



Sex Toys



**EVERYTHING YOU'VE
EVER WONDERED**

(and have been too afraid to ask)

*Sex
with
Elaine*

Choosing a sex toy should be easy, *Right?*



That is definitely not the case.

There is a lot for you to know about sex toys.

Things the adult retailers and manufacturers don't want you to know.

I'm here to spill industry secrets and make sex toy shopping easy for you.

My top priority is your safety.

My second priority is your pleasure.

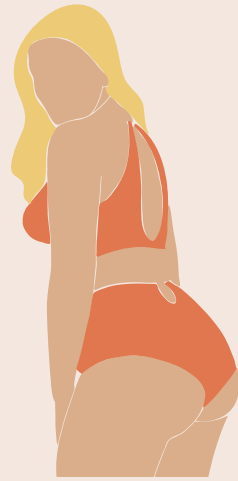
Why do I mention safety?

Honey, I've got so much to tell you.





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That's right, the toy on your nightstand may be toxic and dangerous for your health. I'll make shopping easy by teaching you what to look for.

03

Types of Sex Toys

The sheer variety of sex toys can make anyone's head spin. Learn about the most popular styles, so you know what to shop for.

04

Checklists

Now you're a sex toy pro! You can use these checklists to ensure your purchase meets your new standards.



Section One

About me

Why I'm teaching you
about sex toys.

Hi, I'm Elaine!

| Clinical Sexologist |
| Sex, Dating, & Relationship Coach |
| Pleasure Product Guru |



Why are you learning about sex toys from me?

Because I live and breathe pleasure products.

They're an essential part of what I do as a Clinical Sexologist.

In my private coaching practice, I work with people from all walks of life. Each one comes to me with almost the same goal:

I want a better love life.

Through my work, I've taught thousands of people just like you how much a sex toy can change your sex life, both with yourself and others.

These powerful little devices bring untold amounts of pleasure, but the wrong ones can lead to unfortunate consequences.

One of the questions I get most is, "what is the right sex toy for me?"

You want that answer, too, right?

The answer is...

You have to go on that journey yourself!

That's why I've put this packet together, so you can also be a pleasure product guru.

**Buying a pleasure product is a journey you
have to take by yourself.**

My Background



I founded my sex, dating, & relationship coaching brand in 2020 with one goal in mind:

Make sex fun again.

I've been trained all over the globe. I have sexuality credentials from Europe, North America, Asia, and Oceania.

And I've learned and seen a lot during my 12+ years of international training and experience.

So let's take this journey together and help you learn more about which pleasure products are right for you.

