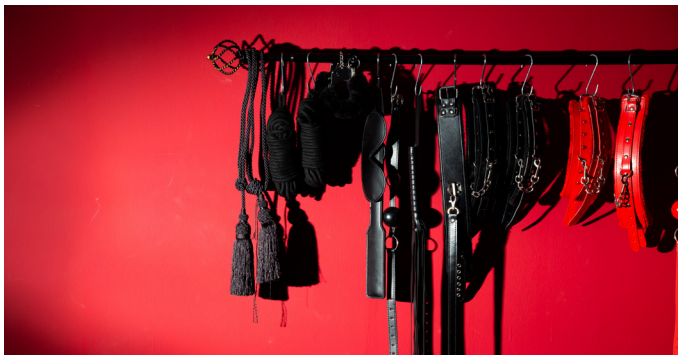


A Beginner's Guide to BDSM Toys



BDSM is an acronym used to describe a range of sexual activities. Generally, it stands for Bondage, Dominance, Sadism and Masochism, but it can also mean discipline and submission. What used to be thought of a fetish has become more trendy after the release of “50 Shades of Grey” in movie theaters around the world. With so many options, if you’re new to the lifestyle, it can be overwhelming. Just stay within the ***BDSM SSSC rules: safe, sane, sober and consensual***. Remember to use safe words during sex. BDSM should give each person in the relationship what they want. Here are our recommendations for BDSM toys with ideas on how to use each one.

Rope

Rope can be used to restrict movement or restrain a partner, and it can also be used as decoration. All different types and sizes can be used, but keep in mind that cotton rope doesn’t stretch. It is also worth noting that nylon rope can feel good against the skin. The dominant person does need to make sure that the rope isn’t tied too tight. Don’t tie a rope around the neck, throat, or any pressure points. Be aware of tying the rope around joints, too. Always keep safety scissors on hand. Never leave a restrained person unattended. The Dominant should keep in mind how long a person is tied up, and watch for circulation problems.

When using rope, use knots that are effective and efficient. You will want a knot that is pleasing, and doesn’t leave bruising or abrasion. The single column tie protects the body by using loops around the part being tied up, placing the pressure against the rope itself, rather than the body of your partner. It is a flat knot that isn’t bulky, and looks more complex than it actually is. You should practice tying knots on an inanimate object first, so that you don’t hurt your partner when you’re learning.



Leather or Metal Cuffs

Rope is a great restraint when you’re starting out, but when you’re ready to push the envelope, leather or metal cuffs can add to the excitement. However, handcuffs can be quite dangerous, so you should make sure to always have an escape plan. Keep two or three keys on hand in case one is lost. Always use handcuffs that have a double lock; this prevents the cuff from tightening down on the hands. You can also use padded cuffs, or ones with Velcro fasteners for added safety. You will also need to measure the cuffs before purchasing, as people have different size wrists and ankles. If you are using cuffs as fashion accessories, you won’t need to worry so much about the quality. If however you are using handcuffs as restraints, you will need to think about how you’ll be using them. For example, you’ll want a handcuff set with o-rings that attach to the bed posts, if that is your intent for restraining your partner.



Collars

Collars are a strip of fabric or another material that is placed around the neck, much like a necklace. Some collars are symbolic of a relationship, and can be crafted with the same level of feeling that one might create a custom wedding ring with. For our purposes, we're talking about a temporary play collar that is worn during a play session to increase the sexual tension. Necks are vulnerable places, so consider safety and aesthetics when choosing a collar for your partner.

Choose the width of the collar first, and consider neck size. A tall, thick collar is designed to make the wearer stand up taller and make them look straight forward. Slimmer, thinner collars are better for long-term wear. If you want to attach a leash to the collar, be sure to look for one with a ring. If you want to attach multiple chains to the collar, you might need one with multiple links. Remember to never leave your partner locked in a tight neck collar.

Leather or Rubber Hoods

Bondage hoods will increase the feeling of submission. Most bondage hoods cover from the neck to the top of the head, removing facial features and allowing more humiliation of the submissive. A hood blocks hearing and sight, which forces you to concentrate on touch, heightening the sexual feelings. Hoods are often made of different materials, most often being either latex or leather. Latex hoods are a form-fitting style that stretches over the head. Leather

hoods are stiff and confining in comparison, but can be aesthetically pleasing. Safety considerations should be taken to maintain an open airway, and allowing your partner the ability to speak. When you cover the mouth, it poses the risk of removing your partner's ability to breathe adequately. If you do restrict speech, make sure to give your submissive a non-verbal safe signal, such as a hand sign or slow shaking of the head from side to side. Be prepared to remove the hood quickly and carefully as soon as your partner gives a signal such as this. A ski mask or balaclava can mimic a hood without having to make a large investment, until you are sure that you and your partner enjoy BDSM hood play.



