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## The Vibe Guide

Vibrators offer lovers and their partners a delicious range of opportunities to explore intimacy in new ways. By adding these toys to our play we can experience different levels of stimulation and types of sensation, while also learning to focus on pleasure over the stress of performance. With so many styles of the market, you're sure to find the perfect fit for your body and interests. This guide can help you decide where to start, or what to try next.

**Material:** Some vibes are made out of materials that are better for your body than others. For example, inexpensive jelly rubber contain phthalates, a chemical known to be toxic to the body. While nontoxic materials are sometimes more expensive, they are worth the investment! Look for phthalate-free toys that don't smell plastic-y and state that they are made from nonporous materials such as: high quality or medical grade silicone, elastomer, hard plastic, stainless steel, glass, non-toxic sealed wood or non-toxic sealed stone. Avoid jelly rubber, low grade silicones, vinyl, leather, or textiles. While you could place a condom over those toys to avoid toxins and bacteria, I suggest you replace them.

**Innie vs. Outtie:** Some vibrators are made to stimulate the body from the outside (outties), while others are designed to be inserted into the vagina or anus (innies). Some are made to be both innies and outties, and there are vibes for all genders. Consider your favorite kinds of pleasure, and what types of stimulation you would like to enhance and explore, or buy more than one type. Remember that for most women, orgasms come from clitoral stimulation, or clitoral stimulation combined with other types. Plus, anything that might go in your rear absolutely must have a wide, flared base and should be accompanied by lots of high quality lube.

**Power:** Vibes get their power from replaceable batteries, rechargeable batteries, or being plugged in during use. Traditionally the plug-in type were the strongest, but newer high-quality rechargeable vibes with lots of power are now on the market. Toys powered by disposable batteries are usually less expensive, and should always be stored without their batteries. Higher-end rechargeable products, and certain plug-ins, are often the quietest, although all vibes can get louder with age. It's best to turn on the vibe in the store before you buy it, if you're concerned about noise.

**Beauty:** A good vibrator is a wonderful way to add pampering, intimacy, excitement and pleasure to your partnered and solo play. Be sure to choose a size, shape and appearance that is appealing and will be convenient for you. There is no need to settle for cumbersome or embarrassing toys anymore!

Sexuality is our most intimate form of body language with our partners and ourselves. Take your time and enjoy experimenting with several types of vibes in order to find the products that give you the pleasure and comfort that you deserve.