**"Everything in life
is about sex.
Except sex.
Sex is about
power.**

-Oscar Wilde



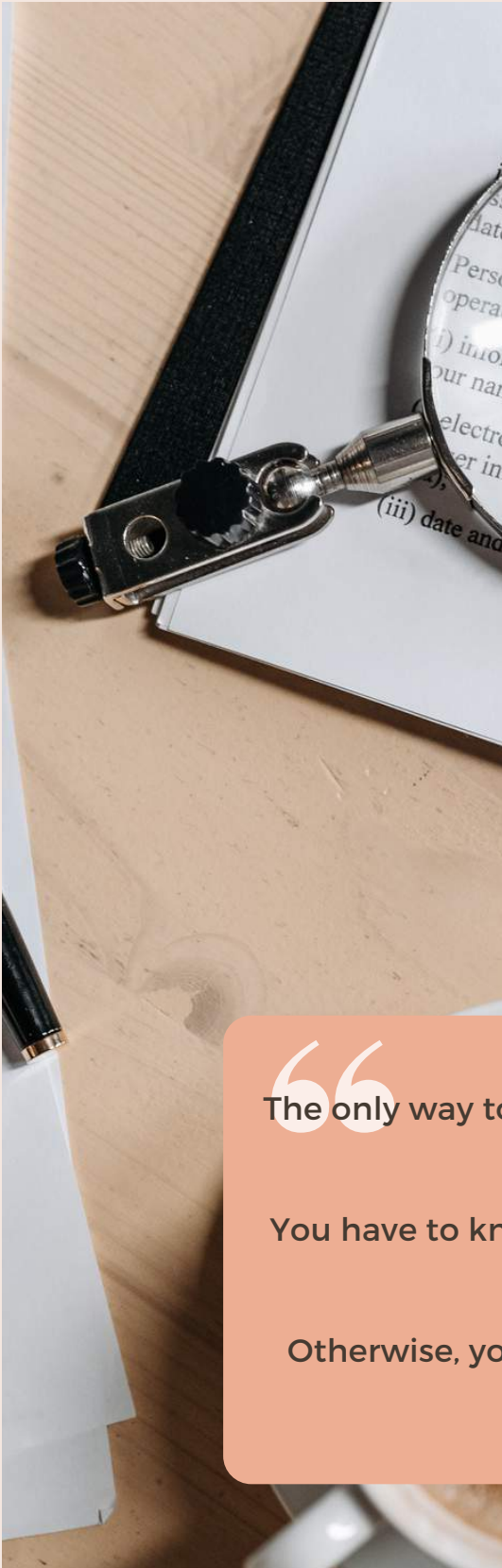
Section Two

Sex Toy Safety

What they don't want
you to know.

You get what you pay for.

What they don't want you to know



1. The sex toy industry is practically unregulated. Your safety is your responsibility.

2. At the end of the day, every company's goal is to increase their wealth. That means consumer safety isn't a priority.

3. If you find a really affordable toy, it's that price for a reason.

“The only way to choose a safe, high-quality toy is to do your research.

You have to know exactly what you're looking for and what to avoid.

Otherwise, you could be playing a dangerous game with your sexual health.

A word about *Phthalates*

Ah, phthalates.

Such a hot topic.

Phthalates are a cheap family of chemicals added to plastics and other materials to make them flexible.

They're hard to avoid in daily life as they're likely in your takeaway containers and children's toys.

While there is science pointing in all directions about the safety of phthalates, I am avidly against them.

Many studies have linked phthalates to cervical cancer, low sperm count, poor sperm motility, and even autism in children.

And sex toy manufacturers expect you to put them in and on your genitals.

I say, **NAY**.

Look for the term "phthalate-free" on the product packaging.

Or, better yet, only buy the specific materials I've listed.

Your safety is your responsibility. Say "NAY" to phthalates.



Why you should pay more for a *Quality sex toy*

Scientific testing & standards

High-quality brands employ scientists to ensure their toys meet health standards. Pleasure engineers take pride in what they create. They ensure only the highest quality products make it to market.



Manufacturing

If you've never thought about who makes your sex toys, it's time to start! Many quality brands ensure their manufacturing facilities meet specific international labor standards. That means your pleasure isn't coming at the expense of someone else's well-being.



Longevity of your purchase

Buying cheap now means you'll likely have to replace it soon. Investing more in an initial purchase can mean you'll enjoy it for years.



Know what you're buying

Cut-rate toy manufacturer's often put dangerous additives into their products to make them cheaper to produce. But those additives are going directly into and on your genitals and potentially wreaking havoc.

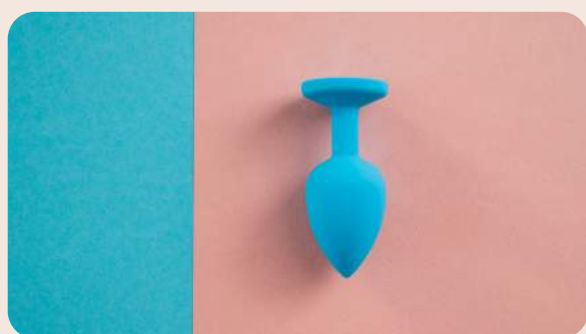


The two types of

Sex Toy Materials

You need to know

Non-Porous



Non-porous sex toy materials mean there are no microscopic holes in the surface.

These toys can be completely cleaned and sanitized.

Bacteria, viruses, dust, and other nasties have nowhere to hide.

Examples:

Body-safe silicone, medical grade silicone, medical grade stainless steel, and borosilicate glass

Porous materials are common for sex toys.

The surfaces are pitted with microscopic holes that you can never fully clean.

Because of these itty bitty holes, your toys can deteriorate, mold, and even pass on STIs.

Examples:

TPE/TPR, PVC, anti-dust silicone, silicone, Fanta Flesh, Cyber skin, and jelly-like materials.

Porous



Sex Toy Materials *I would buy*



Shopping for sex toys is really easy if you know the buzz words to look for!



Certain types of silicone

Medical grade silicone, 100% silicone, body-safe silicone, food-grade silicone, and platinum cured silicone.

Certain types of glass

Borosilicate glass, Pyrex glass, soda-lime glass and laboratory-grade glass.



Certain types of metal

Stainless steel, medical-grade steel, medical-grade stainless steel, and aluminium finished with body-safe coating.

