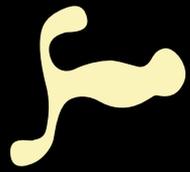


# PROSTATE MASSAGE: A HOW-TO GUIDE FOR GOING SOLO



Traditional



Panther Black



Deep Purple



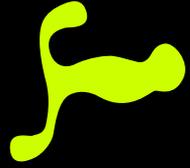
Emerald Green



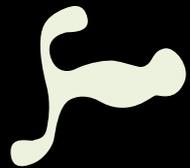
Lollipop Pink



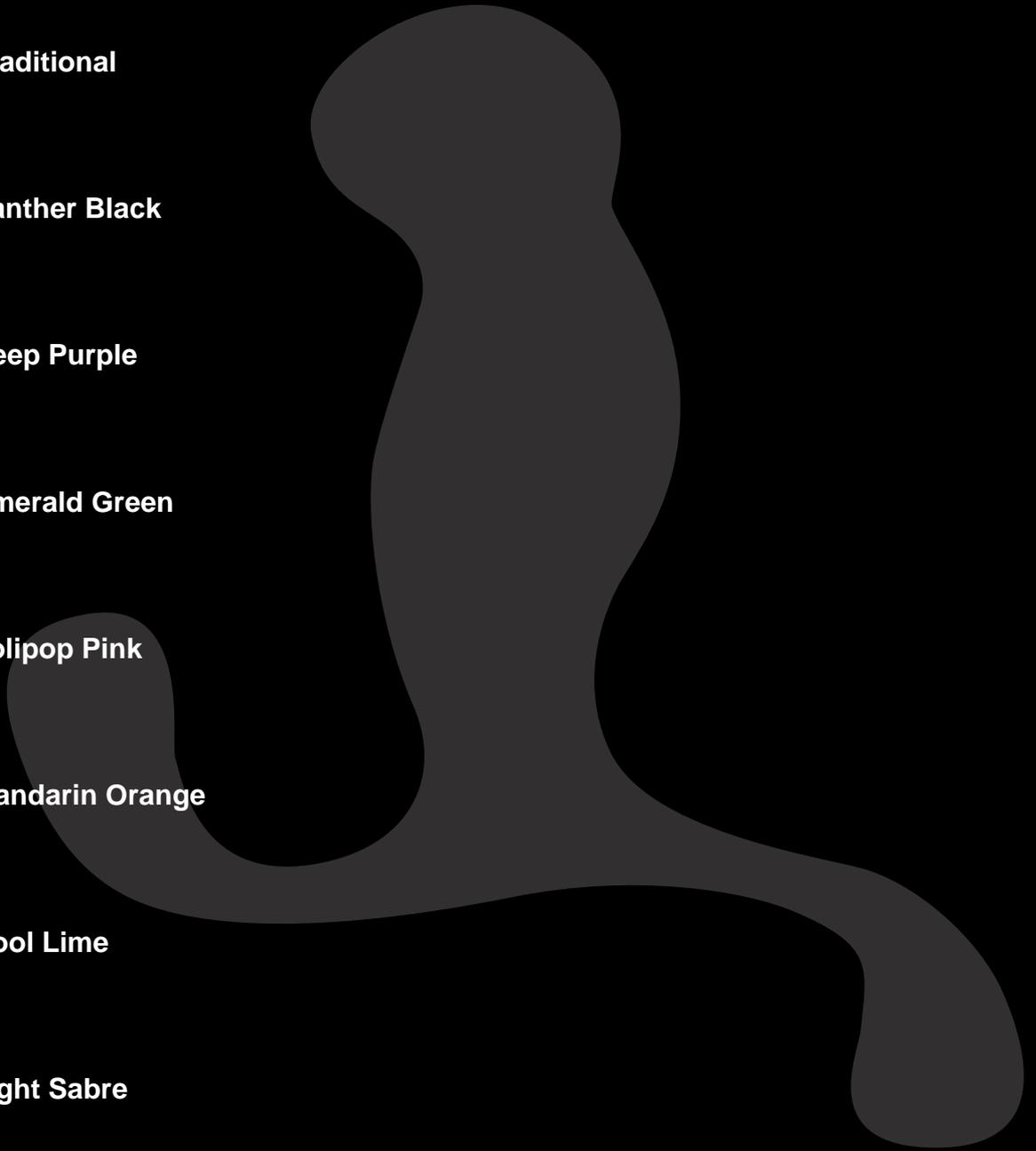
Mandarin Orange



Cool Lime



Light Sabre



## ABOUT THIS GUIDE

The information and instructions contained in this guide are for the use of a modern prostate massager, a sex toy and health device, for beginners to anal play. The guide is aimed at masturbating.



