

INTIMATE WELLNESS  
BY BIJOUX INDISCRETS

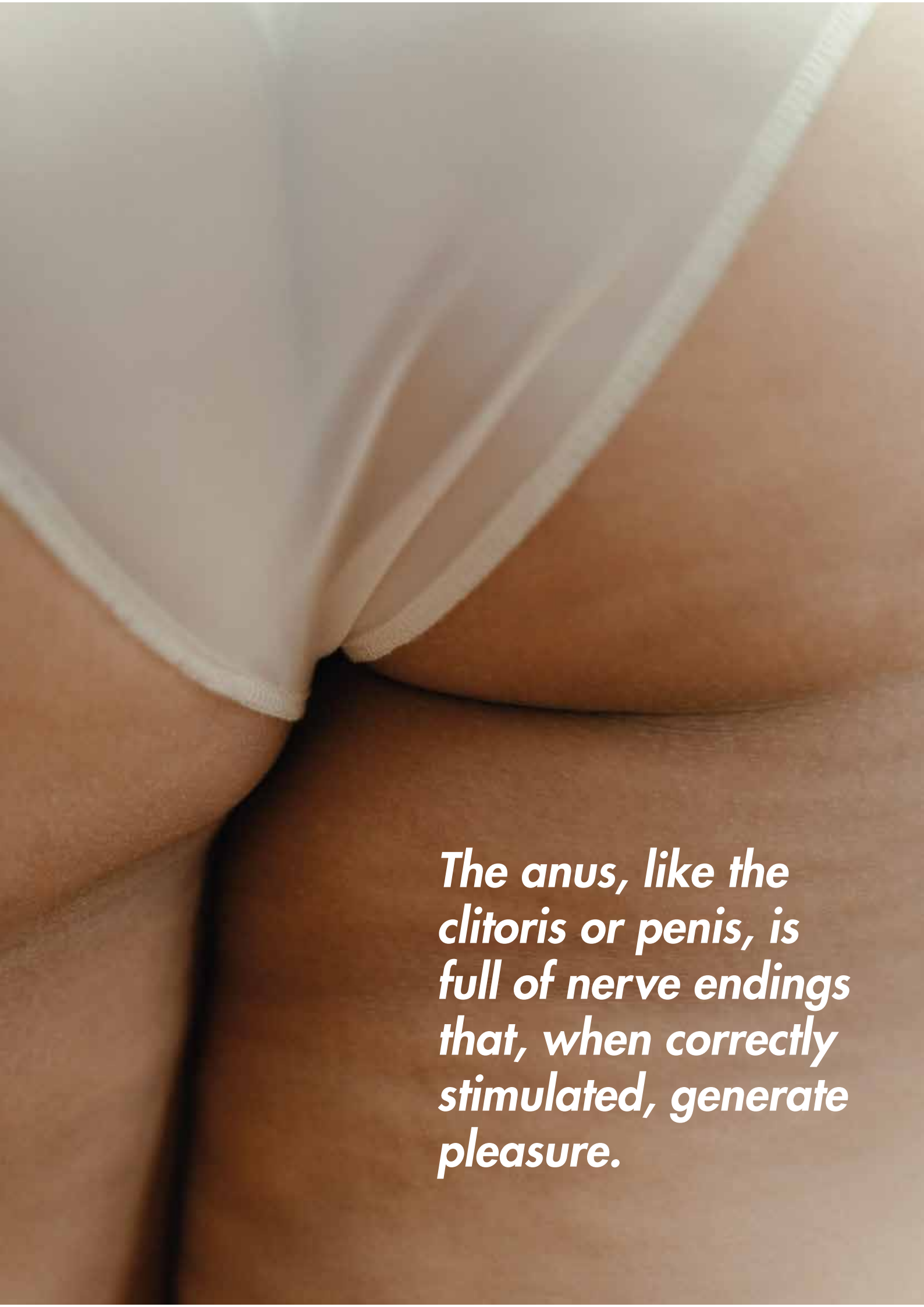
# *EVERY THING BUTT*

Practical guide to anal sex:  
Initiation and non-penetrative play

bijoux indiscrets

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A close-up photograph of a person's buttocks and lower back. The skin is a warm, light brown color. A piece of white, possibly cotton, fabric is draped over the upper part of the buttocks, with its edge visible. The lighting is soft and even, highlighting the texture of the skin and the fabric.

