounds. Straddling her from behind, while she lies flat on her stomach with her legs together, is a great position to play with extensions, and if you also have a vibrator she can double her chances of getting off! Keep in mind that her vagina will lengthen when she’s ovulating, so try to plan your deep-space exploration for her most fertile time of the month.

Masturbators and Sleeves

Don’t let the name fool you into thinking that The Fleshlight and “jerk off” toys like sleeves are only just for men. Sex advice columnist and activist Dan Savage recommends use of toys like these to help cure what he calls “Death Grip Syndrome”, which manifests as a man’s inability to orgasm with any stimulation other than a tightly gripped fist. But learning to use this handy tool yourself is only the first step! Once you’ve mastered the art of the almost-hands-free orgasm (try putting the masturbator between the mattresses or cushions and thrusting, for the real deal), you can pass the sleeve off to your significant other and let her do the stroking for you.

Pumps and Suction

Pumps are often marketed to men as “enlargement devices”, which is relatively ridiculous. You might see some very minor change in the size and shape of your member if you used a pump every time you have an erection, for a very long period of time, but who knows what damage you could do, or who would even notice besides you!

What pumps are really great for is encouraging that same feeling of fullness you can get from using a cock ring and speeding along the process of getting and keeping an erection if you are using both. The pump will make you harder than normal, but it is a very temporary feeling. The best part about the pumps, however, is their ability to work as a suction device on other parts of the body! Breasts, nipples, labia and clitoris are all sensitive to the kind of pressure you can provide with such a device. Be sure to let her hold the emergency release valve (or buy something made just for nipples) until you have a very good idea of what is pleasurable, what is painful, and which one she prefers.
THE SAFETY DANCE

Whether your concerns about safe sex have to do with birth control, preventing sexually transmitted (including urinary tract and yeast infections), or if you are simply covering up your toys to keep them clean and sterile, it’s important to have an understanding of the materials and methods available. Keep your chosen methods close-at-hand, and don’t write off every condom on the market because you tried one and didn’t like it. There’s plenty of variety available if you’re willing to do some experimentation.

The Condom Connection


Gloves of love come in all shapes and sizes, brands and varieties - lubricated, ribbed, ultra-thin, warming, tingling, tight-fitting, lubricated (or not), extra large, extra strength, extra thin, flavored, glow-in-the-dark, even with a vibrating cock ring attached!

Most condoms are made of latex, to which some people are allergic. Many condoms are also laced with spermicidal Nonoxynol-9, which can cause sensitivity reactions as well, so if you or your partner seems to have a problem with some condoms but not others, it is the likely culprit.

If one of you does have a latex allergy, both lambskin and polyurethane alternatives are available at reasonable prices, so there’s no need to suffer another allergic attack or take an unwanted condom-free risk. http://www.sextoyfun.com/category.php?a=gabriellemoore&cid=176&selected=853

Latex for Ladies


There are some interesting choices available to women as well, starting with the “female condom”, a slightly less form-fitting cylindrical sheath with rings at either end that hold it at one end inside the vagina near the cervix and at the other just outside the vaginal opening to ensure proper entry.
The Dental Dam


Dental dams are primarily to prevent the spread of diseases that can be transmitted through cunnilingus - Chlamydia, gonorrhea, hepatitis, herpes, and syphilis - but they are also great if you want to enjoy oral sex during the entire month, but don’t fancy the taste of blood. Some do, and if so all the power to you, but no woman will blame you for wanting to keep clean. She’ll appreciate the offer of oral, even if she doesn’t feel up to it every time. If she loves the idea and you get serious about it, invest in a handy dental dam harness so your hands stay free for other fun!

The Alternatives

Nitrile gloves, finger cots, diaphragms, sponges, fertility awareness - the list of available methods for pregnancy and STI prevention could go on and on, but the shortlist above is a good guide to what’s available from your local toy store. Go take a look at see what wonders you can find!

WET & WILD RIDES


There are a number of influences which factor in to lubrication, including diet, exercise, hydration levels, emotional experiences, medications and overall reproductive health, not to mention regular cyclical hormones. No woman will be the same quality and quantity of wet every single time, so a selection of lubricants is a great addition to even the most modest toy collection.

Oil & Petroleum


These thick, often greasy lubricants span both the best and worst that lubes have to offer. It can be incredibly messy and hard to clean, staining clothing and sheets easily, and can’t be used with any kind of latex condoms or toys. Some are made from petrochemicals and carcinogens, but many are completely natural and organic, quite good for the skin. Take care when choosing a lubricant from this category, but don’t shy away. It never hurts to have too many bottles of lube!
### Water-Based


All-round safe bet for just about any situation, water-based lubes are thinner and tend to evaporate, but can be easily revitalized with a spritz of water or a bit of saliva. They can be used with any kind of sex toy or condom and come in both glycerin-based and natural varieties. They won’t work well in water, but are great to keep right beside the bed for general, all-purpose use.

