



Could Your Relationship Use a Vibrator?

More and more couples are experimenting by bringing **buzzy toys** into the bedroom. To figure out if they'll work in your lust life, dig in.

By Lisa Chudnofsky

■ Think vibrators are just for single chicks? Not anymore. Sixty percent of women in relationships have used a vibrator, and almost half of those women have used them with a man, according to a study done by Laura Berman, PhD, director of the Berman Center and author of *The Passion Prescription*.

When you hear the word *vibrator*, you may imagine heavy-duty phallus-shaped machinery with rotating beads and a swiveling head—something only a woman could feel okay curling up with. Well, erase that image, because there has been a revolution in humming bed toys. Now they come in a range of discreet shapes and sizes that make them infinitely more couple-friendly. Since it no longer has to feel like you're bringing a second penis into bed, more chicks have become open to incorporating vibes into play with their partners.

"Not only can the toys increase a woman's sexual response, making her want sex even more," says Berman, "but if they're something she and her guy

feel comfortable using together, they can also add an exciting new layer to the couple's routine." Of course, you'll have to decide if your relationship would benefit from a little extra electricity. To help, we've outlined tips on how to broach the topic, then incorporate the buzzy buddy into the action.

STEP 1 Have the Vibrator Talk

You might fear that merely mentioning a sex toy will make your man feel inadequate or think you're some kind of kinky freak. But if you're game to test the waters, consider this: In Berman's study, two-thirds of women said their men were cool with their carnal accoutrements. "It sends a positive message about a woman—that she's into sex and wants it more often and more intensely," says Sandor Gardos, PhD, founder of MyPleasure.com. Plus, Gardos says, many men want to get in on the battery-operated action themselves but feel nervous about bringing it up.

Even if you suspect your man would be open to the idea, you still can't just whip it out mid-sack session—you're going to have to suss out for sure whether he'd be interested by discussing it first. Pick a moment when you're out of the bedroom so the immediate pressure is off. Then, to avoid triggering any insecurities, start by reassuring him that a toy is in no way a stand-in for him.

"To do that, let him know how great he is in bed," says Gardos. "Go on to explain that since the sex is already so amazing, you want to take it to the next level and experiment with playthings." The word *vibrator* may conjure up images of plastic phalluses crossing swords with his own equipment, so stick to the less-intimidating term *sex toys*.

If he does agree to give it a whirl, make sure you start off small and simple, avoiding vibes that resemble the male member. Opt for something like the bullet or the finger vibe (see sidebar for detailed definitions of vibrators).

Man-Approved
Afraid he's going to flit out? According to Cosmo poll, 75 percent of guys are game for incorporating vibrator into their sex lives

RUY SANCHEZ BLANCO

STEP 2

Let the Games Begin

**FOREPLAY AT HIS
(AND YOUR) FINGERTIPS**

When first trying out a toy, play around with it during the early stage, before things get really intense. This keeps the experimentation on a light-hearted level, where you can both gauge how you feel about the new bedfellow.

At the same time, you can use it to get extrarevved. One of the main things women complain about in bed is that their men don't give them enough pre-sex pampering. Well, a vibrator can cut that prep time and put the couple at the same point on the pleasure path. "It takes the average man 7 minutes to reach orgasm and the average woman 15 to 20 minutes," says Berman. "With the help of a vibrator, she can hit the arousal phase sooner, so they'll be more in sync during intercourse."

Some equipment have the power to stimulate you and your man simultaneously.

Plus, there's a perk for him too: Using a vibrator involves much less work, so his hand (or tongue) won't go limp from trying to get you into "go" mode. Rather than giving you a full-body massage, he can run a hand wand all over your body before bringing it to your below-the-belt region. He can also augment his current foreplay routine by using a finger vibrate to stimulate you manually or slipping an oral vibrate on his tongue before heading down south. If your man is comfortable with the idea, you can turn the tables and use the same turn-on toys to pleasure him during manual or oral action.

GOOD VIBES

Once you've both gotten the hang of the hummer, you can heat things up a bit and take it to the next stage. If you're like most chicks, you probably need some help reaching orgasm during the act. "Only 30 percent of women are able to

climax from intercourse alone," explains Berman. "Most need additional clitoral stimulation."

Rather than having to get yourself into proper alignment with your guy or asking him to please you with his finger while he's trying to stay in the zone himself, offer him a quicker, easier solution. While you're on top or even in doggie-style position, he can gently press a tiny toy—like a bullet—against your clitoris. He'll still get the credit for pleasing you, but he won't wind up with carpal tunnel syndrome. And because it can help bring you to that hard-to-nail simultaneous climax, many women think a vibrator makes them feel more intimate and connected than ever.

TWO FOR ONE

Some types of equipment actually have the power to stimulate you and your man simultaneously. If it feels

awkward to pass your vibrator back and forth to use on each other manually, these multitasking toys could be a sexier solution for you. "Products like a vibrating penis ring provide pleasure for him as well," says Victoria Zdrok, PhD, author of *Anatomy of Pleasure*. "Plus, they cannot be used without him, so they can ease any anxiety he may have about vibrators making him seem inadequate."

The ring comes equipped with a miniature buzzing bullet, meant to excite your clitoris. With you on top, position the bullet right over your bliss button, allowing both of you to get good vibrations. There are also condoms that you can buy right at the drugstore that come with a vibrating ring and bullet. Not only are they easy to get your hands on, but you can just toss the condom when you're done, without hassling over extensive cleanup. ■

Pleasure in a very small package



The New Vibrators

These modern playthings aren't as threatening, making them ideal for a party of two.

BULLET (OR LOVE EGG)

Intended to tickle your clitoral region, the small, battery-powered vibrate looks just like its name indicates. He can place it against you during sex to bring you to orgasm in half the time and with very little effort.

FINGER VIBRATE

The "splint" slides onto a pointer or middle finger, turning his digit into an actual toy. Use it on him as well.

THE GLOVE

With vibrating pads on each fingertip, this whole-hand hummer covers a much larger surface and can be used to massage your body, your down-there region, or if he's game, even his member.

ORAL VIBRATE

To add a little something extra to oral action, your man puts the miniature moan-maker on his tongue. A plastic ring keeps the toy in place. He may like this one too.

REMOTE-CONTROL VIBRATE

He can control your orgasm from across the room by just pushing a button or turning a dial. Hold the vibrator against you and he'll do the rest.

PENIS RING

The plastic ring wraps snugly around the base of your guy's penis and has a tiny bullet vibrator attached that lines up right with your clitoris. The ring helps him maintain a harder, longer-lasting erection, while the vibrations enhance your pleasure.

SOURCE: SADRÉ ALLISON, DHS, AUTHOR OF TOYGASMS!
THE INSIDER'S GUIDE TO SEX TOYS AND TECHNIQUES