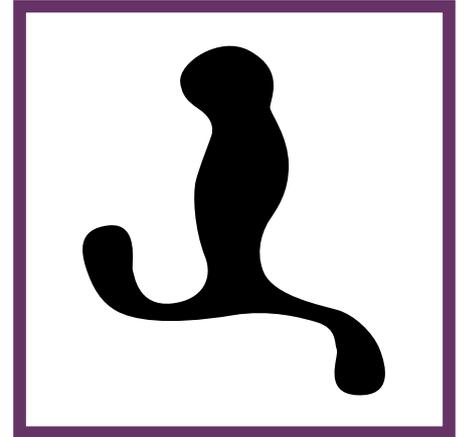
The Nexus Nero Range, available in many exciting colours, including :  
Traditional. Panther Black, Deep Purple, Light Sabre, Emerald Green  
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## PROSTATE MASSAGERS : A HOW-TO GUIDE FOR GOING SOLO

### About Prostate Massagers

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Modern prostate massagers, such as the “Nexus Nero” are designed to stimulate the prostate gland, anal canal, and perineum all at once. In the past, they have been used for ‘milking’ the prostate for the health of this important gland, but also for sexual pleasure (though this is not as common). The tri-way stimulation ensures the highest chance of success for achieving ejaculation-free orgasmic success. It also opens the doors for men to discover new ways of achieving deeper sexual pleasure and satisfaction, whether or not an ejaculation-free orgasm is reached.



**The Nexus Nero male prostate massager**

### The Prostate Gland (Male G-Spot)

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The male G-Spot refers to the prostate gland, located on the front wall of the anal canal. This walnut shaped gland is responsible for a man’s erections, orgasms, and ejaculations.

It has been used for centuries by many cultures to help with prostate congestion, sexual dysfunction, and for sexual pleasure. The results of stimulating this gland are a ‘milking’ of the prostate, and increased blood flow to the region providing fresh oxygen and nutrients. The Nexus Range of prostate massagers are specially designed for prostate massage for sexual pleasure, though a ‘side effect’ is the prostate often becomes far healthier than prior to using these toys. This is why it is so often helpful for men with prostate problems and sexual dysfunction.

### The Male G-Spot Orgasms

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The male G-Spot experience opens doors of sexuality not often available, where men can feel longer and far more intense orgasms that involve the whole body. This can all happen without ejaculation, and without touching the penis. If the penis is involved, the orgasms are still very strong and last longer than ordinary penile orgasms when a prostate massager is used. The pleasure is of a quality not often - if at all - felt before by most men. The sensations are unique for every man, and learning to use a prostate massager effectively is part of the journey. It can take time, and it will take effort, but it’s worth it.



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## PROSTATE MASSAGE FOR BEGINNERS TO ANAL PLAY

### Getting Started With A Prostate Massager

You will need to put aside a couple of hours where you will not be disturbed, and can totally relax. Grab a couple of towels, some good quality lube, and perhaps an erotic DVD. Silicon lubricant is often the best, because it lasts for a long time without having to be reapplied. It is your choice if you want to cover the toy with a condom or not. If you would prefer to douche prior to using this toy, do so. Anal douches are inexpensive and effective.