### Slick Silicone


Silicone lubes are kind of the best of both worlds - they are thicker, so great for anal play, and last a lot longer than either oil or water. It won’t was away with a little extra liquid, it won’t stain, and can be cleaned up with a little soap and water. The only real downside to silicone lube is that it can’t be used with silicone sex toys, because the products will react and bind to each other. Keep a water or oil-based lube for your silicone toys, or use condoms as a barrier between the two silicone surfaces.

### Tasty Treats

*Warming, cooling, tingling, flavored* and scented lubricants are typically water-based, but be sure you check. Some are silicone, which doesn’t leave the greatest taste in the mouth and isn’t very good for the guts, so watch out. Warming lubes tend to have cinnamon, and numbing gels and liquids usually include menthol or eucalyptus. They both work great on nipples just as well as genitals, too! Anything that contains sugar should be kept away from the vaginal canal, where it can cause an increased risk of yeast infection.

### Fetish Fun


Even after you have exhausted the long list of tools for lovers listed above, you are far from finished the journey into Fetish Funland. The world of BDSM encompasses an incredibly diverse group of people and practices in a widespread community with big buying power, and the market is hot for kinky clothes, gear, games, tools, toys and techniques. About 20% of adults have engaged in some kind of “kinky” play, and you’ll soon discover that once you’ve begun, there is no end to the possibilities for exploration! What is the fun of fetish? You’ll never be bored in bed again.
There are three main aspects to bondage in both ancient and modern methods. The first and most obvious in Western systems is immobilization, restraining the physical body in a specific position relative to the environment, to put certain body parts on display, make the body physically accessible, or simply for the aspect of power that comes from having such control.

Second and evident especially in Japanese rope bondage, also called Shibari, is the function of increasing arousal for the bound partner by using the ropes to create pressure on erogenous zones like the vulva and breasts. Examples of the classic harnesses that are used for this purpose are shown in the next few pages.

The final aspect of bondage is aesthetics, particularly using ropes but not exclusively so. The beauty and symmetry created by ties and tools of the trade are not just pleasing to the eye, but integral to the emotional aspects of any scene.
BDSM practitioners often refer to their playtime together as a “scene”, which allows each individual to put on and take off roles easily, like in theatre, and in doing so gain a sense of appreciation for the artistry of kinky sex.

If you aren’t sure where to start with bondage, talk about it with your spouse first and go with something light and simple. Silk ties and small Velcro cuffs aren’t intimidating and let the beginner ease into the experience.

The most versatile bondage equipment is by far the rope. They come in many different lengths, widths and materials so take some time before making a decision. You may want to go in to a store and feel each one against your skin. Don’t go shopping at the hardware store for this one, though. You want something that won’t cause damage, so hemp, and nylon and silk are all great choices.

The longer the rope, the more you will be able to do with it, but the harder it will be to handle and keep from getting tangled. Start by learning the names of a few easy knots and when you are ready to tie her up, go nice and slow. Try starting with a Shibari harness. Instead of being designed to hold someone in place, these rope “outfits” are made to make a woman feel good in all the right places.
You will probably need at least 20 feet of continuous rope for this first harness. If yours isn’t quite long enough, go back to the step just after tying the row of knots down the front of the body, and try this configuration instead.

There are lots of other household things that might be fun to try, just be sure to be careful wrapping anything around the head. Being able to breathe is kind of important! Saran wrap, tenser bandages, wrapping paper or garbage bags and tape (don’t put any tape directly on the skin), scarves, pillowcases and belts are all great ways to experiment with immobilization and pressure without breaking the bank on fancy new equipment just yet. Why not try it out first and see what you think?

Pain Play Tools


At certain levels of arousal, some people experience what may seem like strange commonalities between pleasure and pain. The incredible number of toys and tools available for causing this sexy kind of pain is a testament to their effectiveness and widespread use.

Percussion instruments are usually the first to come to mind when pain is on the agenda — barehand or _toy spanking_, _flogging_, _paddling_, _whipping_ and _caning_ have different kinds of sensations from “stingy” to “thuddy”, but the rhythmic motion of a persistent hand gliding across a naked bottom can be enough of that steady stimulation she needs to have an orgasm.

