

How to Choose Your

*Sex
Toys!*

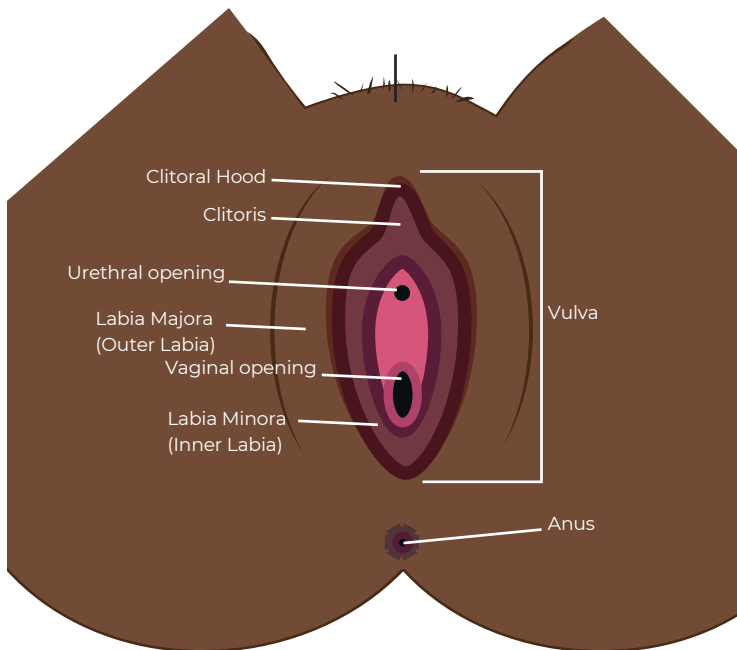


**A Guide to Exploring Your
Pleasure and Finding What
Works for You!**

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Female Anatomy

Mons Pubis
(Pubic Mound)



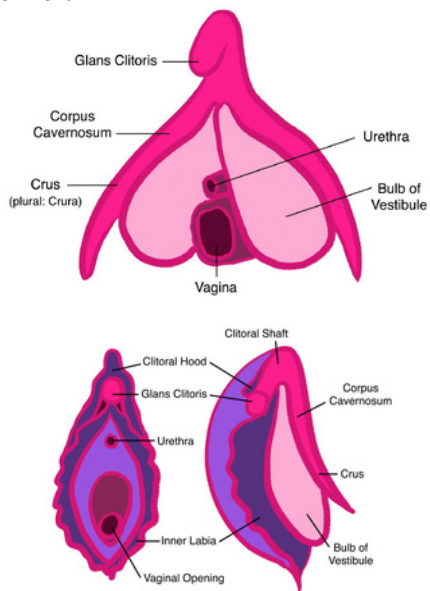
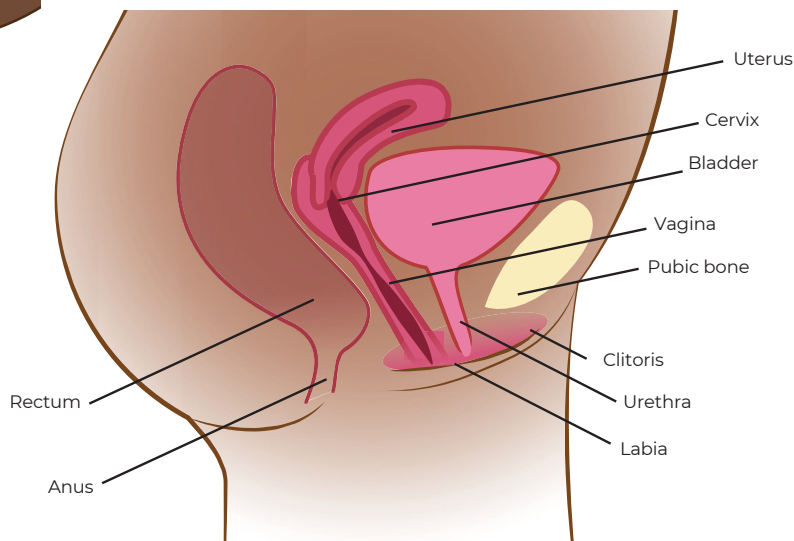
The vagina is located behind the pubic bone, urethra and bladder, and in front of the anus and rectum. The opening is shielded by the “lips” of the inner labia.