*The anus, like the clitoris or penis, is full of nerve endings that, when correctly stimulated, generate pleasure.*

# *What is anal sex?*

Anal sex describes those sexual practices in which the anus is the main pleasure receptor. Generally, anal sex refers to anal penetration, however, there are other equally-pleasurable anal activities that don't necessarily involve penetration.

## ***Why is anal sex pleasurable?***

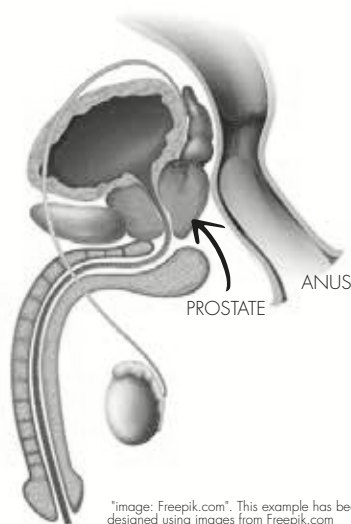
We want to get away from taboos and preconceived ideas and focus on what anal sex really is: another sexual practice to inundate your body with pleasure. Yes, pleasure.

Anal sex is indeed pleasurable however, just like all other sexual activity, it requires some prior desire, communication and a little skill from the people involved. But, ***why is it pleasurable? The anus, like the clitoris or penis, is full of nerve endings that, when correctly stimulated, generate pleasure.*** Also, with some anal penetration, we can stimulate other pleasure points too.

# ***Pleasure for all***

## ***Pleasure for people with a penis***

For people with a penis, anal penetration is a very pleasurable practice because it brings the prostate into play. The prostate is a walnut-sized gland that intensifies orgasms, making them stronger and sometimes longer lasting.




"image: Freepik.com". This example has been designed using images from Freepik.com

## ***Pleasure for people with a vulva***

For people with a vulva, anal penetration is incredibly pleasurable because it indirectly stimulates the A-spot, which is a few centimeters higher up than the G-spot. The A-spot is known as the "female prostate" because it is located in the same position as the prostate in people with a penis.

In other words, anal stimulation is a veritable pleasure mine.

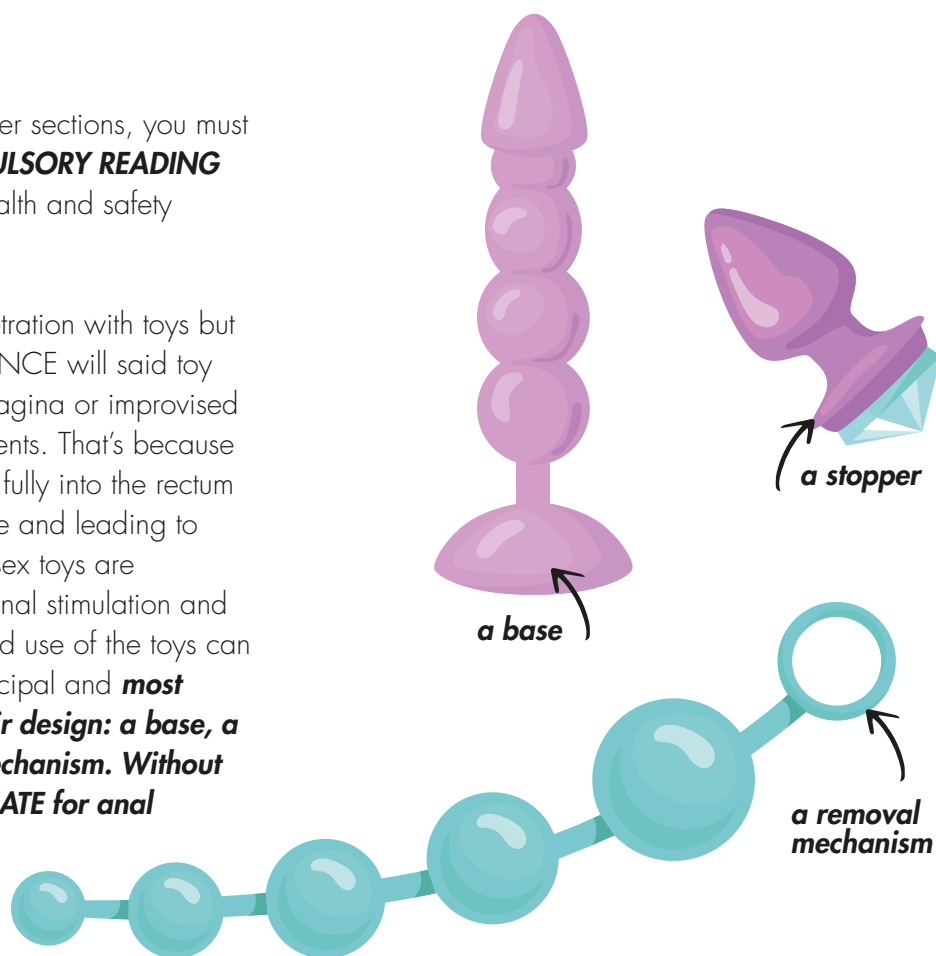
A close-up photograph of human skin, showing the curves of a body. The lighting is soft and warm, highlighting the texture and contours of the skin. The text is overlaid on the lower right portion of the image.