Pinching toys are usually designed to be used on the _nipples_, but clothespins and other specialized clips can be attached to the labia and just about anywhere else with a bit of loose flesh. Some women can’t take the intense direct pressure of a clamp on her nipple, but will relish the things your fingers can do with the same amount of pressure. If pain turns her on, try pinching, twisting or biting at the soft, sensitive flesh on her breasts.

Some of the most intriguing pain-play toys are also some of the more risky ones. _Electricity toys_ like violet wands and eStim patches pack a serious punch of erotic energy, but should be used with care. Electric shock devices should never be used “above the belt” to avoid current passing across the heart, and avoid them altogether if you or your partner has any kind of heart condition.
Tools of the Trade

Being safe and secure is especially important when it comes to engaging in any of the slightly-more-risky fetish fantasies. Besides the ever-important negotiation, keeping safety scissors, a bottle of water and a decent flashlight handy will ensure you’re always prepared for even the most unexpected of situations.

Luxury Lovemaking

The entire concept of what constitutes a “sex toy” has been reshaped over the past few decades, with a growing market for more expensive items for the kinky household. Items like the easy-access sex swing and the Liberator wedges make getting into new positions a whole new game! If you’re just looking to try out a new pose to shake things up once in a while, the kids bean bag chair might work just as well, but especially for women who find sex painful in certain positions, sex furniture can help find just the spot to stimulate, without straining the rest of your body to fit together just right.

Besides these little luxuries, modern technology has found its way into every aspect of erotic implements, but the “sex machine” is by far the most intriguing. If you have never seen a fucking machine in action, you should consider attending a demo! If you think you have stamina and thrust, wait until you see what kinds of things people come up with converting power tools to power toys!

Materials, Cleaning and Care

Keeping your sex toys safe, sustained and sanitary depends a lot on the material used to make them. It’s incredibly important to be aware of the composition of your toys, lubes and accessories so you can avoid unfortunate mismatches between incompatible ingredients.

What Are You Made Of?

The materials below are rated by their relative safety in regards to both chemical composition and cleanliness, with number one being the least safe and number ten the most:

1. Skin-Like

These soft, strong and flexible materials are incredibly porous, which also makes them difficult to clean. They are often marketed with a “powdered lubricant” to dust on after cleaning with warm water and soap. Do not use this powder if it contains talc, which should never be used internally. Opt for corn starch instead. Store in a cool, dark, dry place and use only water-based lube.
2. Jelly

This porous material is a bit more compatible than the last, as it can be used with both water- and silicone-based lubes, but it is still not safe to swap or share. Clean with warm water and gentle soap, and be sure to use a condom to keep it in the best shape possible. You may notice a strong odor, so you are the judge if you want to have direct skin-on-skin contact.

3. Rubber

This naturally-occurring but easily synthesized material is highly porous, but very long-lasting and resistant to any kind of wear and tear. It can be used with both water and silicone lubricant, but to be kept clean and last the longest it should be used with a condom.

4. Composites

These materials are mixes of two or more standard ingredients and therefore have a wide variety of properties. Plastic and silicone composites are easy to clean with warm soapy water, but elastomeric composites are very porous and should be used with a condom to keep them safe.

5. Plastic

This is one of the most stable synthetic materials, being both non-porous and phthalate-free. You can use silicone, water or oil of any kind without having to worry about break-down or complications, and it can be cleaned easily with antibacterial soap or rubbing alcohol.

6. Wood

The ultimate in “green” products, wood is a self-sustainable resource and low-impact on the environment. It is porous, even if it has been finished with a gloss, so it shouldn’t be shared with a condom, but it can be washed easily in soapy water. Don’t let it soak or leave it wet for any length of time, or it will grow mould.

7. Ceramic

It is formed by heating formed clay in a kiln, and this process is responsible for making ceramic so well-known for its strength, durability and capacity for holding heat and cold. It should be washed gently without abrasion in warm, soapy water and left to dry carefully, stored in a cloth pouch.
8. Pyrex & Acrylic

Smooth, nonporous and easy to clean, this glass and glass-lookalike, respectively, are nothing to fear. They are strong, non-porous, phthalate-free, easy to clean, durable, beautiful, and will not smash into pebbles or shatter into shards, even if it does sustain a serious blow or long drop to a hard surface. If you do break it, it will be on the floor in a few big chunks, so just be careful to store it in a padded pouch so it has somewhere soft to land if it falls. You can use any kind of lube with these classy pieces of art, and they only need a tiny bit to get very slippery, so hold on tight! They hold heat well but can feel cold at room temperature, so be sure to warm a glass up to body temperature if you want her to come closer instead of jumping away. Heat resistance also means these toys can be properly sterilized.