The channel of the vagina leads from the vulva to the cervix - the cervix is the narrow, lowermost part of the uterus.

Every vulva is a little different, with its own shape, color, and smell. No two vulvas are alike, but all are beautiful!

Sometimes, the entire female genital region is referred to as the vagina. But actually, the vagina is just a part of the package, so to speak!

The exterior part of a woman’s privates is called the vulva. It includes inner and outer labia, the external portion of the clitoris, and the openings to the urethra (where you urinate) and the vagina (where you menstruate, give birth, and have intercourse). The actual vagina is an internal channel leading from the vulva to the uterus.



The clitoris is the pleasure button of the vulva! It exists pretty much just for you to feel good. It’s highly sensitive to touch and often expands slightly when aroused, much like the penis.

In fact, the clitoris is the equivalent physical structure to the male penis. During prenatal development we all start with the same structure down there called the genital tubercle (aka bump), but during gestation the genital bump generally changes into either the penis or the clitoris. When it comes to sensitivity -- the head (glans) of the clitoris has more than 8,000 nerve endings! Different people have different levels of sensitivity, but for most people with a clitoris, it is highly sensitive.

Male Anatomy

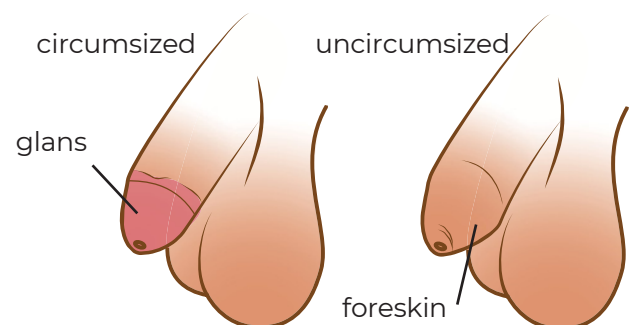
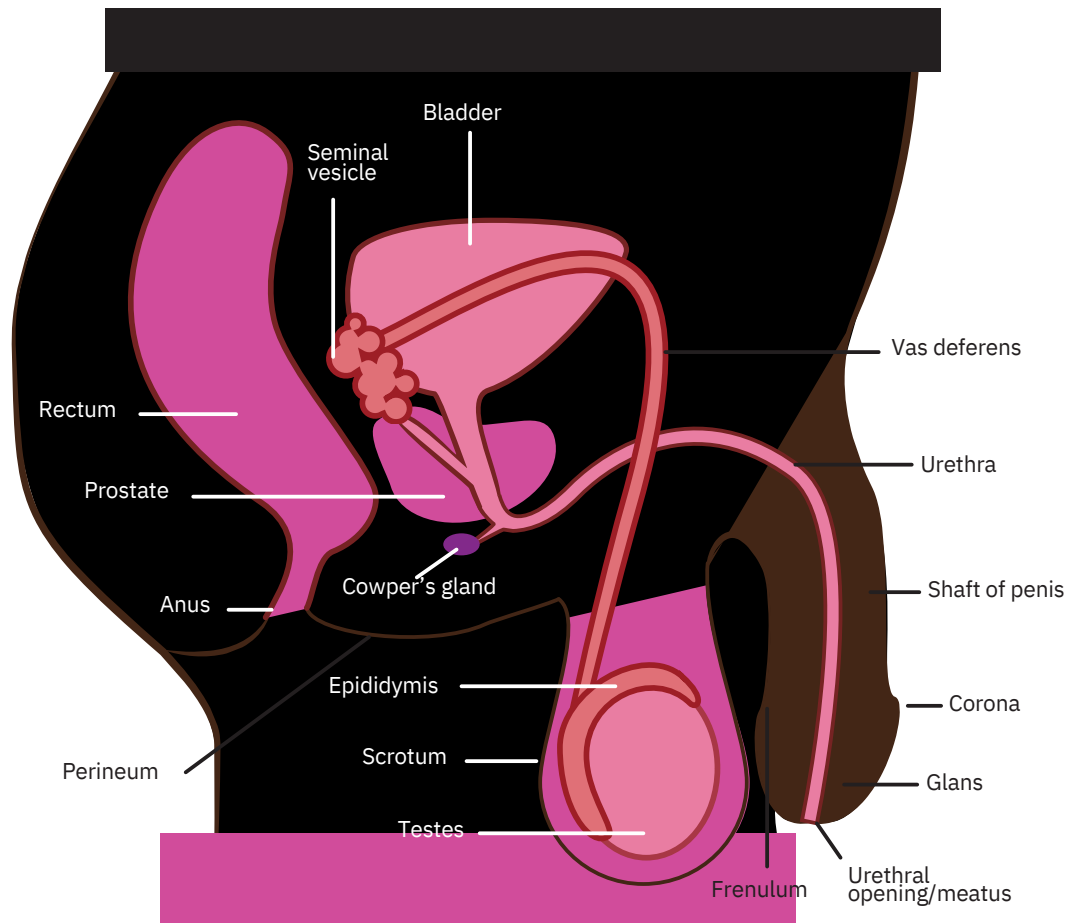
Penises come in all different shapes and sizes; variety is a beautiful thing! The penis fills with blood and becomes erect when its owner is sexually aroused. When someone with a penis reaches sexual climax, orgasm is typically (though not always!) accompanied by ejaculation.