Honorable Mentions

ABS plastic



This is what Legos are made from. Some recent studies have shown it to be slightly porous, but it's the material that best transmits vibrations

Specific Composites



Products like dildos and masturbators are exclusively made from porous materials. That's so they feel flesh-like. Go after trusted brands like Tenga.

TPE/TPR



Again, with dildos, you're going to have a tough time. While these are porous you can at least put a condom on them to keep yourself safe.

Sex Toy Materials

I would NEVER buy



JELLY-LIKE MATERIALS

Run away!

While these were popular in the 80's we know better now. These have a distinct smell and stickiness to them that should have you pulling away instantly. These are always porous and may contain phthalates (more on this in a moment)



SILICONE "BLENDS"

Nah, girl.

While some of these materials might be non-toxic, it isn't worth the risk. Many companies now claim their products are made from silicone blends but it isn't worth the risk. Unless the box and manufacturer tell you exactly what has been blended it... put it back.



UNSPECIFIED MATERIALS

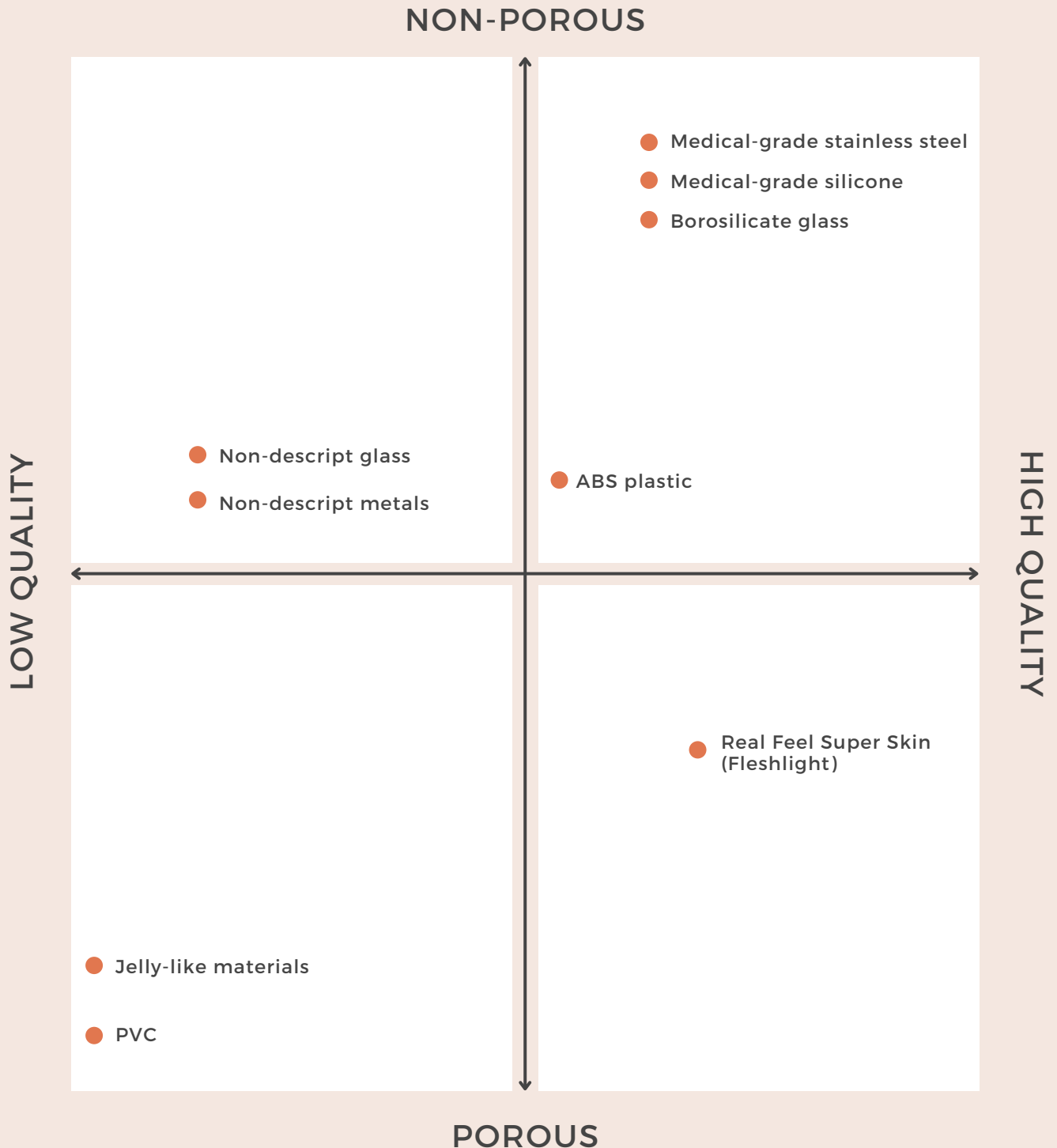
What now?