9. Metal

The same rules about glass apply pretty uniformly to metal sex toys, made from stainless steel. They are gorgeous to look at and quite a bit heavier than glass, but are just as incredibly versatile. To sterilize between uses, they can be run through the dishwasher, boiled, even put through a medical autoclave! Any kind of lube is fine, but be careful. The weight and density of most stainless steel sex toys produces unique sensations, but can be a bit intimidating for first time users. They are less “toys” and more tools of the “heavy duty” variety. You will not need to thrust one of these tools in-and-out like you would your own. A gentle rocking motion is usually enough to hit the right spot, as metal materials are often used for G- and P-Spot stimulation.

10. Pure Silicone

True silicone has all of the excellent heat-retaining and sterilizing capabilities of the previous two materials, with the added bonus of a soft, flexible texture. It is non-porous and can be easily disinfected by boiling for three minutes or running through the dishwasher. Keep all your silicone toys packaged separately in cloth pouches to avoid contact with other silicone. Contact with other silicone molecules will cause the material to break down, so for this same reason avoid using silicone lube and stick to a natural, organic water-based solution.

Be Phthalate Free

If you can smell your new dildo from across the room, or your ball gag actually makes you gag because the taste burns your mouth, you have been exposed to phthalates and obviously have sensitivity. Don’t be alarmed, many people do and for good reason. Phthalates are petrochemical bi-products found in thousands of everyday items like food containers, body products, construction materials, and toys (for kids and grownups). It is used for a variety of reasons, in particular to...
soften the texture of plastic. It is cheap, since it is basically industrial waste, and environmentally pervasive, having contaminated not just our drinking water but the air we breathe.

Phthalates have been associated with asthma, various cancers, damage to the liver and reproductive organs, as well as hormonal fluctuations and the buildup of synthetic xenoestrogens which cause a myriad of health problems for both men and women. Symptoms include fibroid uterine tumors, lowered sperm count, early childhood breast development in young girls, obesity in children and adults alike, and mutation of the genitals during formative in utero and infant development.

Unfortunately, these products are still being used all the time, and the safer materials are definitely more expensive. If you must buy rubber or jelly products, or if your favorite toy just doesn’t come in a “green” material, use condoms to protect your sensitive skin from the tell-tale oily chemical residue on the surface.

What Ya Got?

When you know what you’re working with, you can make some decisions about how to clean, store and use each of your special toys. If you have to keep them in separate, labeled compartments to keep track of them all, do it. Keep a box of baby wipes in your toy chest or on the bedside table, so you have something to clean up with quickly before heading to the sink for soapy water or sterilization.

Don’t forget the rules and be the guy who replaces all his silicone toys because he accidentally dropped them all into a drawer together and forgot about them, and opened it up one day to find a conglomerated mass.
Chapter 3

Babes in Toyland
Taking the leap and making your first purchase can definitely be a bit intimidating. If you are nervous planning to talk to your wife about toys, think about how much more fun you will have shopping with her by your side! If you really want to surprise her, start with something small and discreet that she can try out on her own and bring back to bed when she’s ready.

**SOMETHING OLD, SOMETHING NEW, SOMETHING BORROWED, SOMETHING BLUE**

The old adage isn’t just useful as a ritual to start something new on your wedding day. Why not start a whole new relationship that includes both of you, and your toys.

**Out With the Old and In With the New**

Breaking the cycle of bad sex and poor communication isn’t always easy, especially if you are nervous, unsure or struggling to find the right words. If you just don’t know what to say, try to start with a small gift that doesn’t put in the pressure. Try one of the Kama Sutra brand love kits to see how she reacts to a little something different. With massage oil, tingling pleasure balm, lubricants and bathing gels, plus a standard-to-every-kit honey dust and feather teaser, you are bound to find something you both like and open the doorway to conversation.

**An Old Dog’s New Tricks**

The best way to forgo pressure of shopping and the overwhelming market of available toys is to find things you already have around the house that work! A Cosmo magazine article recommends everything from using your cell phone as a vibrator, tying her panties around your member as a makeshift cock ring, and splashing on a touch of tingly mint mouthwash to ice things up a bit. And if you’re in the mood for some good vibrations, hop over the laundry room and get her butt up on the washer on spin. If that doesn’t rock your world, nothing will.

**Beg, Borrow and Steal**

Alright, you probably won’t have to bed, unless you’re into that sort of thing. And I don’t mean you should be borrowing or stealing your sex toys! What you can lift are the skills, techniques and even the ideas that sex toys from the store give you about items you have at home. Lots of things can be made or found around the house, like bobby pins for nipple clips, a wide flat hairbrush as a paddle, and winter scarves for bondage.
And don’t forget that just about any kind of technique that you can do with your fingers or your tongue, you can replicate with your fingers. Check out my book “Hot Licks” for more ideas!

