

PROSTATE MASSAGE: A HOW-TO GUIDE FOR COUPLES



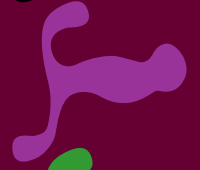
Traditional



Panther Black



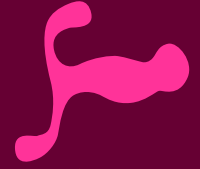
Deep Purple



Emerald Green



Lollipop Pink



Mandarin Orange



Cool Lime



Light Sabre



ABOUT THIS GUIDE

This guide explains prostate massage for couples. The detailed instructions cover prostate massage in the context of sex play with either a specialised toy called a prostate massager, or alternatively, a finger.



The Nexus Nero Range, available in many exciting colours, including :
Traditional, Panther Black, Deep Purple, Light Sabre, Emerald Green
Lollipop Pink, Mandarin Orange and Cool Lime.

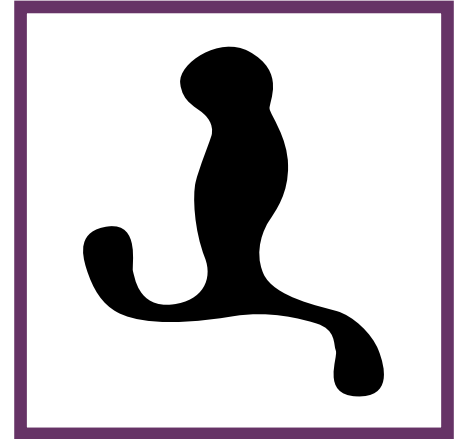
PROSTATE MASSAGE FOR COUPLES

Prostate Massage for Couples

This ancient technique has been used for centuries for both the good health of the male prostate gland (male G-Spot), and intensified sexual pleasure. When used in conjunction with 'traditional' sex acts, such as oral and penetrative sex, stimulation of the prostate gland can intensify the male orgasm, increase size and hardness of erections, and result in beneficial 'milking' of the prostate.

The Male G-Spot

Women have long enjoyed deep, full body orgasms. It is far easier for a woman to have these than it is for a man, as the access to the female G-Spot is inside her vagina, whereas the access to a man's G-Spot (prostate gland) is via his anus. This makes it largely less popular with the general public. Stimulating the prostate for greater sexual fulfillment is one of the worlds best kept secrets. With the new generation of prostate massagers being scientifically and medically designed, finding the hot spot is far easier, safer, and sexier than in the past.



The Nexus Nero male prostate massager

The Male Orgasm

Men have typically had short, fast orgasms which are accompanied by ejaculation, very rarely experiencing ejaculate-free orgasms as women do, despite women also having the ability to ejaculate. Prostate massage allows for deeper, longer, more satisfying orgasms for men whether they involve ejaculation or not.

Penis-Free Full Body Orgasms

Without stimulation of the penis, men can experience full body orgasms, which can be repeated many times over when a prostate massager is used. Every man has this capability; it's just a matter of finding the right combination of stimulants. When a partner is involved, the penis is much more likely to be part of the action, which makes ejaculate-free orgasms very unlikely. What it does allow is longer, more deeply felt orgasms, with far more ejaculate than normal. The penis also gets harder and sometimes slightly bigger.

Prostate massage is a great way to perk up your sex life and learn more about each other.