During ejaculation, sperm from the testes travels through the vas deferens to mix with fluid from the seminal vesicle, prostate, and Cowper's gland to form semen, which is then expelled through the penis and comes out of the meatus.

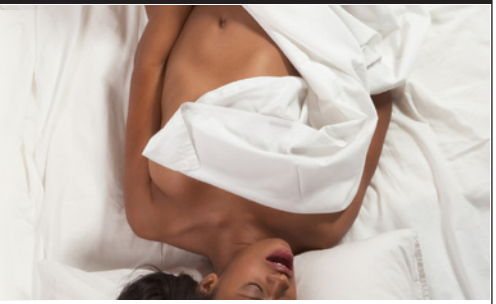
The penis is one of the most sensitive parts of the male body; the most sensitive parts of the penis are the **glans** (the spongy head of the penis), the **corona** (the rim of the glans) and the **frenulum** (the underside of the glans where the foreskin attaches to the **shaft**). The head of the penis responds to gentle friction (best when accompanied by lubrication) while the root of the penis, where the shaft attaches to the body, responds to pressure.

The **scrotum** (the sack behind the penis, containing the **testes**) is also very sensitive; some men enjoy gentle fondling of the scrotum in addition to penile stimulation.

The **prostate gland** can also be stimulated for sexual pleasure; the prostate can be stimulated by rubbing the perineum (the region between the scrotum and the anus) or through anal penetration.



Masturbation 101



Masturbation can be good for mental and physical health. People who feel good about their bodies, sex, and masturbation are more likely to protect themselves from [sexually transmitted diseases](#) and unintended pregnancy.

Masturbation is also one of the best ways we can learn [about our sexuality](#). It can help us explore the types of touch we like the most and help us learn how to ~~get excited~~ and how to reach orgasm. Learning about what feels good to you can increase your chance of feeling sexual pleasure with sex partners. When you know what you like when it comes to sex, your comfort with sex increases. And when your confidence and comfort level are high, it is easier to let your partner know what you like.

Masturbation can enhance our physical, mental, and sexual health and the health of our sexual [relationships](#).

Masturbation may:

- create a sense of well-being enhance sex with partners, physically and emotionally
- help people learn how they like to be touched and stimulated sexually
- increase the ability to have orgasms
- improve relationship and sexual satisfaction
- improve sleep
- increase self-esteem and improve [body image](#)
- provide sexual pleasure for people without partners, including the elderly
- provide sexual pleasure for people who choose to abstain from sexual activities with another person
- provide treatment for sexual dysfunction
- reduce stress
- release sexual tension
- relieve menstrual cramps and muscle tension
- strengthen muscle tone in the pelvic and anal areas, reducing women's chances of involuntary urine leakage and uterine [prolapse](#)



Mutual Masturbation

Masturbation is often thought of as a solo act. However, many people also enjoy mutual masturbation. Mutual masturbation is two or more people masturbating in one another's presence. In addition to the potential benefits of masturbation listed above, mutual masturbation may be a safe way to explore sexual activity with another person with no risk for pregnancy or STDs (Because partners are not touching each other, there is no risk of infection – and no risk of pregnancy unless semen gets on the vulva), can provide sexual pleasure and intimacy before partners are ready for sex, and teach people what kind of touch their sex partners like!