Clothespins

Clamps heighten sensations on the body. If you're new to BDSM and want to try clamps without spending a lot of money, consider getting wood or plastic clothespins to start with. When purchasing these, be sure to look for ones without teeth. The heavy-duty clothespins that have some heft and don't splinter are recommended. Begin applying straight on the nipple for short periods of time in the beginning, as not everyone can manage the pressure for long. You can also weaken the clothespin grip by clamping on something that requires the clothespin to be open for a few days. Many places on the body can take clamps, not just the nipples. You can try placing one on the earlobes, the webbing of fingers, or even use a row of clothespins on the stomach or the thigh. Safety is paramount, so always check your partner's circulation and never leave someone unattended.

Nipple Clamps

Nipple clamps are a step up from clothespins, and are designed to fit over the nipples. Adjustable clamps are better for beginners, because the pressure can be adjusted by a screw. You will need to start off slow, so that the body can easily adapt to the sensation. Keep in mind that the most pain occurs when the clamp is removed, not when it's being worn. As always, make sure you have a safe word, and remember good pain will heighten the sexual tension and arousal, bad pain is not conducive to sexual play or trust.



Crops and Canes

Spanking is a common theme in BDSM play. Whether you want to give or receive the spanks, you have plenty of options to enjoy the sensation with a cane, crop or whip across the bottom. Impact toys are generally categorized as either “stingy” or “thuddy.” Stingy toys are narrow, thin toys, such as canes or whips that are more like a slap. Thuddy toys, such as floggers, paddles, or a tawse are generally thicker and more like a punch. The material and size of an object can often affect the intensity of the pain, as well as the amount of force being used. Be sure to always have a safe word agreed upon and ready beforehand. You should also avoid hitting areas of the body where you could damage your partner, such as the spine or stomach.

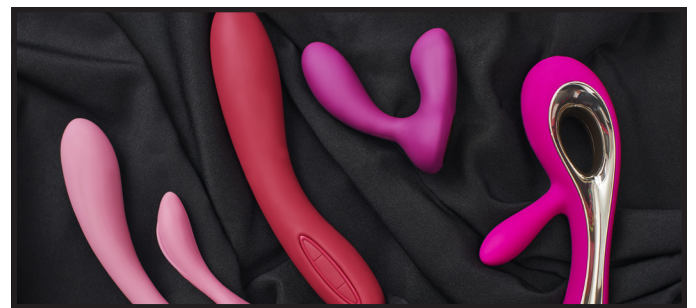
Paddles

Paddles are one step up from a hand spanking and take some of the pressure off the person doing the

spanking. You can cover a bigger area with a paddle than with your hands, increasing the pain sensation of play. Paddles are generally considered safe toys and easy to use, but always have a safe word to stop the play. When using a paddle you will want to choose a large area with lots of fat and muscle, staying away from essential organs. Smaller paddles have less impact area, which can make the hit sting more. Start with larger paddles to get the blood flow going. Paddles with holes have less air resistance, which makes them hurt more. Beginners should stick to larger paddles without holes until they get used to the sensation. Wood paddles are less forgiving than leather. If you do choose a wood paddle, check that it is properly treated to avoid splintering.

Floggers

Floggers are a form of an impact toy that can be customized to meet your own preferences. A flogger is usually a bunch of tails attached to a handle that are then used to flog or whip the partner during BDSM play. You can make them in many different ways to get different sensations. Some materials sting when they hit the skin, while others make a thud. Using more tails gives you a thicker, thuddy sensation, rather than sting.



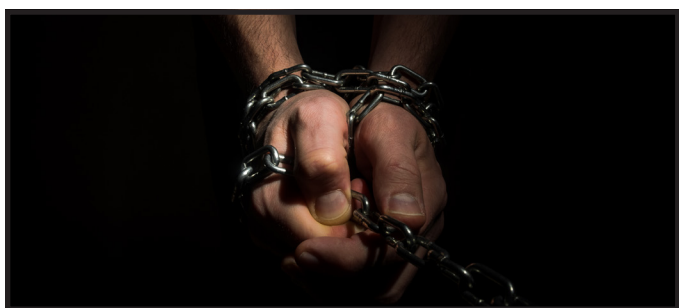
Vibrators

Vibrators are often thought of as a solo toy, but you can also use them with a partner. Even though vibrators are designed for arousal, as long as your use of one makes you feel good, there's really no wrong way to use a vibrator. Start off on the lowest setting, because too much stimulation right away can

make you feel numb. Use lube, whether you're using the vibrator externally or internally. A vibrator can help you get to know your body more, but it can also heighten BDSM play. Don't be afraid to experiment.