***In other words, anal stimulation is a veritable pleasure mine.***

# *Anal health and safety*

Before delving into the other sections, you must note the following **COMPULSORY READING POINTS** to ensure your health and safety during anal practices:

Anal sex can involve penetration with toys but **UNDER NO CIRCUMSTANCE** will said toy be one designed for the vagina or improvised with other objects or elements. That's because these can end up slipping fully into the rectum making removal impossible and leading to emergency surgery. Anal sex toys are specifically designed for anal stimulation and penetration. The shape and use of the toys can vary, but all share the principal and **most important premise in their design: a base, a stopper, or a removal mechanism. Without this, IT IS NOT APPROPRIATE for anal penetration.**



\*image: Freepik.com\*. This example has been designed using images from Freepik.com

The anus does not naturally self-lubricate, so using a lubricant is essential during anal penetration, anal stimulation, or any activity in which the anus is the pleasure receptor. Avoiding friction is paramount to ensure pleasure and avoid abrasion injuries whether they be caused by fingers, toys, or a penis. To ensure long-lasting friction-free lubrication, it is advisable to use silicone-based lubes (so long as you're not also using a silicone toy) or lubes that state they are specifically for anal sex despite being water-based.

Health is everything and it is our duty to inform you of what you **MUST** bear in mind so that anal sex only causes you pleasure. **Using a CONDOM is not optional if you're not having exclusive monogamous sex with someone who is doing the same and, also, has their medical tests up to date.** Although there is no risk of pregnancy with anal sex, it is the main route in for STIs because of the fragile mucosa in the rectum. CONDOMS are

compulsory both on toys (if shared) and on penises.

Beyond the use of a condom, there are an additional two fundamental **HYGIENE measures that must be applied:** Don't share toys unless you change the condom, and any toy that has previously stimulated or penetrated the anus must not be inserted into the vagina unless you change the condom. Both measures will prevent the spread of STIs and other types of bacterial infections.

There are numbing gels to neutralize pain and some people use them for anal sex.

**WRONG! Avoid numbing gels at all costs.** Bodies need to feel exactly what is going on down there to be able to regulate the activity. Numbing the body's sensitivity will only cause injury if what you're getting up to isn't being done properly. Anal sex doesn't hurt, and if it does you need to work at it so that it only produces pleasure.

# The anatomy of anal sex

In anal sex, the undeniable starting point is, of course, the anus. ***But what do we know about the anus?*** For some people, talking about sex is still not in their comfort zone, but the prize for causing awkwardness has to go to the anus. By not always featuring in conversation about sex, it has become stigmatized and avoided to the point of turning into an object of shame.

You should know that the human anus is made up of circular smooth fibers arranged outside the mucosa, and which form the inner sphincter of the anus, and by circular striated muscular fibers which form its outer sphincter. In other words, we have two sphincters and, for more information, the inner one contracts involuntarily whereas the outer one contracts at will.