Many companies have their own patented "flesh-like" materials. Some of those are great like the materials used by Fleshlight. But others are questionable at best. Stay safe and stay away!



Sex Toy Material Matrix

Not all porous materials are bad, here are a few examples of where I, as a sexologist, place some gray-area sex toy materials.



How to Analyze Sex Toy Packaging

An example of an excellent toy

Is it pretty?

Quality toy makers take pride in their product. If the box is ugly or has spelling errors they don't care about the toy.

Materials

The packaging should tell you the *exact* materials used in your toy.
Bonus if it says "phthalate free"!

Features

The box should tell you the various features that the toy has such as a carrying case and travel mode.



Charging Case



Medical Grade Silicone
(Phthalate Free)



Waterproof



Made to Fit



Three Speeds



Travel Mode



Whisper Quiet



Partner Optional

Evall package by Dame

How to Analyze Sex Toy Packaging

An example of a terrible toy

Is it pretty?	Materials	Features
<p>Do you think this box is pretty? I don't.</p> <p>The letters are poorly spaced and there are countless grammatical errors.</p> <p>Clearly they didn't want to spend money on a proper translator.</p>	<p>This is a perfect example of "unspecified materials."</p> <p>What is <i>Baileskin</i>?</p> <p>What is it made from?</p> <p>What does "Virtual Touch" even mean?</p> <p>Not to mention the <i>stench</i> when this thing comes out of the box.</p>	<p>You can't even tell what this product is for!</p> <p>If you were looking to fulfill your hand fetish and take a leap of faith, then you'd be in luck that this happens to be a masturbator. But no one else knows what's happening.</p>





Section Three

Types of Sex Toys

Know what you need.

Types of Sex Toys

There are literally thousands of different styles of sex toys for you to choose from.

I know, it's overwhelming.

But this is an introduction to the most common types you'll come across.

I've broken all the toys into separate pages and categories:

- Clitoral sex toys
- Penetrative sex toys
- Penis sex toys
- Couple's sex toys
- Anal sex toys

Icon Guide

Beginner-Friendly



These toys are great starting points. If you're new to sex toys, there is so much you need to learn about yourself.

So don't rush!

Toys with this icon are ideal for newbies of all levels.

Advanced Users



Toys with these icons are ideal for people who know their bodies and arousal styles well.

You've been around the block, and this isn't your first sex toy.

You may already have a collection of toys yourself!

Gender Neutral



Most sex toys are unnecessarily and unfairly gendered by their coloring alone. This icon means that these are safe for all sexual orifices regardless of how they're marketed.

Clitoral Sex Toys

The clitoral body is an entire organ that lines the inside of the vagina. The part most of us know and love is the visible clitoris found at the very top of the vulva. This organ gets erect and produces the most reliable orgasms.



THE WAND

Wands are incredibly powerful and are great for those with mobility issues. They often feature a long handle that makes using and sharing easy!



THE BULLET

Bullets are incredibly strong and let you easily customize your pleasure experience. These are only to be used externally on the clitoris or anal opening.



THE CLIT SUCKER

Ideal for solo use, they provide indirect stimulation to the clitoris and mimic oral sex. If you haven't squirted before, these will get you there!



THE POKER

These are relatively new and ideal for those who don't like direct clitoral stimulation. They're also a helpful product for pleasure mapping!



THE LAY ON

These are excellent for stimulating the entire vulva. These can be discreetly tucked into a pair of panties for a kinky evening out!



THE EGG

An ideal starter toy, these allow you to dip your toe into the arena of pleasure products. They're discreet, intense, and affordable, above all else.

Not everyone loves penetration, and that's okay!

For those of you who like the feeling of containment, these are perfect for you! Some of these can be used vaginally and anally, so be selective!

Penetrative Sex Toys



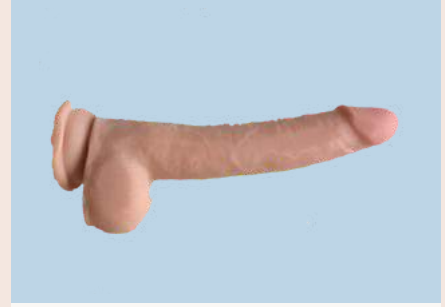
THE RABBIT (SINGLE)

Rabbits are fabulous because they provide direct clitoral stimulation and fill you up internally. Many can be used anally as well!