Blue Balls

Think about it for just a minute, the implications of a sex life in which you are both welcome to use toys for your own and each other’s enjoyment, as you wish. Sound like a magical dream? Believe it or not, this kind of freedom is something your wife has been dreaming about too. Never again will you have to go without because she’s too tired, and never will you feel as if you are being pressured to perform in order to give her pleasure. You can both take as much or as little time as you need building desired, getting aroused and coming to orgasm, without any worry that you’ll run out of steam before making it all the way.

LET’S ALL GO TO THE MALL

If you get bored with the things you’ve found to play with around the house, and if you haven’t already ordered your first new toy from my website, perhaps what you need is a trip to the stores with your lady love.

Clothes Make the (Wo)man

If you’re nervous about hit the adult shops, start somewhere a bit easier, like a Victoria’s Secret store. The change rooms there are nice and roomy, so you may just be able to make your way in and get a sneak preview of your wife’s selections. Try not to get kicked out of the store before making a decision and shell-ing out the cash!

The Ins and Outs

When it comes down to buying new toys, remember to stick with what you know and love. If you have never dared to put so much as your pinkie finger in her sphincter, don’t go out a buy a butt-load of anal toys, because if you need to know how to pleasure her with your touch before unleashing the toy on her body. If you are not in control of the toy, it will control of you.43

When you are finally ready to make that first transaction, bring your wife with you and take the
chance to talk it over with her. Consider your own penis size and any feedback she has given you about how you two fit together. You probably don’t want anything that is going to be very much bigger than you, especially if this is her first toy. You may want to start with something more discreet like a finger vibe that she can wear to stimulate herself during intercourse, on the path to the elusive simultaneous orgasm.44

VOULEZ VOUS COUCHEZ AVEC MOI, (C’EST SOIR)?

When it’s time to bring home the new addition, Men’s Health expert ‘The Sex Professor’ suggests four ways to welcome sex toys into your lovemaking:45

**Affirmation**

Tell her how much the visual of her using her new toy turns you on, that you can’t wait to see how much pleasure it gives her. She might already have a toy that you don’t know about! Women in the Men’s Health study said they might hide it from their partner for fear he would feel threatened.46

**Invitation**

When you’re in a position where one or both of you have easy access to her clit, tell her how sexy it would be to see and feel the toy being put to good use during your time together. Knowing that you’re interested will help bring her out of her shell and into the throes of ecstasy.

**Conversation**

If she can get off on the busy buzz of her little buddy, I bet you can too! How does the new sensation of vibration feel running along the shaft of your penis or caressing your testicles? If she knows how good it feels for you, she will feel safe knowing that you understand her pleasure and won’t judge her.

**Co-operation**

When you’re done taking turns, try something built for two. Vibrating cock rings are easy to use and inexpensive, but The Sex Professor recommends a toy like the **We-Vibe**, a personal favorite of mine as well for its unique ability to stimulate the clitoris and the G-Spot during intercourse, which of course add sensation for you as well. Take the first step, and next thing you know you could be trembling all the way to a whole new orgasm.
Conclusion

Twenty Questions
Buying a new toy isn’t as hard as it sounds, but here’s a short list of info you need to know before you spend your precious dollars. Talk this list over with your wife or make a little game of it - it’s important you share this information with each other before making any decisions.

VIBRATORS

What’s it for?

1. No, really. The kind of vibe you buy (the shape and its features) really depend on what kind of stimulation you want with it. Should it penetrate?

2. Stimulate only the clit?

3. What about her G-Spot?

4. Do you want something that will be safe for anal play as well?

When will you use it?

5. Do you want to travel with it?

6. Does it need to be super quiet to avoid nosy neighbors?

7. How discreet does it need to be to hide from prying eyes?

How much is enough?

8. How strong and how fast should the vibration to be?

How much should it cost?

9. How much are you willing to spend to get the perfect vibe?

10. Are you shopping with a reputable company with a satisfaction guarantee?
DILDOS

What size and shape?

11. How big should it be, in length?
12. Girth?
13. Should it aim for her G-Spot or head straight on?

How was it made?

14. What kind of texture should it be?
15. What kind of materials do you both prefer?
16. How easy does it need to clean up? Sterilize?
17. How long do you want it to last?

What will it do?

18. What kind of “special features” does it need? Suction cups? Waterproof?
19. How versatile is it? Can it attach to a harness or a machine?
20. Does it buzz or move? Don’t forget the batteries!
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