

QUICK GUIDE TO PLEASURE TOYS

By Pleasurelit Patricia



INTRODUCTION

Congratulations on starting your Pleasure Toy Journey!

I'm Patricia, the Multi-Award Winning Pleasure Guide – a very well known Pleasure Toy Reviewer, Conscious Kink & Pleasure Educator, Tantra practitioner, Adult Content Creator, Author, Podcaster, Mentor & a lot more than that.

It is my mission is to help you to unlock your deepest love & pleasure potential for an orgasmic & pleasurelit life, to empower self-pleasure & the use of body safer pleasure toys.

No matter if you are completely new to pleasure toys or already a player, this quick guide will support you on your pleasure toy journey to explore pleasure toys in a safer & more pleasurable way.

Regardless of the information provided, always make sure that the pleasure toy is body safer and appropriate for your personal use. Please include your own research & update yourself on the latest evidence based practices. Always inspect the toys and read their provided manuals before usage.

Enjoy your pleasure toy journey!
With love & pleasure, Pleasurelit Patricia

pleasurelit.com



BENEFITS

Using toys can have many benefits, including the ones that self-pleasure provides in general such as:

- Improved body confidence, self-awareness, sexual satisfaction, communication & so many more..

But there is more, pleasure toys can..

- be very convenient, especially when you are single
- help to spice things up for yourself or with your partners
- be affordable
- unlock new pleasures by helping you explore your own body with different toy features
- help you be more adventurous, eg. wearing a back door plug or adding a panty vibe while doing your household chores
- help you strengthen your pelvic floor muscle (eg. kegel balls)
- help you release tension or heal from sexual trauma
- help awaken internal erogenous zones
- be used partnered, eg. adding stimulation to your clit or booty while having penetrative sex with your partners
- support hands free pleasures
- support people with disabilities or sexual dysfunctions
- support busy people, but also people who want to practice to slow down in pleasure

That list goes on..



WHO CAN USE PLEASURE TOYS?

Self-pleasure is for anyone, regardless of their age, gender, sexual orientation or relationship dynamic.

It is your body and you are in charge of it.

You are allowed to use pleasure toys, if that's what you want to do. You don't need permission from your partner.

Though, please consider the laws & regulations in regards to toy usage within your country.

There are some countries where pleasure toys are illegal. You also have to be of certain age to be able to purchase a pleasure toy. This is also your hint in regards to travelling with pleasure toys. Please check the country about this first otherwise you might risk getting into trouble at the airport when they find your vibrator.



WHAT IS “BODY SAFER” & WHAT ISN'T?

When playing with pleasure toys, you want to make sure that the material of the toy is safe to use.

“**Body safer**” pleasure toys means: non-toxic & non porous pleasure toys. There are different materials being used for pleasure toys. Only because you can buy them online or in a shop doesn't mean they are really body safe & non-porous. At this stage, pleasure toys are not regulated and monitored.

“**non-porous**”: This means it is a material that is less likely to store bacteria, because you can clean it properly. Porous material has tiny little (mostly not visible for your eye) holes that store bacteria over time – all over your toy.

“**non-toxic**”: This is material that is less likely to react with or harm your body. You want to stay away from chemicals like phthalates.



MATERIALS TO AVOID

Let's start with the materials to avoid or taken with cautious. These are the materials that although they might state to be non-toxic, they are still porous, which means, they cannot be cleaned properly and will hold bacteria over time.

Personally, I discarded all toys with these materials & I m not reviewing any pleasure toys anymore that are made from any of these listed materials:

TPE/TPR - This stands for thermoplastic elastomer and thermoplastic rubber. It is basically a mix of plastic & rubber. And you don't really know what's in it.

Vinyl, PVC

Rubber

Jelly - This includes any form of jelly & gel names

Realistic looking – which again you don't know for sure what's in it

And any other weird name you have never heard off. They sometimes mis-spell it to trick customers.



“BODY SAFER” MATERIALS

Now let's talk about the materials that are non-toxic and non-porous. These are the materials that I choose for my pleasure toys as the body safer versions.

100% silicone

Silicone such as premium silicone, medical grade silicone or food grade silicone. All of these are body safe as long as its 100% for the material that will come in contact with your mucus membranes.

Stainless Steel

You want to aim for medical/surgical grade stainless steel or aluminium. It should be a smooth finish/coating on them.

Glass

Most glass pleasure toys are non-porous & free of chemicals. Cautious with “cheap” glass toys, as they might use a very low quality glass and/or have painted colour (chemicals) added. Borosilicate glass is the “safer” type of glass. That is my preferred glass choice for toys.