However, the anus isn't just fundamental for our physiological function. The anus is also considered a sexual organ, and not only by humans but this is also true of other animal species, such as bonobo monkeys, where

we can see anal practices are part of their sexual relations.

***The anus is an erogenous zone and so it is excitable, as it contains many nerve endings which can be stimulated, producing pleasurable sensations both in people with a penis and in people with a vulva.*** When it comes to people with a penis, anal penetration causes a pleasurable sensation due to the direct stimulation of the prostate. In people with a vulva, the pleasure is found in the rectal stimulation of their uterus, clitoris, and inner vaginal wall.

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sensations.*



# ***Exercise***

## ***No. 1: Let's take a look***

Goodbye taboos, hello knowledge! Now that you know more about the anus, how do you fancy exploring your own? You can't get started in anal sex with incomplete self-knowledge. Given that we're encouraged to have a healthy relationship with our genitals, surely the anus deserves no less.

***You will need:***

***-5 minutes.***

***-Some private space.***

***-A mirror.***

Relax in a space that you find calm and comfortable and strip off your clothes from the waist down. Take your mirror and have a good look with no judgment. You can start slowly or get straight to the heart of the matter. However you do it, it is essential that you pay attention to what your anus looks like, the skin around it, and how your buttocks and genitals frame it. You need to know it, normalize it and make it part of your mental map of your body; another route to pleasure.

# Fail-safe allies

Now that you know the basics, it's time to initiate yourself in anal sex. Yes, for sure, you can start your relationship with anal sex in many ways, but we assure you that with these must-haves it will be much more pleasurable. Want to know what they are? Keep reading.

## **Gels**

As discussed in Anal health and safety, the anus does not lubricate itself. For stimulation or penetration, you'll need specific anal-sex gels and lubricants, or at least ones that are silicone based. Oil-based lubricants are NOT compatible whenever a condom is involved (which is most of the time). Silicone-based gels are always ideal so long as silicone toys are not involved in the action and there is no oral sex.

**Oil + condom = NO**

**Silicone + silicone toy or oral sex = NO**

**Water + any practice, toy and condoms = YES.**

As you can see, water-based gels are ideal for sex and masturbation. Although it is true that in anal sex there tends to be more friction than in

other acts, there are water-based gels that can cope with anal sex, and some are even designed specifically for it.

During your anal sex initiation period, don't skimp on lube. Find your favorite and use it whenever you feel it to be necessary. During this process do not allow yourself even a hint of pain. Sex is about fun and pleasure. Just go at your own pace and enjoy.

## **Toys**

Another must-have to make your foray into anal sex more pleasurable is toys. As we explained in Anal health and safety, toys for anal penetration must be specifically designed for it.

**BEWARE: YOU MUST NOT penetrate with anything that is not a toy designed specifically for anal sex.**

There are all manner of toys for anal sex: butt plugs, anal dildos, vibrators, those designed for use with a harness, without a harness, with

a remote control... The variety is infinite. But if you want to start with something simple that supplies more than momentary pleasure and gradually helps get you started in anal pleasure, dilators are ideal.

Generally speaking, anal dilators are plug-type toys that come in a pack of different sizes. The idea with this toy is that you can gradually increase anal dilation in line with your level of comfort and desire. Without a doubt, this is one of the best ways to interact with your uninitiated body when it comes to anal sex so that you can keep discovering and rediscovering your limits with every session.

### ***Other pleasurable practices***

Finally, the least tangible but most pleasurable ally of all: the other stuff. Yes, that's right. Using other practices to help you grow your anal pleasure is one of the best pieces of advice to follow. Basically, if you have never experienced anal penetration, don't expect to get on all fours, all ready to have a fairly hefty toy inserted without having first experienced

pleasure. When you have already experienced pleasure in anal penetration, sure! Sometimes desire and a dollop of lube is enough. But when you still haven't experienced this pleasure, the best thing is to relax yourself with your regular sex acts and get your body to a state in which it is, itself, begging for more.

***Oral sex can, for example, be a good precursor to anal sex.*** Stimulation with something as gentle as a tongue and lips on your erogenous zone will help get you to a state of relaxation where there is no risk of pain. Also, while sharing the space, you can use fluids like saliva as first contact or even play around the area with your tongue and lips, or perhaps dive straight into anilingus.

