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Your Guide to 7 Different Types of Vibrators—And How To Use Each for the Best Orgasms of Your Life

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Graphic: Nick Gonzales

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Sex is a vital component of a healthy, fulfilling life, and the vibrator is doing wonders for the sex lives of people all over the world. Whether you're a first-timer looking for something on the fun, from **vibrators for beginners** to more advanced toys to play with,

Vibrator 101

First, what is a vibrator exactly and how does it work? Sex&Lifer and founder of **Honest Reviews Women** explains that a vibrator is a device that—you guessed it—vibrates. Vibrators are designed to stimulate the body sexually, especially intimate areas like the clitoris, vulva, and vagina. Vibrators can be used solo or with a partner, and they can be used to specifically focus on intense vibration (sensation) and vibration patterns to directly stimulate different erogenous zones and help support or speed up achieving orgasms. And, depending on the vibrator design, they are typically either USB rechargeable or battery-operated.

During solo play, fancy sex vibrators allow you to take control of your own pleasure and explore new sensations. "If you're new to masturbation, vibrators are a great opportunity to learn what your body likes and doesn't like and that is control throughout the whole learning process," she says. "You can press the on/off button at any point, increase vibration, or change vibration patterns at any point."

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When using a vibrator during partnered sex, it's an opportunity to practice sexual communication. "Guiding your partner verbally is not only attractive, but will strengthen your connection and create a deeper understanding of what sensation feel good or not," Story says. Plus, "If or those with different mobility levels, vibrators can help you reach orgasm without straining yourself or causing discomfort during solo or partnered sessions."

Also, there is a common myth that using vibrators desensitizes intimate areas and decreases the chances of experiencing orgasm. According to Story, this isn't true. Vibrators are perfectly safe to use, she says. However, not all vibrators are created equal. She notes that some vibrators can be made with cheap, low-quality materials. For that reason, she emphasizes the importance of reading the ingredient labels and shopping from brands that use transparent labeling—that products and website versus sugar-language when disclosing the materials that are used.

7 Different Types of Vibrators, and How to Use Each Best

1 Clitoral Vibrators

Research shows that during sexual intercourse, most vulva owners simply can't climax from penetration alone. The exact figures vary, but one study suggests it's fewer than a dozen of percent, that the 40ish rule is that in line with clitoral stimulation, your ability to come more and faster jumps way higher.

"The easiest type of orgasm to reach for a vulva owner is the external clitoral one," says developmental psychologist and human sexuality professor Diana Evangelista, PhD. "This is because the external clitoris is the part of the body that contains the greatest density of nerve endings that, when stimulated, can lead to pleasure."

And as Well+Good Changemaker, Claire COLL and sex&lifer Alexandra Fine points out, that's majorly important. "I think that having a sex toy that caters to clitoral stimulation—and specifically one that can be used during partnered sex—totally alters people with vulvas that their pleasure is a priority," Fine says.

That means if you're prioritizing getting your orgasm efficiently (and yes, joyfully as well), this is the way to go. Clitoral vibrators can be kind of overwhelming for one-time use, but for Fine, aka, for the purposes of this piece, we're talking about any vibrator that prioritizes clitoral, G-spot, and/or P-spot stimulation. Some vibrators are designed for internal stimulation, but if you're looking for something down, to specifically will get the job done.

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2. Massage Wands

Once upon a time, those microphone-shaped friends used to masquerade as "neck massagers." You probably remember the Sex and the City episode where Samantha exposed Mr. Big's friends. Thanks to the Hitachi Magic Wand (aka, maybe the least-sexy-sounding sex toy ever), vibrators have been a mainstay.

"This is a remarkable, simple powerhouse that offers a wide range of vibration intensities," says Alicia Sinclair, certified sexologist and owner of Ice Metal Massage. "It's a crowd-pleaser and can be used on the clitoris, perineum, nipples, and anywhere else you want to feel a tingle or big bang. Also, this can be angled in a variety of positions and hold it toward phase. Plus, it feels good for pleasure and relieves pain like muscle soreness."

So, yes, you can use it as a neck massager, but why stop there?

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3. Bullet Vibrators

Of all the different types of vibrators, bullet style are great for their simplicity, and portability. You're either grabbing one because you want something small but mighty and simple, or you're looking to get creative.

"Bullet vibrators offer clean, pinpointed stimulation," says Fine. "They're great for travel and also for pairing with other toys, like harnesses and dildos. Bullet vibes are usually strong and take away a lot of the bulky and whirlies that other vibrators have—lots of vibration patterns, for example."

If you're looking for a bullet that'll shove you into orgasm heaven in more than a couple of ways, look no further than the high voltage Ice Metal Crossed Bullet.