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Notes About this Guide

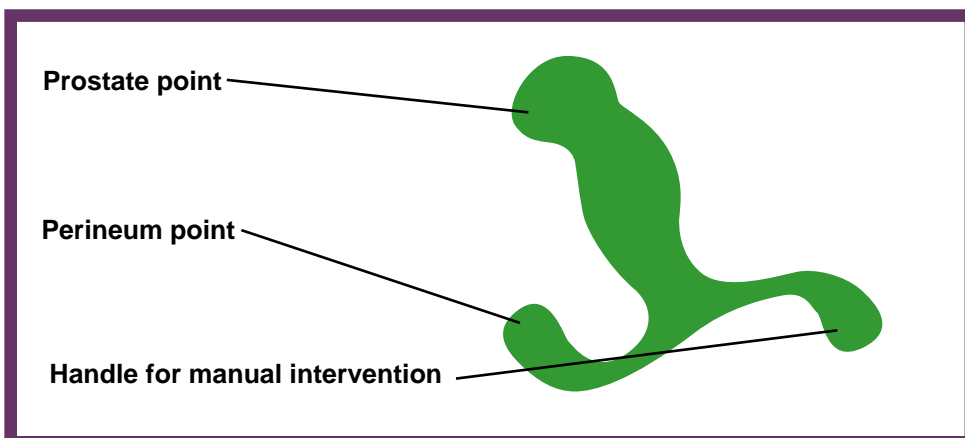
Because this guide is for couples, there will be no further reference to ejaculate-free orgasms, and it will be assumed that activities will involve the penis, and therefore ejaculation. If you wish to know more about ejaculate-free orgasms for men, please see the leaflet entitled "Prostate Massagers: A How-To Guide" available in the same place as this guide, which is designed for using a prostate massager alone. It is possible for a man to have ejaculate-free orgasms with a partner, but you will have to figure out your own methods with help from both leaflets, as this is a very personal subject.

Prostate Massagers with a Partner - For Beginners

Prostate massagers are designed so they stimulate the prostate, anal canal, and perineum. This combination of stimulation ensures the highest chance of success for achieving orgasmic success and discovering new ways to achieve sexual pleasure and satisfaction. Partaking in sexual activity with a partner can be a deeply satisfying experience, and enriching to a relationship. Prostate massage can be done with a specialised toy, or with a well-placed finger. The instructions provided in this leaflet go over both methods.

Before you get Started

You will need to put aside a couple of hours where you and your partner will not be disturbed, and you can both totally relax. At first, you may wish to begin learning to use a prostate massager alone to get used to the idea and sensations without the fear of being watched, or any 'accidents' that may happen regarding soiling. Practicing alone first can give you some much needed confidence before bringing in your partner. Essentially, the choice is yours so do whatever feels the most comfortable for you.



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



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Before you get Started continued....

Grab a couple of towels and pillows, and some good quality lube. Silicon lubricant is often the best, because it lasts for a long time without having to be reapplied, and won't eat away at condoms. 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. Keeping everything handy is helpful because stopping to get things can be distracting. Now, try to remove any expectations you may have about this experience. Relax, breathe, and open your mind.

Prostate massagers are not ordinary sex toys, and cannot be treated as such. They are not dildos or vibrators, and are not designed to be thrust in and out. A prostate massager is self-propelled by the anal sphincter muscle and the minute quivers and contractions, both voluntary and involuntary. Everything you do for starters 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, and having someone to share it with makes it even more exciting.



Anal Massage products, which help to enhance the experience



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PROSTATE MASSAGE FOR COUPLES

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: Arousal

This part is entirely up to you - do whatever turns you and your partner on. Try to do things which don't include the penis until you are fully worked up. You want this to be slow and sensuous. Your anal area doesn't produce any natural lubrication, so it is important to massage plenty of lube into the anus and on the toy. The prostate takes a little time to warm up and engorge fully with blood, so just take it easy. Being well-rested and having plenty of time to play is a good idea - there is a whole world in there! Take the time to discover it.