# ***Exercise No.2: Your list of allies.***

Want to know more about the resources you have for achieving anal pleasure?

***Let's get to it.***

***You will need:***

***-10 minutes.***

***-A pen.***

***-Paper.***

This is a very simple exercise. It consists of creating a list of your best allies when it comes to starting out in anal sex. We have set a standardized time limit, but you can spend as long as you want. All nice and clear? You might only need two minutes to complete the task. Want to think about it a little more? You have a whole lifetime in which to explore yourself.



*Training yourself up for  
anal sex is an activity  
that will make you feel  
increasingly more  
comfortable.*

# *Gels and lubricants: Which ones do you want?*

How do you want them to feel? You may prefer a cool, thick, odorless one or a lightweight one with a relaxing effect. So long as you remember the health and safety guidelines which apply to lubricants, all your desires are on the menu.

**Toys:** Wow, that's quite a decision, right? Choosing one toy without having experienced penetrative anal sex may pose quite a challenge. You'll invest more money than on a lubricant, and... it might not work. You can do it in one of two ways: consider the toy you really want to play with in the future (because it is a certain girth, for example) or choose the simplest toy which will help you evolve your anal play. Whatever the case, you have a lot to think about.

**Other practices:** Yes, we know that this can vary a lot but, isn't it an excellent exercise for the imagination? Adding anal sex into your mix of fantasies, if you genuinely desire it, is ideal for starting out. And if you do it hand-in-hand with practices that get you really hot, success is guaranteed. So, how would you like your first encounter with anal sex to play out? Write it down. Your secret is safe with us, we promise.

# Basic guidelines

Initiation into anal sex refers to when you start to explore and prepare the anal region by stimulating it or introducing toys or other elements over time. This, of course, requires patience and is a gradual process, and one which takes different amounts of time for each individual.

In this way, ***training yourself up for anal sex is an activity that will make you feel increasingly more comfortable, allowing you to experience better anal pleasure and achieve a nice sense of fulfillment.***

There are thousands of ways to surrender yourself to this anal training. As we already suggested, you can start with a small toy that is designed to start the process of dilation, increasing gradually in size at your own pace. But you can also start with stimulation that doesn't require penetration, such as oral-anal sex, massages with fingers or other toys, or even vibration.

## ***Non-penetrative anal play***

There is a whole host of non-penetrative anal practices that you can undertake, but we have chosen three really fun ones to get you up and ready to give and receive a new type of pleasure as soon as possible.

## ***Massage***

How do you fancy a little bum massage? Your buttocks are a large group of muscles that include the gluteus maximus, gluteus medius and the gluteus minimus. And it's not just one of the largest muscle groups in the body, it's also one of the strongest. You don't only sit on these muscles, they are also what help extend and rotate your hip joints and pull the pelvis back.

You can capitalize on all this power and tension through an unforgettable buttock massage. Slather massage oil all over your partner's buttocks to get started. What happens next is up to you.

***TIP: Try a drop or two of our SLOW SEX warming-effect massage oil. You'll be transported to cloud nine!***

# Positions for anal sex

Choosing the right position to start enjoying anal penetration is a very personal decision, but there are certain factors to bear in mind when choosing the perfect position for you.

**Comfort:** To achieve a state of complete relaxation is it essential that you are comfortable. Choose a position in which your body feels happy and free to move, especially if you are starting out. Further down the line, you can try postures that demand more flexibility, balance or in which your movement may be more limited.

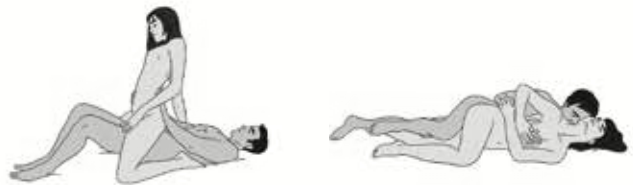
**Excitement:** From the positions you consider to be comfortable, choose one which you find exciting and attractive to explore with your partner.

