



Vibrator Use 101: It's Normal, Healthy and Okay to Masturbate!

By Suki, creator of OhMiBod

Below are some tips for using a vibrator that are based on my experience, that of my friends and OhMiBod users. We are not official sex experts, we just enjoy it. Every woman and man is different, so play and experiment until you find something you enjoy. The general rule of thumb when it comes to self-love is that if it feels good to you then you're doing it right.

Using a Vibrator on Yourself

Time, mood, place

One of the most important things to realize when using a vibrator is that you need to be relaxed and undistracted in order to really enjoy the experience. Take the phone off the hook, lock the door and spend some quality time with yourself. Women fill so many different roles and are many things to many people that it's easy to forget that you are also a person. Taking time for yourself is not being selfish and is not something you should feel guilty about. Everyone needs to periodically take some time away from the demands of the outside world.

Using your vibrator can be even more pleasurable, if you can spend a moment setting the scene. Ensure that items which can enhance your experience are on hand such as pillows that can help with positions, lubricant and erotic books or DVDs. If the vibrator becomes a fairly regular part of your love play, you might want to get some rechargeable batteries. You will also want to have a spare/charged set handy - dying batteries are a definite mood killer. Speaking of mood, set it by creating an environment you can relax and really be comfortable in that makes you feel sexy. You might consider putting on your favorite bed linen and lighting candles. Music is also a known aphrodisiac. The pleasure it adds is why I incorporated it into OhMiBod, which stimulates you in time to your favorite music.

Get to know your body

Getting comfortable with your own body is an important first step to a better sex life. Many women are uncomfortable with the sight of their own naked bodies. One way in which you can begin to feel more comfortable about your own body is to stop comparing it with others. You can also learn to accept and love your body by taking a few simple steps. Stand in front of a mirror and begin to slowly undress, paying attention to each part of your own body as it's revealed. Once you're completely undressed, begin to touch different parts of your body and watch as you do so. This will help you become more comfortable with the way your body looks and feels.

In order to feel comfortable engaging in self love, you need to understand your anatomy, what it does and how it can make you feel. There are many books out there which show in detail each part of the genitalia, but it is always best to do the exploration on yourself.





Pleasuring yourself

Once you are comfortable with your own body, you can have fun with it. Take your vibrator and lubricate it. You can also lubricate your clitoris and the surrounding area with a personal lubricant. Next, turn it on and gently rub it between your labia. Touch your clitoris with it while applying the right amount of pressure that feels good to you. Try pressing it against your perineum, the small area between your vagina and anus and then holding it against your anus. When you are ready, insert it into your vagina and try different depths of penetration. If you are not comfortable with putting a vibrator into your vagina, then use it externally only. Whatever makes you feel the most comfortable, relaxed and sexy.

When using your vibrator, try different positions including lying on your back and straddling it. You can also lie still just holding your vibrator or you can ride it by moving your hips. Some women enjoy the erotic buildup that can result from putting the vibrator on your clitoris and then repeatedly squeezing your thighs and buttocks together, releasing in between squeezes.

Tips for Your Partner

Whether your partner is lying side by side with you or sitting or lying between your legs, They should place the vibrator between your labia, towards the outer edge to start, and then over or near your clitoris.

Try having your partner push the vibrator, slightly into your vagina or move it in and out. It is a good idea to lubricate it, as well as, your clitoris and the surrounding area a bit with a personal lubricant or your natural lubricant before doing so. They can also move the vibrator up and down parallel to your labia, left and right, or in circles of varying sizes. Ask your partner to focus on your body movements, especially any thrusting or other movement of the pelvis, in order to try to key in on your rhythm and figure out how to work with it. If they are having difficulty doing this, tell them what to do with it in order to get maximum pleasure.

Using a vibrator during intercourse can really result in an incredible orgasm. Have your partner hold your vibrator against your clitoris during intercourse or hold it there yourself, depending on the position you are in.

Oral sex is a whole new experience when a vibrator is incorporated. Have your partner use it on you while performing oral stimulation. If you are the one giving oral stimulation, you can use the vibrator to pleasure yourself while doing so.





Men Like Vibrators Too

A vibrator can provide great stimulation on the head, shaft and base of the penis in addition to the testicles and anus. Some men find that the vibrator is great to massage the area underneath the scrotum as they give themselves manual stimulation. If you're using a vibrator on a man, lubricate the vibrator and press it against the head of his penis, especially the underside. Try moving the vibrator in small circles or in small back and forth strokes. You may or may not be able to cause him to climax with the vibrator alone - if not, try using it as a part of manual or oral play or as foreplay to intercourse.

For many people, anal stimulation is a tool in their sexual arsenal and it is a normal part of their erotic experience. A vibrator can create pleasure by stimulating the group of very sensitive nerves surrounding the anus. The most important thing is to use plenty of personal lubricant as the anus has no natural lubrication. Start by just touching and stroking the outside of the anus with the vibrator's tip. When your partner is ready and if he or she is willing, insert the vibrator, moving it in and out slowly.

Men especially find watching their partner pleasuring themselves extremely erotic, so using a vibrator in front of your partner is a sure fire turn on. An added benefit is that it gives him an idea of what makes you climax.