ABS plastic

It is hard plastic that is usually non-toxic & chemically stable. It is usually used for external parts on toys now.



OTHER MATERIALS

These materials are either not researched enough to provide a straight forward answer or depend on their way they are created & processed or on their exact material. Personally, due to the fact that this is “depending”, I don’t use them personally anymore. If you want to still use them & feel “safer” using them, you could add protection such as a condom over them.

Wood

There are different kinds of wood being used for wood toys. This is depending on the kind of wood and the finishing of wood. These could be non-porous & free of chemicals.

Crystal

Some state that certain crystals like rose quartz, clear quartz, and amethyst, are non-porous and all others are porous. The other information states that crystals are “slightly porous”. I absolutely dislike this statement! That would mean we start to make a scale on how porous a material can be – it should be a clear statement of: its porous or non-porous. Some state crystals are a "closed porosity". This just means that if they do have pores, they lay on the surface of the stone but would make it very difficult for bacteria to get through to the centre.

Stone & Ceramic

Same goes for these ones, it depends on the product and the coating.



HOW TO CLEAN PLEASURE TOYS?

100% Silicone toys that are not electrical: I clean them with some mild soapy warm water. When I use soap I make sure its mild & doesn't have any added chemicals. It is the most simplest and basic cleaning method that works great on pure silicone. I let them air dry on a fresh towel or with a pleasure toy towel. If it is a back door toy, I also boil the silicone toys for a few minutes to sterilise them

Electric Silicone: depends if there are waterproof or not. If they are, I wash them with mild soap & water. If they are not, I will wash the part that I can and use a wipe for the rest of the toy. Ensure that its switched off and unplugged.

Metal/stainless steel: I do the same as I do with the pure silicone toys. I clean them with mild soapy warm water and boil them as needed (back door plugs).

Glass: I use the simple mild soap & warm water cleaning method. They can also be boiled to sterilise.

ABS plastic: mild soapy warm water or a wipe.

Little note: Make sure you check what method is appropriate for the pleasure toy you have. For example, I read that fleshlights should NOT be cleaned with soap, as this will destroy the sleeve. They rather recommend water and/or their specific toy cleaner. Always read through the specific instruction manual from the pleasure toy to ensure you are using the right method for the specific toy. Always clean your toys BEFORE and AFTER use, and in between as needed.

I use a very soft toothbrush or cotton wool sticks to clean more textured toys. Inspect your toy before each use for any signs of odour, broken material & discoloration. If its not in the state that it should be, don't risk it & rather get a new toy.



HOW TO STORE PLEASURE TOYS?

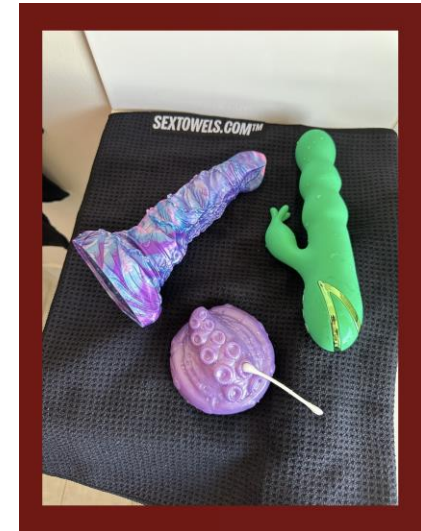
You can store your pleasure toys in storage bags. If they don't come with a bag and you need to choose your own storage bag, make sure it is something that is breathable. Make sure the pleasure toy is completely dried after the clean before you store them away.

Store toys preferably in a dry, cool and dark place. Don't leave them out under the direct sunlight. Store them in your bed side drawer, cupboards etc. when its silicone to avoid them collecting dust. Some toys have such a beautiful shape now, that you could also easily display them in the bedroom as some deco, eg. some pretty glass toys. But then again, these can break so a storage box might be more appropriate.

Personally, I store my over 200+ toys in storage bags, little boxes or lose in my drawers.

Silicone toys can be stored together, when its pure silicone toys. Though it is suggested to store soft silicone with soft and firmer silicone with firmer.

Note: Toys with materials to avoid such as TPE, PVC etc should not be stored with other toys, as they react & melt & spread bacteria as they are porous.



WHAT TYPE OF LUBE TO USE WITH TOYS?

There are different types of lube available. The type you choose depends on the pleasure toy material and the kind of pleasure you are wanting to act on. Please read through the ingredients list of the lubes you use to ensure its appropriate. Each of the lubes have their pros and cons.