Tips for the Right Touch for All:

- **Set The Mood!** Masturbation doesn't have to be a quickie in the bathroom! You can plan your alone time just like you would anything else and set yourself up for some quality "me time." You can make masturbation more pleasurable by turning down the lights, playing your favorite erotic video slowly teasing yourself, staying relaxed and even adding in some arousal products like our [Foreplay Items](#)
- **Change Positions:** There's no reason to stick to the same routine while masturbating. Instead, add some excitement by switching up positions. If you're always standing, try leaning against a counter or the wall, with your hips pushed forward. If you're always lying down, try sitting up, either on your bed or in a chair. You can even enjoy a solo session while on all fours. Different positions mean different sensations — and that may mean more satisfaction.
- **Switch Hands...** Changing hands, just like switching positions, can cause different sensations that could lead to intense ejaculation. You may be able to widen your pleasure zone by using your nondominant hand to masturbate. Vulva owners try using your non-dominant hand on your clitoris while using your more dominant hand on your nipples. Penis Owners try holding your penis against your stomach and stroking the underside of your shaft quickly with your nondominant hand.
- **Move Your Hips!** Sure, it's easy to forget to move your hips while masturbating. After all, it's not like you're playing with a partner. But did you know that gyrating and thrusting can help increase the intensity and lead to more pleasure? Yup! Next time you're engaging in solo play, move your hips in a circular or back-and-forth motion — or in whatever way feels best to you. Increase the speed as you get closer to climaxing.
- **Explore other erogenous zones.** Want to have a sensational full-body climax? Then explore your erogenous zones! Playing with your erogenous zones — that is, your ears, nipples, neck, mouth, and lips — can shoot sparks of pleasure throughout your body. You can rub, pinch, pull, squeeze, or tug at these parts of your body to intensify your orgasm during a particularly randy solo session! Don't forget to play around with different touches to discover what makes you feel good.
- **Take Your Time!** Masturbation doesn't have to be "go, go, go" — unless, of course, that's what you're into. Feel free to slow down and explore what makes you feel good. You can experiment with speed, strokes, positions, hands, toys, and more during a solo session. Taking your time to discover what turns you on could lead to a better orgasm.

Tips For The Right Touch: Vulva Owners

What are the different types of masturbation? Here's a list of the most common types of masturbation and how they typically feel. Remember though: This will vary from person to person.

Orgasm Type	Type of Masturbation
clitoral	Most people use their fingers to play with their clitoris, but vibrators and other toys can also bring pleasure during solo play. When you orgasm, you'll feel a tingly sensation along your skin and in your brain.
vaginal	You can use your fingers or a sex toy to penetrate your vagina during solo play. You'll feel the "Big O" deeper in your body, and your vaginal walls will throb.
anal	You can use your fingers or a sex toy for anal play (although a toy is better for deeper penetration). Right before you orgasm, you may feel an intense need to pee — only the contractions are around your anal sphincter.
combo	This one is all about personal preference. You can use both hands to play with your vagina and your clitoris or a combo of a sex toy and fingers. When you stimulate your clitoris and vagina — especially the G-spot — at the same time, you'll feel an explosive orgasm that may leave you convulsing or even lead to ejaculation.
erogenous zones	You can rub, pinch, pull, squeeze, or tug your nipples, inner thighs, ears, neck, and other parts of your body during solo play. These areas, known as erogenous zones, can cause pleasurable sensations throughout your body when played with.