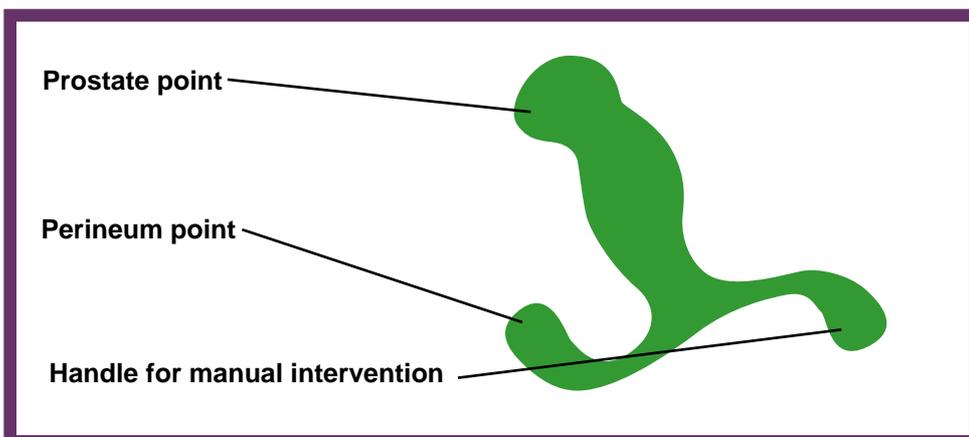
Note: The anal canal is usually very clean as faeces are not stored in this area, but up further in the rectum and bowel. It would help for comfort if your bowels are empty, and this should be done at least half an hour before using your prostate massager.

Cover your 'workspace' with a towel, and set out everything you will need.

You will also need a good dose of patience, a very open mind, and the thorough removal of any expectations. Prostate massagers are not ordinary sex toys, and cannot be treated as such. Everything you do will be slow, careful, and hopefully very exciting! Above all else, relax and enjoy every sensation the massager has to offer. The journey is all part of the fun.

### Hygiene And Safety

The Nexus range of Prostate massagers are designed to very high hygiene and safety standards. Condoms can be used with them, though it is not necessary, and the toys are easily cleaned with a small amount of detergent and hot water. They can also be placed on the top rack of dishwashers. It is important to rinse and dry the toy immediately after use to avoid bacteria growth. The toys have a handle and perineum stimulator which acts as an anchor, keeping the end outside where it should be. It is impossible to get it lost inside you. The smooth shaft and head are seam-free so nothing on the toy will tear or damage the sensitive tissue in the anal area unless improperly used.



**The Nexus Range - users have described the experience as "blows ordinary orgasms out of the water"**



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## PROSTATE MASSAGE FOR BEGINNERS TO ANAL PLAY

### Our Seven Step Guide

#### Step 1: Relax and Breathe

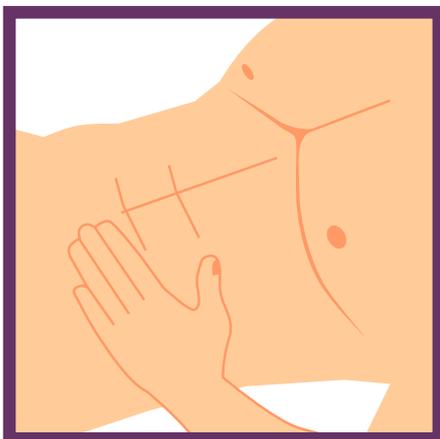
Good things come to those who practice! Learning how to deeply relax and connect your mind with your body is vital to the success of your anal explorations with a prostate massager. Start your session with some deep breathing, and feel how each breath enters and exits your body. Lie down and feel your diaphragm moving. Concentrate on relaxing each of your muscles and removing expectations of what is about to happen. Breathe all those old ideas you had about male sexuality out.