"This is a chic and powerful pleasure tool great for traveling and for folks looking to hide their vibe in plain sight," says Sinclair. "Included accessories allow the user to transition this bullet into a multi-use tool for different types of uses, like dual stimulation. It can also be cooled or heated for temperature play."

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4. Rabbit Vibrators

Rabbit style vibrators have a dim bead for penetration and a smaller bead (sometimes literally a rabbit head with ears) to stimulate your clitoris. Blended orgasms, here we very literally come!

Sony, given sex toy innovations in sex tech, the rabbit style often comes complete with new bells and whistles. Sexologist and founder of Blooth Rebecca Alvarez Terry is a big fan of Lovense, a sophisticated device that can help you strength-train your pelvic floor while tracking orgasm data/length, strength, and the factors that fuel it. While the Lovense c-2 is currently taking pre-sale orders for a July shipment, the therm-friend Tenga Flip Zero is ready-to-shove-and-vibrating rabbit for just that (but you could punch up today.

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5. Wearable Vibrators

Wearables are an amazing option if you're coupled up and want play with extra opportunities for stimulation. The Lelo Tor 2 (Kraft) is a wearable vibrator that, while meant for couples, can rotate back to the grass for solo play as well. Myscelf Sex Sex Toy Vibrator (Pink) for men, a wearable that basically turns an erection into a vibrator.

"Finger vibrators are a great choice (your own adventure) for," says Fine. "Tenga's finger vibrator, Fin, is engineered to separate natural touch and can easily be integrated into whatever you're already doing with your hands."

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6. Suction Vibrators

While many types of vibrators focus on a rumbling sensation, brands like Womanizer and satisfyer are developing products that focus on using pulses (dressed up as your clitoris, if an anxiety different sensation) to say the least.

"These toys use air technologies to create a sucking-like sensation that's intense," says Fine. "Many people say that suction vibrators mimic the sensation of oral sex." For dual penetration and suction action all in one, you can look to Womanizer's Duo (Zoya), or the amply beloved Tenga's Iroha Vibrator.

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7. G-Spot Vibrators

Before getting into what exactly this is, it might help to address where your G-spot is located, and why you want to touch it. The structure(s) hard to reach erogenous zone is located approximately a few inches deep on the front (or top) wall of the vagina. In order to hit the G-spot, you need to be aroused and lubricated, which is why where the sensation of a G-spot, specifically clitoral-centric.

"G-G-spot-targeting vibrators is great for exploration," says Fine. "Yes, for example, is designed for both clitoral play and penetration, (Kraft, G-protein of reproduction from our Harlan Labs Kraft Vibrator) Kraft Vibrator—we both think (it's and) is open, by fashion-wise, and is specifically the consumer."

Sex ultimately, whatever pack you want to take and using whatever type of vibrator you choose, as long as you find your best destination of pleasure, when you've done certainly proved effective.

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Vibrator FAQs

What's the difference between a vibrator and a dildo?

Dildos are designed to mimic the shape of a penis, and they don't vibrate. A dildo's vibrator. Dildos are often made from silicone and can be used on their own or mounted to a strap-on harness during partnered sex." Terry says. There are, however, some vibrators that are dildo-shaped and therefore double as a vibrator and a dildo offering the best of both worlds.

How To Choose the Best Vibrator for You

With so many types of vibrators to choose from, narrowing it down to one can be tricky for some. The good news: Studying sex you can't have a collection of different types of vibrators. More good news: Terry has a few pieces of advice to keep in mind as you're deciding what type of vibrator is safe to your sex.

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First, choose a versatile toy to get the most bang for your buck. "Invest in a toy that has multiple features or you have different options to explore," Terry says. "Whether that's dual stimulation (internal and external) or a hands-free option with two of vibration patterns and intensities."

Also, opt for a vibrator made with safe materials. "Your intimate areas are the most sensitive and porous of your body, so make sure your toys are made with high quality materials," she says. "Specifically, she recommends choosing vibrators made with cut-proof or medical-grade, nonporous materials such as silicone. Bonus points if it's also an eco-friendly vibrator.

Lastly, Terry advises ensuring you go to fabricated, to compatible with your sex vibrator to avoid damaging it. As a rule of thumb, she suggests water-based lubricants for silicone vibrators and water-based and oil-based lubricants for vibrators made with TPE plastic or jelly.

Ultimately, through, whatever pack you want to take and using whatever type of vibrator you choose, as long as you find your best destination of pleasure, when you've done certainly proved effective.

But wait, there's more!