THE RABBIT (DOUBLE)

The only difference here is that the rabbit "ears" are split. The double-tipped rabbit is a better choice for those who don't want direct clitoral stimulation.



THE DILDO

Classically, dildos are made to look like a penis and usually don't vibrate. They're almost always made from porous materials, so use a condom!



THE G-SPOT/P-SPOT

Any g-spot toy can be used by a p-spot owner so long as they're made from safe materials! They're specially shaped to hit *just* the right spot.



THE A-SPOT

Again, these can often be used anally as well. But the A-spot is found deep within the vagina, near the cervix on the belly-button side of the vagina.



THE COMBO

Why only stimulate the inside? Combination vibrators and stimulators are very popular and plentiful. Don't settle for one when you can have both!

Penis Sex Toys

Don't worry. There are plenty of options for penises as well! Many of these toys also double as tools to help erections, delay ejaculation, and bring great pleasure.



COCK RING

Inexpensive and easy to use, cock rings are great for everyone. They make your erection stronger, help you last longer, and intensify your orgasm!



POCKET PUSSY

This type of masturbator is small, discreet, and inexpensive. But, be picky about the kinds of materials yours are made from.



STROKER

Similar to a pocket pussy, these have two holes at either end, so you can choose the sensation you want. These also make clean-up a breeze.



URETHRAL SOUND

Definitely a specialty item, these are inserted into the urethra (penis opening) to provide direct prostate stimulation and a totally unique sensation.



MASTURBATOR

The classic. It's worth spending money on these so they can last for years. They can be a hassle to keep clean so check out my blog post on them!



PENIS PUMP

These do not make your penis permanently bigger. But they do help with erections in the moment and in the long term. They're a penis gym!

While some of these assume a person's gender in the relationship, there is an option for every gender-identity couple here!

These are designed to enhance your sexual experience and bring the novelty back.

Couple's Sex Toys



VIBRATING COCK RING

These make the penis harder while providing stimulation to the partner being penetrated. Great for everyone involved!



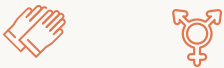
C-SHAPED VIBE

One end goes inside, the other on the outside. These can often be used vaginally or anally. They're designed to stimulate both partners.



DOUBLE ENDED DILDO

Penetrate each other at the same time! Many feature vibrators or oscillators to add extra oomph to your sex life, one hump at a time.



NIPPLE CLAMPS

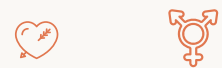
Everyone has nipples! So these deserve mention.

Many people can experience orgasms from nipple stimulation alone, so give them a try!



PENIS SHEATH

Want to spice things up without bringing a new penis into the room? Put a penis sheath on to make your partner girther and add more texture!



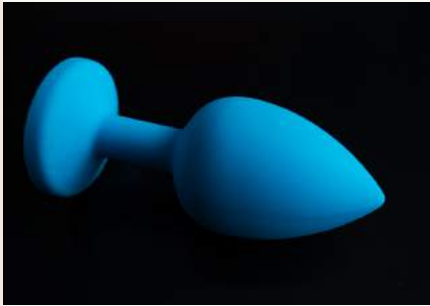
FINGER VIBES

These are great for external stimulation of the vulva, anal opening (not internally), penis, and perineum. You have complete control of pleasure!

Anal Sex Toys

Everyone has an anus, so everyone can enjoy anal toys!

When it comes to anal pleasure, there is A LOT to know. But these are the most popular anal sex toys in adult stores. Remember, before it goes in your butt, it MUST have a flared base.



BUTT PLUGS

These are your first step into anal pleasure! Butt plugs are made from all materials and sizes.

Make sure you start small and use plenty of lube!



ANAL BEADS

While they look funky, they're really popular. These are great for those who enjoy the sensation of things being put in/taken out of the rectum.



ANAL DOUCHES

These are mostly a cleaning tool but some people get pleasure from them! For a full guide on how to clean your anus, check out my blog!



PROSTATE STIMULATORS

These are mostly cleaning tools, but some people get pleasure from them! For a full guide on how to clean your anus, check out my blog!



INFLATABLE PLUGS

Your anus is almost infinitely expansive, so your toy should be too! If you want to put as much in there as possible, this is the toy for you.