- **Water based lubes**

Water-based lubes are usually the most compatible one & most affordable one. They are also easy to clean & it feels natural. It is usually made from 95% water & then another 5 % of other ingredients that you need to check. Some lubes can use ingredients that change your pH or are not intimate friendly. WHO recommends the vulva lubes to have a pH of 4.5 and back door lubes a pH of 5.5-7 (yes both have a different pH naturally). If the lube is making you dry & itchy - stop using it. It is also important that the water based lube has the right osmolarity. If it is not the right one, it will change your cells water/fluid content, meaning soaking in (swelling up) or removing more water (drying you out) from your cells. More to this you can read [here](#). Because water-based lubes dry out faster, you might have to re-apply more often.

- **Silicone lubes**

Silicone lubes provide a much longer lasting lube experience, which can be great for back door fun and under the shower fun. It can stain clothes and sheets, so cautious with this. It is not compatible with silicone toys. Though, some state that if it is a pure 100% silicone toy you might be ok with a high quality silicone lube. I would try it on a little spot on the toy first to see the reaction. It is usually non-toxic and hypoallergenic & less of a chance of having hidden nasty ingredients compared to the water based lubes that could irritate your skin & membranes. But again, always read the labels. These are usually a little more expensive compared to water-based lubes.



WHAT TYPE OF LUBE TO USE WITH TOYS?

- **Hybrid lubes**

Hybrid lubes are a mix of water-based and silicone. Apparently the silicone share is about 12% in these lubes. They want to achieve a lube in between the two. It should feel more like a water-based lube (which feels more natural), but lasts longer than a water based lube, but not as long as the silicone lube. Should be a little bit easier to clean than the silicone lube, but isn't as hypoallergenic. If you use this one with silicone toys, test on a small part of the toy prior to ensure it really isn't going to react.

- **Oil based lubes**

There are various types of oil lubes. Oil lubes can be a cheaper option compared to the other ones. They also seem to have a very slippery gliding feeling. They usually last longer than water based lubes. However, note that most oil lubes are not compatible with condoms.

It is recommended to choose plant-based oils, such as coconut oil as these have no added chemicals or toxins. Meaning, this can be a natural option for you. Best is unrefined coconut oil. But, coconut oil seems to have a higher pH, which means it can irritate your vulva flora. Otherwise there is almond oil, sunflower, jojoba, argan and ylang ylang.

Oils to avoid are petroleum oils and lubes that have nasty ingredients. For more info about what kind of ingredients to avoid check this page [here](#).



WHAT TYPE OF LUBE TO USE WITH TOYS?

I will only list the lubes recommended for the material that I personally use/recommend. If you have toys with material from the list "to avoid" please research what's recommended.

Reminder: this is a very short simple table according to pleasure toy material. If you use condoms, make sure it's a lube that is compatible with the condom. For example, oil based lubes don't work with condoms.

Material	Lube recommended	Lubes to avoid
Silicone	Water-based, coconut oil, hybrid (test)	Silicone
Metal	Water-based, silicone, oil based, hybrid	
Glass	Water-based, silicone, oil based, hybrid	
ABS plastic	Water-based, silicone, oil based, hybrid	



HOW DO I CHOOSE MY PLEASURE TOY?

This is something that is personal to you. I get so many questions in regards to “What toy can you recommend?” and “What is the go-to toy for women or for men?”

And just simply put, I cannot give you a straight answer to this, because I don't know you. Everyone is different. Everyone has different likes and dislikes. We also have different preferences and priorities. For some its important that the toy is super quiet & affordable, for others its important that it's discreet delivery & the toy looks super cute. It also depends on what kind of pleasure you want to experience. Do you want a toy for your booty or to squirt or a small one to wear out & about?

- Sit down & check in with yourself what's important to you – pleasure, appearance, material, price, shape, features etc.
- Ask yourself what kind of pleasure you want to experience & list the kind of toys for it.
- Check out my channel & pleasure blog to find out more about certain toys.
- Check out the retailers websites & see if anything gets you curious
- Once you found a few that got your attention & made you curious, check if they tick the boxes of what's important to you.
- Check the description of the toy & the reviews.
- Go ahead purchasing the toy & explore