Arm Binders

Arm binders do exactly as the name suggests, binding the arms of the submissive. Arm binders are very creative, but the most popular have straps that connect to a choker or band around the neck or to a corset. Arm binders are more restrictive than handcuffs, so your partner will have to trust you to use this play toy. Make sure to discuss a safe word and never leave a restrained person alone. Beginners can use a tie or scarf to restrict arm movements to get used to the sensation before investing in full gear.



Chain and Locks

The erotic appeal of BDSM play isn't limited to the physical aspects. The aesthetics of BDSM can be just as arousing, acting as a kind of a silent sexual tableau. Chains and locks can take bondage play to the next level. You can use chains for pet play or as ties to the bedposts. Metal feels a little different than rope, so chains add a new sensation to the mix. Locks tell the submissive partner that there is no escape without help from the dominant. Always make sure to have the key before placing the lock on the partner, and have multiple copies of the key available. For added fun, you can freeze the key in an ice cube tray to create a time release lock. Just take the key out of the freezer when play begins. As with any restraint, do not leave the person unattended at any time.

Straight Jackets

Straightjackets are even more restrictive than arm binders. A straightjacket can render the partner completely helpless and unable to escape. Some submissive partners enjoy struggling against the restraint, knowing that they are at the other partner's whims. If you do use a straightjacket during BDSM play, do not leave the restrained person alone. Always use a safe word, and check for proper circulation about every hour. Be aware about shoulder pain while wearing the straightjacket, because it can lead to damage of ligaments and tendons.

Gags

Gags can intensify sexual play because the person cannot speak. You will need to have a non-verbal safe cue when using gags. It doesn't invoke much pain, but a gag can trigger the gag reflex. The longer you wear a gag, the more painful your jaw can get, so be sure to practice for short periods of time before wearing for longer sessions. Your partner will also want to learn to relax and breathe through the gag before using it in play.



Blindfolds

A blindfold is one of the cheapest BDSM toys available. A simple sleep mask that you can buy at your local drugstore makes a great blindfold, as does a man's necktie. Blindfolds make the person rely on other senses beyond sight, which further heightens tension and arousal. Blindfolds can be very safe, but you should be sure to use a mask with an adjustable strap.

Chastity Devices

Chastity devices sound like something out of the medieval times, but modern chastity belts are used in BDSM play for both men and women submissives. The wearer, the submissive, gives up their power to the person holding the key. Chastity devices prevent sexual activity, such as orgasms. The devices, also called chastity cages, must be properly fitted and sized to the individual to be secure without damaging the genitals.

Violet Wand

A violet wand is one of the most desirable toys for BDSM play. The wand is a power supply that is used for the application of low current, high frequency, high voltage electricity to the body. Beginners will want to look for a solid state violet wand because they are a lighter and more budget-friendly than the electromechanical versions. The violet wand works with electrodes to produce an electrifying sensation, meaning you will become electrified, so that when you touch someone they feel a spark. The wand can also be set to different intensities. A milder intensity is like tickling, while stronger intensities can be more painful in nature.



Saran Wrap

Saran wrap has made its way into the BDSM world as an additional way to restrain your partner. It's a great bondage method because it's quick and simple, plus easy to access and use. You can partially wrap

your partner or fully mummify the body. Have safety shears available for quick removal. If your partner is claustrophobic or has fears being unable to move, don't use saran. As with any restraint, never leave the person alone, and make sure to check for proper circulation. Saran wrap is dehydrating, which can mean that even if the submissive is naked, they could get very hot and sweaty quickly. You will want to have a blanket for when the saran comes off.

Duct Tape

Lots of common household items have come into play in the BDSM scene, and tape is another cheap and easy item to use as a restraint. Duct tape is a stronger tape that will stay in place without needing a lot of layers to achieve bondage. However, because the glue on tape can tear the skin or strip of hair, you will want to use it over panty hose or saran wrap to protect the skin. Have safety scissors handy, just in case. Duct tape is popular because it comes in many colors and is stereotypical in kidnapping scenes. Note that you can also find bondage tape that sticks to itself and not the skin, which is much better for BDSM play. No matter what type of tape you use, always be sure to have a verbal and non-verbal safe word agreed upon beforehand.

Chain Cage

Caging is a practice in which the submissive partner is confined in a cage, much like an animal kennel. Of course, there are many different kinds of cages, often ranging in size and shape. You should always be present when the person is confined. Caging can be quite safe and enjoyable, but you need to make sure that the submissive can move around properly. Consent is important when caging, and when present the submissive can be reminded of their ownership by the dominant partner, and feel safe in this surrender.

Staying Safe

BDSM products can be sexually exciting, but it's important to always remember safety and consent. You should try out the toy before using it on your partner, feel comfortable with how it functions before using it in play. If you simply bring it out the first time when you're in the moment, not knowing what you are doing or not getting consent can ruin the play and the trust that the relationship is based upon. BDSM should always be enjoyable for both partners.

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