PEGGING DILDOS

Pegging is widespread, and there are specific types of dildos for pegging that are harness compatible. Also, these must be made with non-porous materials.



Section Four

Checklists

Make sex toy shopping
easy.

Getting Ready to *Shop for a Sex Toy*

Step 1

Know where you're
buying from.
What store?
Which brands?

1

Step 2

Ask yourself the questions
on the "How to Choose a
Sex Toy" sheet.
Know your answers but
remain slightly open-
minded.

2

Step 3

Check out the store or
website.
Does the retailer meet
your needs and
requirements?
Do they have a wide
enough selection?

3

Step 4

Make your purchase!
Take it home and charge
and clean it thoroughly.
Then, enjoy!

4



Is this adult shop *Legit?*

I love going into adult stores and browsing the shelves. But all toy stores are not created equal. You want to buy your toys from a quality shop so you can join loyalty programs and come back again and again.

These are some key qualifiers you should look for in an adult shop.

- Is the store generally clean?
- Are there brand-specific displays?
- Is the staff warm and friendly?
- Do the staff offer to help you?
- Do the sex toys appear new?
- Is there a large lube selection?
- Is the store well-organized?
- Do they also have a website?
- Do they have social media accounts?
- Can the shop assistant answer your questions?
- Are there both high-end and budget-friendly items?

How to Choose a Sex Toy

There's a lot to consider when choosing a single sex toy. These are some guiding questions to help you narrow down your options.

<p>What's your budget?</p> <p>There is a toy for nearly any budget. How much are you willing to spend?</p>	<p>I'm willing to spend...</p>
<p>What will you please?</p> <p>Toys are often designed for one or more body parts. Which one do you want to tease and please?</p>	<p>I want to please my...</p>
<p>What sensation?</p> <p>Vibration, suction, thrusting, oscillation, there are so many to choose from!</p>	<p>The sensation I want is...</p>
<p>Will you share?</p> <p>Some toys are great for couples while others are best suited for solo-play.</p>	<p>Am I willing to share?</p>
<p>Are you patient?</p> <p>Toys can be complex and offer apps and hundreds of patterns. What are you after?</p>	<p>I am patient enough for...</p>

Sex Toy Buying Checklist

As you read each question, simply tick "yes" if you meets the criteria. Tick "no" if it does not meet that criteria.

-
- | | | | |
|-----------|---------------------------|--|---------------------------------------|
| 01 | Is this toy in my budget? | YES
<input type="checkbox"/> | NO
<input type="checkbox"/> |
|-----------|---------------------------|--|---------------------------------------|
-
- | | | | |
|-----------|--|--|---------------------------------------|
| 02 | Is the toy made with body-safe, non-porous, and non-toxic materials? | YES
<input type="checkbox"/> | NO
<input type="checkbox"/> |
|-----------|--|--|---------------------------------------|
-
- | | | | |
|-----------|---|--|---------------------------------------|
| 03 | Do I believe that it will enhance my pleasure experience? | YES
<input type="checkbox"/> | NO
<input type="checkbox"/> |
|-----------|---|--|---------------------------------------|
-
- | | | | |
|-----------|---|--|---------------------------------------|
| 04 | Does it meet the criteria that I set out? | YES
<input type="checkbox"/> | NO
<input type="checkbox"/> |
|-----------|---|--|---------------------------------------|
-
- | | | | |
|-----------|---|--|---------------------------------------|
| 05 | Do I know which lubricants this toy is compatible with? | YES
<input type="checkbox"/> | NO
<input type="checkbox"/> |
|-----------|---|--|---------------------------------------|
-
- | | | | |
|-----------|--|--|---------------------------------------|
| 06 | Do I know how to clean, store, and charge this toy properly? | YES
<input type="checkbox"/> | NO
<input type="checkbox"/> |
|-----------|--|--|---------------------------------------|
-
- | | | | |
|-----------|---|--|---------------------------------------|
| 07 | Does the toy have any strange smells, textures, or anything I don't love? | YES
<input type="checkbox"/> | NO
<input type="checkbox"/> |
|-----------|---|--|---------------------------------------|
-
- | | | | |
|-----------|--|--|---------------------------------------|
| 08 | Does this toy come with a return or warranty option? | YES
<input type="checkbox"/> | NO
<input type="checkbox"/> |
|-----------|--|--|---------------------------------------|
-

Thanks for joining me!



Learn more:

 SexWithElaine.com

 [@SexWithElaine](https://www.instagram.com/SexWithElaine)

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