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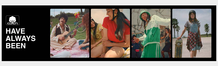

8 Soft, Breathable Cotton Towels and Mats To Turn Your Bathroom Into a Summer Spa

Well+Good Editors

June 28, 2021

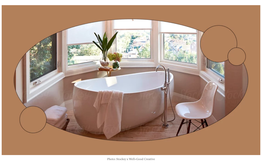

Photo: Heather Taylor/Well+Good Creatives

Ethereal. Most enduring winter hibernation and a back-to-busy-spring, you've made it to kick-up-your-heels season. You're ready to savor every minute of summer, but between all your of-

Pretty activities and weekend getaways, you haven't set aside much time for your R&R.

But before you try to squeeze in a pricey beach week or an upstate wellness retreat, consider this: You can turn your bathroom into a mezzo-worthy summer spa with minimal effort (and *maximal fun). According to* Heather Taylor, design expert and *founder of* Heather Taylor Home, *the at-home spa of your dreams is just a few simple essentials away.*

Her three-step formula for achieving this state of ease? First, declutter your space as much as you can. "Keeping clutter to a minimum is the first step to creating a spa-like bathroom environment," she says. "I'm constantly sorting through my products and trying to recycle empty bottles to keep [a minimalist space]." Next, focus on the ambiance. "Lighting is really important (when it comes to) creating a relaxing vibe. I have dimmers, [but] I also keep some of my favorite candles on hand."

Last but definitely not least, Taylor relies on soft, breathable cotton (from her beloved robe and a plush rug to a collection of the cotton bath towels) to give her space the ultimate soothe factor. She sticks to the natural fabric whenever she can because it's high-quality, durable, and absorbent. Not to mention, its sustainability is a very welcome bonus: Because the fiber is plant-based, it doesn't contribute to microplastic pollution in waterways when you wash it.

Carve out just a few minutes to join Taylor's three-step guide into practice. Aim for minimalism, strike a match or two, and then snag one of these cotton mats or a couple bath towels to turn your bathroom into a summertime sanctuary.

Peacock Alley Diamond Towel Set in Sage – $110.00

If you're following Taylor's recommendation to keep things minimalist in the bathroom, start by refreshing—and neutralizing—your towel collection. Stick to subtle tones (can you name a more soothing shade than sage?) in fluffy, super-absorbent cotton, and lean into the vibe by pouring yourself a glass of icy cucumber water as you dry off.

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Jess & Mats Peachy Blush Cotton Towel Set – $59.00

If summertime has you dreaming of farmers' market peaches and bouquets of peonies, opt for this blush-toned, mid-weight set. Wrap up in a large bath towel and ice your timer for 10 minutes—plenty long enough to dip your feet into a salt soak and shelter on a simple DIY facial. Complete the routine with a few deep breaths and a eucalyptus-optimized cotton washcloth for your face.

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The Company Store Quick Dry Bath Rug – $42.00

To keep things cozy in the bathroom—and avoid any bathtub drips—roll out a plush and absorbent bath rug, made with moisture-wicking cotton. From cozy white to moody sea, choose a color palette that makes you (and your tots) feel the most at ease.

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Weezie Towel Wrap in Navy – $85.00

Whether you're all about a late-night spa moment or more into early-morning self-care, you can stay cool on the hottest days of the season in a wrap-up, snap-in towel. With a secure elastic back and a roomy pocket to hold your phone, your spa-ritas, serum, or both, you might be tempted to enjoy a never-getting-dressed summer day at home.

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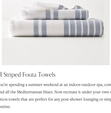

Garnet Hill Striped Fouta Towels

Picture this: You're spending a summer weekend at an indoor-outdoor spa, complete with a warm breeze and all the Mediterranean blues. Now recreate it under your own roof with lightweight, cotton towels that are perfect for any post-shower lounging or simple sub-sprayed hair routine.

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Serena & Lily Sydney Bath Rug in Coastal Blue – $128.00

Keep the Mediterranean mode going with a textured, tasseled rug that gives your bathroom an equal dose of coziness and comfort. If your this woven mat gets dirty (it is barefoot season, after all), no stress—it's machine-washable and easily releases stains, because it's made with mil-spec-tested, cotton.

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Anthropologie Mendia Towel Collection in Ochre

Nothing says summer quite like boho print and pops of pastels. This colorful towel set is a welcome complement to a mezzo-brown and minimalist bathroom aesthetic—and it might just bring on the kind of endorphins you feel from a deep-tissue massage and a pair of spa slippers.

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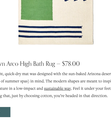

Quiet Town Arco High-Bath Rug – $78.00

This lightweight, quick-dry mat was designed with the sun-baked Arizona desert (as in, the promised land of summer spas) in mind. The modern shapes are meant to inspire humans to coexist with nature in a low-impact and sustainable way. And it under your feet and breathe deeply knowing that, just by choosing cotton, you've headed in that direction.

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