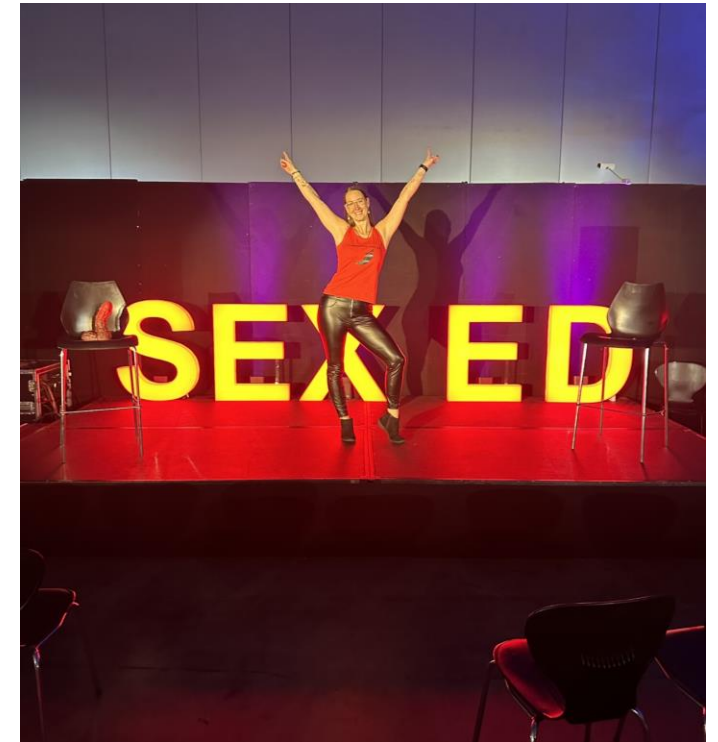
However, there are pleasure toys that I personally love using (my favourites) and toys that I have enjoyed reviewing. I have created a list and called it my recommended pleasure toy list. You check them out [here](#)



WHERE DO I BUY THEM FROM?

I can't really tell you where you need to buy your pleasure toys from (it depends on your preference, location, budget etc.), but I can give you some recommendations of retailers that I had a positive experience with so far. When you decide to purchase any pleasure toys from the retailers I mention on my website & reviews, please use my affiliation links and codes. There is no additional cost to you, in fact, with the codes you can save yourself some money. Using my codes and links will help you & me. It's a way of supporting my work. This way, I can provide more educational content & reviews to you for free. Thank you for all your support, it means so much to me! You can keep up to date with the latest links & codes [here](#).

No matter where you are going to purchase your pleasure toys from, a little research into the retailer is a good idea. Check their about page to find out more. Google the retailer and check some of their reviews. I suggest to stay away from retailers that only sell on Amazon, Ebay or another online market place. These are usually cheaper products that lack in quality big time and brands/retailers that seem very dodgy or have a price that is too good to be true – are usually the ones to stay away from. Instead, invest in a pleasure toy where you know it will be made of body safer material from a retailer that has mostly positive reviews from customers and reviewers.



CODES TO SAVE

ALL MY FAVOURITES



HOW TO COMMUNICATE ABOUT TOYS TO MY PARTNER?

I had a few questions in regards to this. Some actually asking “How can I convince my GF to use toys”

First of all, you don't convince anyone to do anything. Consent is a must – which is given freely & informed. What you can do though, is having an open & honest conversation with your partner(s) about it. There are multiple ways you could start this conversation. Either directly by sharing your desires and asking what your partner thinks about it, or you can do it indirectly if it is too uncomfortable for you to ask straight up.

Here are some indirect ways to start this conversation:

- “I have heard about the best pleasure toys of 2022 & found this pretty interesting. What do you think about pleasure toys?”
- “I came across this post on social media stating using pleasure toys can have many benefits. What do you think about it?”

So basically, say something that you heard/read/seen something about pleasure toys & ask you partner about their opinion to pleasure toys. And then you can go from there. You might be surprised and your partner has been using them or wants to include them too. It is always good to have an open & honest conversation with your partner. Sharing your own desires but also listening to theirs.

My Pleasure toy Guide Ebook can also be a great starter for this conversation or tagging/sharing any of my toy review contents. You can also tune into this [podcast episode](#) for more about this.



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When you post anything related to my content, please tag me on social media, so I can follow along your journey, it would mean the world to me. You can also use any of these hashtags: #pleasurelit

Your Self-love is the foundation of your happiest, most successful & pleasurable life! Once you love yourself & allow yourself to feel all your pleasures, everything else will fall into place for you! It is time you unlock your deepest love & pleasure potential for an orgasmic life!

I'm looking forward to connecting with you there.

With love & pleasure,
Pleasurelit Patricia



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