- **Set The Mood:** The setting can sometimes make a big difference in whether or not you'll have a good solo session. Think about turning down the lights, lighting some candles, and listening to relaxing music to get the mood going. [Try our Massage Candles](#) for a dim light with a bonus for touch! Light the candle and take a nice bath or shower and moisturize yourself with warm oil!
- **Add Some Lube:** When you're aroused, your body self-lubricates, making masturbation a much smoother and pleasurable experience. But sometimes, that may not be enough (or it may not happen at all!) So keep a tube of lube on hand to increase your pleasure. [Shop for lube now](#)
- **Let Your Mind Wander:** It may go without saying, but you can turn yourself on by simply thinking about the sexy guy you met last week or your partner/husband. Imagination is so key especially for women who tend to multi-task or have a ton on their plate. The goal is to transition your mind to a state of relaxation! Let your mind fantasize about people or situations that send tingles down your spine
- **Consider Erotica or Pornography:** It's fun to let your mind wander, but you don't always have to use your imagination. If you want to turn up the heat, [read a dirty or educational sexy book](#) or watch a sexy video. Be mindful that this is for entertainment and less of a teaching tool. While you can learn things from porn it's important to remember that it is designed to entertain and is still acting, just with less clothing lol!

Tips for the Right Touch: Penis Owners






There's no "normal" amount when it comes to masturbation. You should enjoy a little one-on-one time with your body as often as you'd like. Don't get hung up on how often you engage in solo play, as long as it's not getting in the way of other areas in your life. But if masturbation starts interfering with work or affecting your sex life with your partner, you may want to seek out a sex therapist.






What are some good ways of enhancing the male orgasm? Experiment with these strategies to help make your next solo session a steamy one.

- **Try Different Strokes...** Moving your hand in an up-and-down motion is a tried-and-true masturbation technique — and for many people with a penis, it almost always leads to an orgasm. But why keep solo play boring? Experiment with different movements for a more profound and powerful experience. You can use long, twisting strokes from base to tip. You can palm and pull your penis head while masturbating with a full-hand grip. You could also add a little bit of rubbing to the classic three-finger grip. Just play around with different stroking styles to find the one that feels more pleasurable for you.
- **Go Beyond The Penis!** There's more to your genitals than just your penis, so show the rest some love! If you like it when your partner plays with your testicles, shaft, and perineum — aka your taint — then why deprive yourself during a solo session? Your testicles, for example, have almost as many nerve endings as your penis. If you want to intensify your pleasure, consider pulling down on your balls right before you climax. You can also massage or play with your taint to create some intense sensations. And through it all, don't forget to stroke your whole shaft to really build up to that "Big O."
- **Don't forget the prostate!** Your prostate — otherwise known as the "male G-spot" — is your golden ticket to an intense, full-body experience. So, if you haven't cashed it in, now is the time. You can start off slowly by using one finger to gently rub the outside and inside of your anal opening, then insert your finger gradually to massage your prostate. Increase the speed and motion as the pleasure begins to build until you're ready to finish. If using your finger isn't your cup of tea, there are toys you can play around with. Don't be afraid to experiment. There are also toys designed for P-Spot pleasure so add in a Toy or Two! There are a number of toys available for people with penises that can add loads of fun to a solo session. Check out Bedroom Kandi's toys for men
- **Try Edging...** Want to prolong your play date? Incorporate the start-and-stop method into your next solo session. Orgasm control, also known as "edging," draws out the pleasure so that you can have a longer, more explosive experience. Try it out by stroking your penis right up until the edge of ejaculation, then stop completely. Slowly begin to masturbate again, increasing speed until you're ready to finish, then pull back again. Repeat this process as much as you'd like.

Now Finding Your Right Vibe!




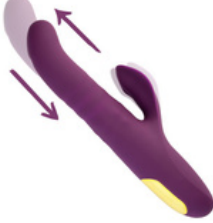

Key: \$= \$30-\$70 | \$\$= \$70-\$100 | \$\$\$= \$100 and up






EXTERNAL VIBES:	 <p>Get In Touch</p>	 <p>Kandi Kisses</p>	 <p>Queen</p>	 <p>Ripple</p>	 <p>Womanizer Pro40</p>
Intensity Level	High	Medium	High	Low/Medium	High
Source	Rechargeable	Rechargeable	Rechargeable	Rechargeable	Rechargeable
Special Features	Attaches to your finger, 20 vibration settings, waterproof	Discreet "lipstick" design, petite in size, 7 settings, whisper quiet, waterproof	Comfort Tech Technology for a soft plushy silicone feel, Bodyquake Motor for the strongest but most comfortable sensations, 10 settings, waterproof	Pleasure Pearl tech with moving beads beneath the surface that rub and stroke for added sensation on top of the thrilling vibrations, 10 pulse settings, waterproof, two motors!	Uses Pleasure Air™ Technology to stimulate with air and suction, 6 intensity levels, waterproof, ergonomic shape, two removable silicone heads in different sizes
Budget	\$	\$\$	\$\$	\$	\$\$\$