**Control:** It is important to consider what control that you are going to have in that position.

**When you are starting out in anal penetration, the ideal thing is for the person being penetrated to have control over the**

**penetration and the rhythm of the action.**

Ones in which the person being penetrated is positioned above the person penetrating tend to be ideal, such as the **classic cowgirl** and **reverse cowgirl** or lying on one side, the **famous spooning**, which also means toys can be used to stimulate the clitoris.



As with all other sex acts, the simplest route to success tends to be through trial and error.

Exploring different positions, different rhythms and different sensations is all part and parcel of the learning process and is also part of the pleasure itself. Because, remember, the goal here is not to achieve penetration but to achieve pleasure.

images from  
<https://www.sexualpositionsfree.com/>

# *Is there such a thing as anal sex without penetration?*

In the same way that the vulva can be stimulated without penetration, or a penis doesn't have to penetrate, the anus can also be stimulated in an array of ways that don't necessarily involve penetration to experience pleasure. In fact, ***the connection between anal sex and pain is so widespread, that starting to enjoy anal sex without any penetration is a great way to destigmatize anal play*** and to remove the word pain from your consciousness once and for all.

# *Exercise*

## *No.3: Find the spot*

In all massage, there is a precise spot where pleasure increases considerably. No need to seek an explanation, just focus on finding the location of this super irresistible zone.

***You will need:***

***-Massage oil.***

***-Someone who wants to explore with you.***

It's as simple as surrendering your buttocks to some skilful hands. The massage will smooth away tensions and add a new pleasure zone to the mental map of your body. Just breathe and enjoy. Note anything else? Any particularly pleasurable spot? Want to push the boundaries a little more? Go for it.

***Yes, just there***

The anus has a multitude of nerve endings, and it can be incredibly pleasurable to dedicate a little time to it during your normal fun, whether or not it leads to penetration.

For an anal massage, order is everything. We have said it once and we'll say it again: you can't put anything into the vagina (nor the mouth, for sure) that has already been in the anus, but vice-versa is ok. So, good hygiene is essential, as is having an anal gel such as Anal Play from SLOW SEX so as to avoid friction and make the massage all the more... juicy. Massage, rub, caress or combine it with oral and let your imagination fly.

***TIP: communication is key. Talk about what you both like and what you don't, set your boundaries and discuss what you would like to do more often.***

# **Exercise No.4: Find the right pressure**

This time we are moving on from the buttocks and aiming our focus at the anus itself. Forget about taboos. Now, do you see why you need to view it without prejudice? If you haven't done exercise 1 yet, I don't know what you're waiting for.

**You will need:**

**-Your choice of gel.**

**-Some skilled fingers.**

This exercise can be done either alone or in company. In either case, it is essential that you start slowly, with the intention of nothing more than a few caresses. Little by little, increase the friction and the pressure. The main idea here is not penetration but to get the anus used to feeling a certain, pleasurable pressure. Even so, if that is what you want, go ahead. You hold the reins here.

**Rubbing**

Close contact generates affection and let us tell you why. In sex, some things are a given, such as vaginal sex, oral sex, anal sex, and masturbation, etc. But, generally speaking, we don't stray far from our genitals, mouth, and hands. How do you fancy adding a nice juicy peach into the equation?

Rubbing is exactly what it says – backward-and-forwards pressure applied between two parts of the body – in particular, the genitals – simultaneously. With no further ado, we suggest that you stimulate your partner's genitals with your bottom. Add a few drops of massage oil and you'll be able to glide over their genitals nice and easily so that the fun lasts as long as you want it to.

**TIP: Use Full Body Massage from the SLOW SEX range for underwater rubbing. This pleasure gel just has it all!**

# ***Exercise***

## ***No.5: Find the practice***

Right, forget about hands and let's start not only receiving but also giving pleasure with our anal activities. Ready?

***You will need:***

- A gel of your choice.***
- A pleasure partner.***

You can introduce this practice before or after other ones, but if you have never done it before, there is likely to be an element of discoordination. Don't worry! Sex is all about having fun.

Put some of your chosen gel onto your bum and, using your choice of position, make contact between it and your partner's genitals. Circular movements, or up and down... whatever you want, and that goes for the rhythm too. What is important is that there is contact, that you get used to the lubricated friction of both zones and that you explore this pleasure together between the two (or more) of you.

***And with that, we can now say: Here starts a whole new pleasure.***

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