



Guide to Anal Play

Thank you for downloading our Guide to Anal Play.
We hope you find this information helpful.

Please visit the Expert Advice section of
bvibe.com for more detailed information and
a wider range of topics.

A Letter from Our Expert

b-Vibe™ is a premium, body-safe collection of healthy anal sex products. Our high-end designs are combined with engaging branding and marketing, focused on conveying sex positive education with a fun, friendly approach.

This brochure is for informational purposes only and is meant as a guideline for creating an enjoyable and safe anal play experience.

May the pleasure be yours.

A handwritten signature in black ink that reads "Alicia Sinclair". The script is fluid and cursive, with the first name "Alicia" being more prominent than the last name "Sinclair".

Alicia Sinclair

Founder

Certified Sex Expert

Anal Anatomy

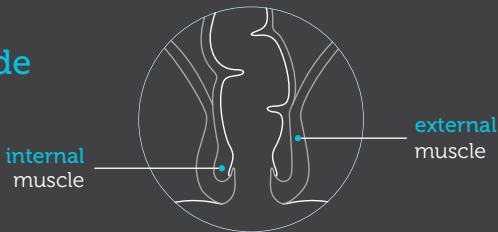
The anus is made of two rings of muscle. Knowing the differences between them makes anal play easier.

The external muscle is continuous with the pelvic floor and is made of skeletal muscle. This is the type of muscle you can consciously control. It's called skeletal because it moves your skeleton. For example, tighten your bicep and your arm bones move. You can deliberately squeeze and relax the external muscle on your pelvic floor.

The internal muscle is connected to your digestive system. The internal muscle is "smooth muscle." Smooth muscle is found in your organs and your blood vessels. You can't fully control this type of muscle because it's wired to your autonomic nervous system. The autonomic nervous system controls behind-the-scenes management of

functions such as heart rate and digestion. While you can learn to relax these muscles, there will be times when your body has other ideas, especially if you're stressed or anxious. Always remember that it's not wise to force it to relax – that rarely works. Be gentle and kind to your body, especially in the beginning. Anal play is a journey, not a destination.

the backside story



Preparation

The most important part of preparation for anal play is relaxation and communication. Be clear about comfort levels and limits. Consent is key to long-term, healthy anal play. Don't surprise your partner with anal play unless you already know that they enjoy it.

Arousal is also an important part of preparing for anal play. To create the most pleasurable experience, include lots of foreplay and arousal before touching the anus.

Be clear about your
comfort levels & limits.

Separate but Equal

Do not touch the anus and vagina with the same hand or sex toys. The anus and the vagina are two distinct ecosystems and you do not want to spread bacteria from the anus to the vagina. Keep one hand or sex toy reserved for anal touch, the other clean for vaginal touch.



While the same concerns with touching the anus and then the penis do not apply, be aware that you can transfer bacteria from the anus to the vagina or mouth via intercourse or oral sex.

Anal Hygiene

Many people find that self-cleansing before anal play allows them to relax and enjoy the experience more fully. Basic anal hygiene includes a regular bowel movement followed by a thorough external cleansing. Washing the external anal area with soap and warm water is often enough to feel at ease.



bowel
movement



soap
& water



rinse with
enema

An enema is not necessary for anal hygiene, although using one for an internal rinse may feel “cleaner.” For some people, this cleaner feeling may create a more enjoyable experience.

Use a simple bulb enema about 1 hour before anal play. Never use an enema with vinegar or other harsh ingredients. Fill the bulb with warm water, lubricate the tip and gently insert. Then squeeze the water into the rectum and immediately let it pass into the toilet. Repeat this process until the water flushes clean.



selecting the ideal **lubricant base**

Lubricant

Lubricant is an essential tool for anal play. The anus is not self-lubricating so use plenty of lube and reapply frequently.

b-Vibe™ products are made with body-safe silicone. We recommend using them with a thick, high viscosity lubricant such as a water-based “gel” lubricant.

Silicone-based lubricants and coconut oil are great choices for anal play, as they will stay slick and not dry out like water-based lubricants.

It's important to note that although silicone is a great option for anal play, **silicone lubricant cannot be used with any b-Vibe™ products** as it may damage the silicone material of the item.

Getting Started

With any form of anal play, the key to success is starting slow. The anal sphincter is strong yet delicate. Start gently, with a finger or beginner size anal product, and gradually work toward increasingly larger items.

The more relaxed and comfortable you are, the easier insertion will become. Take your time; it's not a race!

Enjoy the new sensations and of course, make sure to use plenty of lube! The key is to go slow and slippery.

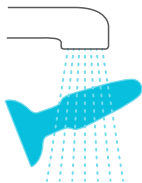
Take your time – the key is to
go slow and slippery.



Great experiences, in the beginning, create a healthy dynamic for long term play. Most importantly, listen to your body. If you experience any pain, back off, take a breather, and go slower next time, as you learn to relax your sphincter muscles.

Clean Up

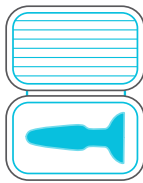
Proper cleaning of your product is essential to avoid bacterial infection. Immediately after use, run the plug under warm water and rinse off any residue. Use a mild antibacterial soap and thoroughly wash the plug. Then soap up your hands with antibacterial soap and give them a good wash as well.



wash



wash



store

Avoid using scrubbing tools or brushes. These can damage the surface of products and lead to scratching of the anus.

Allow products to air dry completely and then store for later use. We recommend placing each product into their individual travel cases before packing away. This will keep them clean and fresh for your next play session.

Bum Protection

If you notice any pain, discomfort or bleeding, stop immediately. Deeper than 2-3 inches into the anus there are fewer pain receptors, so sensations of discomfort may be different. Warning signs include cramps, irritation or bloating.

It is not recommended to wear a butt plug for longer than 2-3 hours at a time, even when comfortable.

Numbing creams are not recommended. If you use them, it's easy to hurt yourself and not notice. Anal play is much safer and a lot more fun when you can feel what you're doing.



Hypoallergenic



Flared Base



Latex-Free



Phthalate-Free

Product Basics

When selecting an anal product, avoid low-grade materials including petroleum products that can irritate the lining of the anal canal.

Always buy body-safe, hypoallergenic, latex-free, and phthalate-free products.



Always use the
right size for you.

Start with smaller size products and slowly work up to larger sizes.

Always use the right size for you. If you try to rush too big, too fast, this can lead to scratching, tearing or damage to the tissues on the anal canal. This may result in scarring and loss of enjoyment.

KEY POINTS

- » Communication and consent are key
- » Relax, start slowly and be gentle
- » Use lots of lubricant
- » Do not touch the anus and vagina with the same hand or sex toys
- » If you notice any pain, discomfort or bleeding, stop immediately
- » Clean products and hands immediately after use
- » Buy body-safe, hypoallergenic, latex-free, and phthalate-free products



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