INTERNAL VIBES:	 <p>Cuddle</p>	 <p>Allure</p>	 <p>Your Highness</p>	 <p>Next Level 🏳️‍🌈</p>	 <p>Vibin' D</p>
Intensity Level	Medium	High	High!	No Vibration	High
Source	Rechargeable	Rechargeable	Rechargeable	N/A	Rechargeable
Special Features	7 preset scalable pulsations, G-spot-centric design, Powerful and quiet vibrations, Splash-proof (cannot submerge but can get wet), solid shaft	Powerful motor, whisper quiet, Luxurious LUXE design with velvety finish, angled for deep G-spot stimulation, flexible shaft	Comfort Tech Technology for a soft plushy silicone feel, Bodyquake Motor for the strongest but most comfortable sensations, 6 settings, ridged for increased sensation, waterproof (Ideal for deep penetration)	Great for solo or couples' play, Made 100% of body-safe silicone - phthalate-free, Base contoured for suction, Realistic shape with authentic detailing, Easy to use and easy to clean! Harness-friendly, 8.3" length, 1.6" girth	Great for solo play or for couples, Body-safe, waterproof, detachable vibrating bullet for added stimulation and 10 vibration settings, base offers suction to most flat surfaces, Realistic design, Harness-friendly
Budget	\$\$	\$\$	\$\$	\$	\$\$


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MULTI-STIM VIBES: (Vibes that stimulate 2 or more places at once)	Amaze 	Tidal Wave 	King 	Stroke of Genius 	Adventure 2.0 
Intensity Level	High	Medium	High!	Medium	Medium/High
Source	Rechargeable	Rechargeable	Rechargeable	Rechargeable	Rechargeable
Special Features	G-spot & clitoral stimulation, two powerful motors, Control the tickler and shaft individually, Beautiful LUXE design, Velvety-soft rabbit-style design	Pleasure Pearl action, Body Safe Silicone, 3 Bead (pearl) Settings, 10 Speed & Pulsation settings, Waterproof, rabbit-styled design	Comfort Tech Technology for a soft plushy silicone feel, Bodyquake Motor for the strongest but most comfortable sensations, rabbit-styled design, 10 settings, ridged for increased sensation, waterproof	This one can THRUST! Independent vibration and extending thrusting controls, 3 Powerful motors, Wide external tickler design to accommodate different bodies, Body safe silicone, Splashproof (cannot submerge but can get wet)	The Solo 3-way! Stimulates the external clitoral and anus and penetrates the g-spot! 3 motors, 7 scalable vibration patterns that can occur simultaneously, Body-safe silicone, Splashproof (cannot submerge but can get wet)
Budget	\$\$	\$\$	\$\$	\$\$	\$\$

TOYS FOR HIM:	Helping Hand 	Sidekick 	Thrust 	P-Curious 	Embrace 
Intensity Level	No Vibration	No Vibration	Medium	No Vibration	High
Power Source	N/A	N/A	Rechargeable	N/A	Rechargeable
Special Features	Open Ended masturbation Sleeve, Enhanced manual and oral play for added fellatio pleasure, Easy to clean, Best enjoyed with a flavored water-based lube	Closed Ended masturbation sleeve, Body-friendly: hypoallergenic, phthalate-free & latex-free, Stretchy material, Easy to use and clean (just use soap and water), Best enjoyed with a water-based lube	Smooth silicone vibrating anal plug, supple texture, ridged for added pleasure, Curved for prostate stimulation, Powerful motor, 5 preset pulsations, Waterproof	Prostate plug contoured to maximize pleasure! Ideal for all experience levels, Smooth & supple feel for enjoyment, Safety ring for easy retrieval, Body-friendly material - silicone	Perfect for couples' use or solo masturbation pleasure Powerful motor, whisper quiet, Elastic stretch for universal fit, Luxurious LUXE design with velvety finish
Budget	\$	\$	\$\$	\$	\$\$

