



b-Vibe™

Guide to Anal Play

A Letter from Our Experts

b-Vibe™ is a premium, body-safe collection of healthy anal sex products. Our high-end designs are combined with engaging branding and marketing, focused on conveying sex-positive education with a fun, friendly approach.

This brochure is for informational purposes only and is meant as a guideline for creating an enjoyable and safe anal play experience.

May the pleasure be yours,

A handwritten signature in black ink that reads "Alicia Sinclair". The signature is fluid and cursive, with the first letters of the first and last names being capitalized and prominent.

Alicia Sinclair

Founder | Certified Sex Educator

Thank you for buying this b-Vibe™ product.
We hope you find this information helpful.

Please visit the Anal Play Advice section on **bvibe.com** for more detailed information and a wider range of topics.

Anal Anatomy

The anus is made of two rings of muscle. Knowing the differences between them makes anal play easier.

The external muscle is continuous with the pelvic floor and is made of skeletal muscle. This is the type of muscle you can consciously control. It's called skeletal because it moves your skeleton. For example, tighten your bicep and your arm bones move. You can deliberately squeeze and relax the external muscle on your pelvic floor.

The internal muscle is connected to your digestive system. The internal muscle is a "smooth muscle." Smooth muscle is found in your organs and your blood vessels. You can't fully control this type of muscle because it's wired by your autonomic nervous system. The autonomic nervous system controls behind-the-scenes management of functions such as heart rate and digestion. While you can learn to relax these muscles, there will be times when your body has

the backside story



other ideas, especially if you're stressed or anxious. Always remember that it's not wise to force it to relax – that rarely works. Be gentle and kind to your body, especially in the beginning. Anal play is a journey, not a destination.

Preparation

The most important part of prepping for anal play is relaxation and communication. Be clear about comfort levels and limits. Consent is key to long-term, healthy anal play. Don't surprise your partner with anal play unless you already know that they enjoy it.

Arousal is also an essential part of preparing for anal play. To create the most pleasurable experience, include lots of foreplay and arousal before touching the anus.

Be clear about your
comfort levels & limits.

No Double Dipping

Do not touch the anus and vagina with the same hand or sex toys. The anus and the vagina are two distinct ecosystems, and you do not want to spread bacteria from the anus to the vagina. Keep one hand or sex toy reserved for anal touch, and the other clean for vaginal touch.



While the same concerns with touching the anus and then the penis do not apply, be aware that you can transfer bacteria from the anus to the vagina or mouth via intercourse or oral sex.

Anal Hygiene

Many people find that cleansing before anal play allows them to relax and enjoy the experience more fully. Basic anal hygiene includes a regular **bowel movement** followed by a thorough external cleansing. Washing the external anal area with **soap and warm water** is often enough to feel at ease.

An **enema** is not necessary for anal hygiene, although using one for an internal rinse may feel “cleaner.” For some people, this cleaner feeling may create a more enjoyable experience.

Use a simple bulb enema – such as our Anal Clean Enema – about one hour before anal play. Never use an enema with vinegar or other harsh ingredients. Fill the bulb with warm water, lubricate the tip, and gently insert. Then squeeze the water into the rectum and immediately let it pass into the toilet. Repeat this process until the water flushes clean.

Lubricant

Lubricant is an essential tool for anal play. The anus is not self-lubricating, so use plenty of lube and reapply frequently.

b-Vibe™ products are made with body-safe silicone. We recommend using them with a thick, high viscosity lubricant such a water-based “gel” lubricant.

Silicone-based lubricants and coconut oil are excellent choices for anal play, as they will stay slick and not dry out like water-based lubricants.

It's important to note that although silicone is a great option for anal play, **silicone lubricant cannot be used with any b-Vibe™ products** as it may damage the silicone material of the item.

selecting the ideal lubricant base

Getting Started



With any form of anal play, the key to success is starting slow. The anal sphincter is strong yet delicate. Start gently with a finger or beginner-sized anal product, and gradually work toward increasingly larger items.

The more relaxed and comfortable you are, the easier insertion will become. Take your time; it's not a race!

Enjoy the new sensations, and of course make sure to use plenty of lube! The key is to go slow and slippery.

Great experiences in the beginning create a healthy dynamic for long-term play. Most importantly, listen to your body. If you experience any pain, back off, take a breather, and go slower next time as you learn to relax your sphincter muscles.

Clean Up

Proper cleaning of your product is essential to avoid bacterial infection. Immediately after use, run the toy under warm water and rinse off any residue. Use a mild antibacterial soap and thoroughly wash the toy. Then soap up your hands with antibacterial soap and give them a good wash as well.

Avoid using scrubbing tools or brushes. These can damage the surface of products, which can lead to scratching of the anus.

Allow products to air dry completely and then store for later use. We recommend placing each product into their individual travel bag before packing away. This will keep them clean and fresh for your next play session.



Bum Protection

If you notice any pain, discomfort, or bleeding, stop immediately. Deeper than 2-3 inches into the anus there are fewer pain receptors, so sensations of discomfort may be different. Warning signs include cramps, irritation, or bloating.

It is not recommended to wear a butt plug for longer than 2-3 hours at a time, even when comfortable.

Numbing creams are not recommended. If you use them, it's easy to hurt yourself and not notice. Anal play is much safer and a lot more fun when you can feel what you're doing.



Hypoallergenic



Flared Base



Latex Free



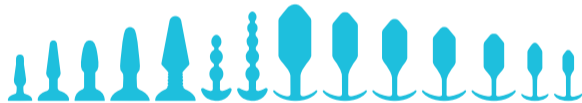
Phthalate Free

Product Basics

When selecting an anal product, avoid low-grade materials including petroleum products that can irritate the lining of the anal canal.

Do not put any product into your butt unless it has a flared base. Products without a flared base can be lost inside the body.

Always buy body-safe, hypoallergenic, latex-free, and phthalate-free products.



Start with smaller-sized products and slowly work up to larger sizes. **Always use the right size for you.** If you try to rush too big, too fast, this can lead to scratching, tearing, or damage to the tissues of the anal canal. This may result in scarring and loss of enjoyment.

Key Points

- » Communication and consent are key.
- » Relax, start slowly, and be gentle.
- » Use lots of lubricant.
- » Do not touch the anus and vagina with the same hand or sex toys.
- » If you notice any pain, discomfort, or bleeding, stop immediately.
- » Clean products and hands immediately after use.
- » Buy body-safe, hypoallergenic, latex-free, and phthalate-free products.
- » Only put products with a flared base into your butt.







www.bvibe.com

BVM-001



4 890808 186183

 @bvibesocial

 @bvibesocial

 @bvibe_social