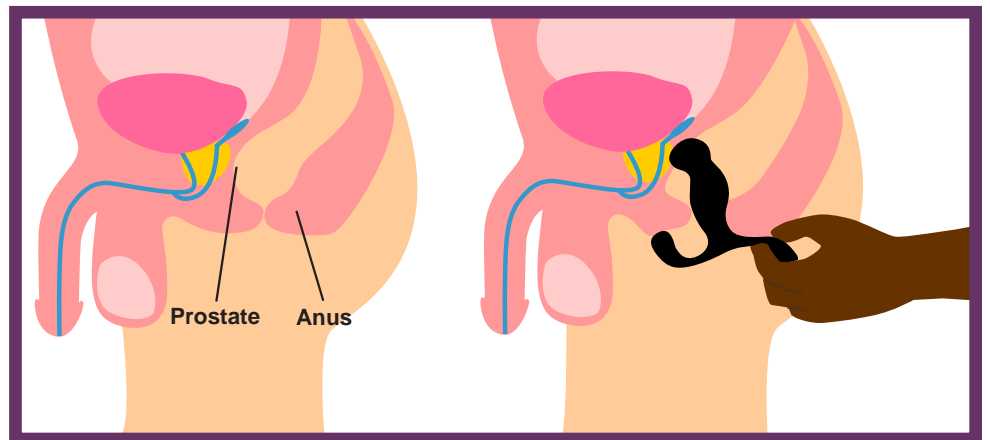
Step 3: Insert the Prostate Massager

This can be done by either of you, though it can be very arousing if done correctly by your partner. Extreme care must be taken! The anal tissue is very delicate. It is helpful if either of you have done it before so you know what it is supposed to feel like, but this is not always necessary. Ensure adequate lubrication at all times

Arousing The Anus: Arousing the anus prior to insertion can be a real advantage, so licking or rubbing the anus gently and lightly while briefly stimulating the penis will help to open it and relax the muscles.



Do whatever turns you and your partner on....



While inserting, breathe evenly and deeply, and relax the sphincter muscles with each exhalation. Take it slowly. Fit it completely and comfortably inside your anal canal. Breathe and feel the sensations



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Positioning: The prostate massager can be inserted while he is on his hands and knees, which can be an arousing and sexy position to be in. Other options are on his side, with his knees slightly bent, or with his feet resting under his buttocks, kneeling. Make sure the toy is well lubricated. He should be in whatever position is comfortable. Lying on his back can cause the massager handle to push on the bed, which can cause discomfort. Hands and knees, on the side, or kneeling are all good positions to allow his partner access to all parts of his body for arousal.

Breathing: While inserting, breathe evenly and deeply, and relax the sphincter muscles with each exhalation. Take it slowly. Fit it completely and comfortably inside your anal canal. Continue with your erotic play, keeping penis contact to a minimum, but do cause an erection. Keep the stimulation varied in whatever manner you prefer. He needs to concentrate on the sensations in his prostate and abdomen area.

Step 4: Get Used to it

Breathe and feel the sensations. Play around and see what different things feel like.

Step 5: Start Small Contractions

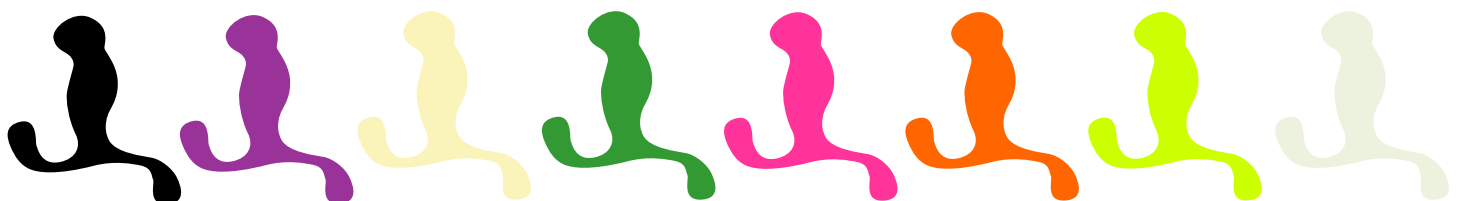
When he feels comfortable with it inside him, he may feel the swell of his prostate against the toy. The prostate engorges with blood upon arousal, and this is why it is possible to feel it. This is what will provide the stimulation to milk the prostate, and have more intense orgasms.

The reverberations of the anal contractions will vibrate up the shaft of the toy, into the head, and onto his prostate. Try contracting on inhalation, and letting go on exhalation. The untrained muscles will probably quiver involuntarily: this is good. He will feel the effects in his 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 involuntary quivers, which in effect stimulate the prostate in a positive way. See what feels good. Keep the erotic stimulation on other parts of the body, and build into a rhythm.