Key: \$= \$30-\$70 | \$\$= \$70-\$100 | \$\$\$= \$100 and up

COUPLES FUN!	Rise & Shine 	R&B 	Embrace 	Just Between Us 🏳️‍🌈 	Make Me Over 
Intensity Level	Low/Medium	High	High	Medium	Medium/High
Power Source	Rechargeable	Rechargeable	Rechargeable	Battery Operated	Rechargeable
Special Features	Bullet detaches from the ring, Ring fit isn't too tight, 7 captivating pre-set vibration patterns, Splash proof, Perfect for couple's use, Powerful motor, whisper quiet	10 pre-set vibration settings, Playful design built for couples' pleasure, Body-safe silicone and ABS plastic, Ring and removable bullet: 2 toys in 1! Waterproof, Powerful, high-RPM motor	Penis constricting couples' ring. Perfect for couples' use, Powerful motor, whisper quiet, Elastic stretch for universal fit, Luxurious LUXE design with velvety finish	Wearable double-ended vibrating strapless strap-on, designed to fit snugly inside you and feel like an extension of your own body, detachable bullet, Perfect for couple's use 5 preset pulsations Splash proof (not suitable for submergence in water)	Discreet Compact Mirror Design for discretion, compact case for storage and charging, 7 pre-set vibration patterns, Up to 1.5 hours of use on a single charge, powerful motor with whisper quiet vibes.
Budget	\$\$	\$	\$\$	\$\$	\$\$

COLORING OUTSIDE THE LINES!	Flower Bomb 	Groove 	Loveline Krush 	Mic Drop 	Bougie 
Intensity Level	Medium/High	Medium/High	High	HIGH!	No Vibration
Power Source	Rechargeable	Rechargeable	Rechargeable	Rechargeable	N/A
Special Features	Dual-stimulation clitoral tickler and bullet design, Simulates a tongue with vibrating and licking rose, Thrusting action bullet for internal pleasure, control each feature independently, 9 preset patterns for rose and bullet each! Body-friendly silicone, Splashproof	Remote Controlled Panty Vibe with 3 Pleasure modes: Tease, Groove, and Club, Vibe to surrounding sounds like your lover's voice, or your favorite beat, Discreet wearable vibe perfect for a night out	2 For 1 BONUS! Internal App Controlled G-Spot Vibrator & Kegel Fitness App Controlled Trainer, Built-in sensor measuring pelvic floor muscle strength Built-in motor for haptic training feedback and pleasure Body-safe silicone Waterproof, Connect via bluetooth and wifi!	Calling all BDSM enthusiasts! This is the wand for you! 7 exciting pre-set pulsations, Super powerful, Waterproof, Easy-to-hold, glamorous design, Smart setting memory allows the wand to store your last pleasure setting making it easy to get right back to the fun!	Bedazzle that booty! Tapered bewjeled anal plug. Best with silicone lube! Body-safe stainless steel with ABS plastic jewel. 2.9" length, 1.2" diameter. 5.5 oz weight
Budget	\$\$	\$\$\$	\$\$\$	\$\$	\$

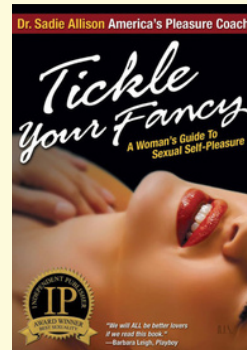
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Tantalizing Upgrades!

Add something to the experience with enhancers, lubricants, literature and more!

Arousal Products and Enhancers to help gently topically stimulate:

Unwind Arousal Balm, Ignite Me, Sweet on Me



Unsure of where to start? Try a guided tour from an expert with Dr. Sadie Allison's book: Tickle Your Fancy

LUBRICATING FOR PLEASURE AND COMFORT

Intimate lubrication can ease penetration, smooth external sensation, and generally increase sexual comfort by supplementing your body's own natural moisture. We recommend:

- UNWIND Secret Serum - a CBD-infused water-based intimate lubricant for pleasure and relaxation
- Silk - a hybrid lubricant that's long-lasting and plays nice with toys
- Sleek - a silicone-based lubricant perfect for shower sex or anal exploration



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