#### Step 2: Arouse Yourself

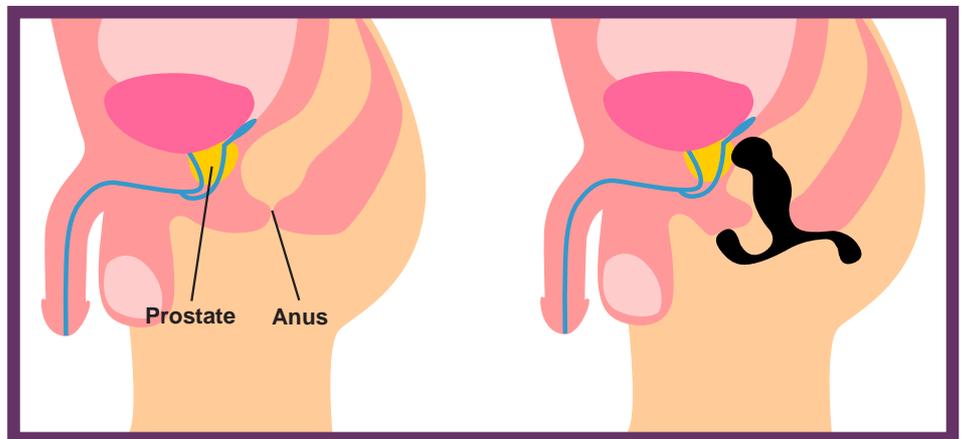
This part is entirely up to you – do whatever turns you on. Don't touch your penis, but do feel free to roam the rest of your body, including the anal area. This sends blood and messages to the prostate, penis, scrotum, anus, and abdomen area, warming it up. Put on an erotic movie if you like, just to help things along. Note: being too aroused, or not aroused enough, can cause problems with your session. Over-arousal can result in impatience, and you might miss important, but subtle, signals. Under-arousal can be caused by a lack of the necessary energy to concentrate and relax into your session. Be well rested and have plenty of private time to experiment.

#### Step 3: Insert the Prostate Massager

Lie on your side with your knees slightly bent. Make sure the toy has plenty of lube on it (you will need to prime the anal area with lube before inserting). Slowly and carefully insert the massager into your anus, breathing and relaxing your sphincter muscles with each exhalation. Fit it completely and comfortably inside your anal canal. Now just rest, and continue your erotic play as before while your body gets used to it. Don't touch your penis, and try to be in a position where it is not rubbing on the bed, or your leg. This will distract you from the task at hand, which is meant to be forgetting about your penis and concentrating on the sensations in your prostate, anal canal, perineum and abdomen.



Don't touch your penis, but feel free to roam the rest of your body including your anal area.



Slowly and carefully insert the Prostate Massager into your anus. For the next 15 min's or so you will need to adjust to having it inside you, Relax, take deep breaths and continue the erotic stimulation of your mind and body.



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## PROSTATE MASSAGE FOR BEGINNERS TO ANAL PLAY

### Our Seven Step Guide

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#### Step 4: Breathe and Get Used to it

For the next 15 minutes or so, you will need to adjust to having the massager inside you. Relax, and take deep breaths right down into your abdomen, while continuing the erotic stimulation of your mind and body, avoiding your penis.

#### Step 5: Start Small Contractions

When you feel comfortable with it inside you, you may feel the swell of your prostate against the toy. The prostate engorges with blood upon arousal, and this is why you can feel it. This is what will provide the stimulation to milk your prostate, and have full body orgasms. The reverberations of the anal contractions will vibrate up the shaft of the toy, into the head, and onto your prostate. To get the ball rolling, try contracting as you breathe in, and letting go as you breathe out. Your untrained muscles will probably quiver involuntarily: this is good, and you will feel the effects in your prostate.

Play around with the contractions and see how it feels with long ones, strong ones, short ones, and weak ones. Maintaining tautness in the sphincter will cause quivers, which in effect stimulate the prostate in a positive way. See what feels good, and just play. Keep the erotic stimulation on other parts of your body, and build yourself into a rhythm.

#### Step 6: Take it further

Lying on your side is the most effective way of having huge full body orgasms, but it may not be how you find success with your toy to begin with. Try kneeling, or lying in another position and see what effects this has on the sensations you feel. Keep breathing, and focus on your prostate and general abdomen area.

There is an acupressure point which is connected to the prostate, penis, scrotum, and anal area in your perineum. Each man is biologically the same, but the spot varies minutely between men. It is normally in the middle of the perineum, between the anus and the scrotum. To find it, make a line from the bottom of your prostate, and dig your finger in and go along until you find a place that feels slightly different. It may be a little sensitive. This is the point. It is not a pleasure spot in itself, but with the aid of a prostate massager with a perineum stimulator, it is often the essential ingredient in achieving the much-coveted male G-Spot orgasm.

#### Step 7: Keep Practicing

Try different things, read up forums, talk to people. Every man's experience with a prostate massager is different, but the sensations are normally very similar in the process. If you don't achieve success right away, don't panic. Keep trying. The 'consolation' prize of an extended and more intense penile orgasm will no doubt sate you until next time you try.