Step 6: Take it further

You can now involve the penis in a more full-on way. Do whatever you like, and explore the sensations you are feeling. There are no rules now, so find your own pleasure-spots and techniques. Most feelings are heightened at this point, so make the most of them! Feelings tend to build up and come in waves.





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Step 7: Keep Practicing

Try different things, check out 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 for some reason you don't enjoy the experience, try again another day. These things can take a bit of time to perfect, but don't forget that every man can enjoy this.

Removing the Prostate Massager

Take it out by pulling on the handle gently. The anal area has great suction capacity, so you may have to exert some pressure. Using the anal muscles like when on the toilet can also help.

Hygiene and Safety When Using Prostate Massagers

Prostate massagers are designed to very high hygiene and safety standards. Lubricant must always be used when partaking in anal penetration. The anal canal does not produce its own natural lubricant. Silicone lubricant is very effective and won't disintegrate condoms. Condoms can be used with your prostate massager, though are not essential. 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 will tear or damage the sensitive tissue in the anal area.

Prostate Massage with a Finger

Before You Start

When embarking on an anal exploration, lubricant is essential. Have some handy. You may wish to use a latex glove or condom over your finger, and this may not only be for hygiene purposes – a latex glove/condom is smooth and can feel better inside. Make sure you have a short nail on the finger you intend to use so it doesn't tear the anal canal. The index finger is easy.

Arousal

It is helpful for the session if he is slightly aroused prior to inserting anything anally. The prostate swells when a man is aroused, so it is easier to feel. Additionally, his anal sphincter muscles will be more relaxed if there is some arousal. Licking or rubbing the anus while stimulating the penis relaxes the area, allowing easier penetration.



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Step 2: Lube the Anus

Thoroughly lubricate your finger and hand area. Gently lubricate the anus. This can be done as part of arousal.

Step 3: Inserting the Finger

First rule: go gently! Especially if this is his first time, he will be experiencing this acutely. While stimulating his penis however you choose – mouth, hand, body – work your finger slowly and gently around his anus. Probe slightly, find which direction the tube faces. Put your finger is slightly to just past your nail, and then slowly pull it out again. Do this a couple of times and make sure everything is alright with him. Keeping the very pleasant stimulation on his penis normally ensures his cooperation! Slowly put your whole finger in very gently. Move your finger around slightly inside.

Step 4: Finding the Prostate Gland (Male G-Spot)

Inside on the front wall near his penis, you will find a small round ridge. It is about 1.5 inches in, so gently feel around until you can feel it. Rub it slowly and rhythmically, and check to see what this feels like for him. It should start to feel very pleasurable. Increase the speed and pressure slightly, keeping in communication regularly as to how it feels for him.

Step 5: You Know The Rest!

Go for it. Play around and see what feels good, what feels great, what you like and what you don't. . Keep building rhythm and pressure. You will feel the prostate contract when orgasm has begun. Remember practice makes perfect, so if you don't get it right the first time, don't give up. There is a method to this madness!

Health and Safety of Prostate Massage with a Finger Risks:

The biggest risk when using a finger for prostate massage is tearing the delicate tissue of the anal canal with a nail or over-vigorous actions. Go slowly, and gently. Bacterial infection risk is very low. Wash the finger thoroughly with warm water and soap after it has been in contact with the anal area. Using a glove or condom on your finger can help prevent the spread of bacteria.

Communicate:

Always communicate with your partner, and discontinue if it becomes painful other than for obvious reasons, for example a prod in the wrong direction. If it hurts, you are doing something wrong so pay attention to your body's signals.

Removing the Finger: Removal of the finger should also be slow and gentle.

Lubricant: Always use lubricant with anal play.

Douching: Douching first can prevent any risk of soiling accident or embarrassment. Anal douches can be bought from any sex shop and are inexpensive and easy to use.

Enjoy !