



# first.

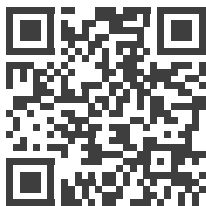
backdoor *[s]experience*

A clear starter manual with visuals,  
tips and tricks to guide you through  
your first. backdoor experience.

MANUAL

“You can never go wrong  
with trying new things to find  
out what you like.”

- Talitha, professional sexologist



## Scan & go

Be prepared and keep this information  
at hand always, no matter where you go.

Scan the QR code to save this manual  
on your own device.

# On your way to a new *[s]experience*

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“Enrich your sex life  
by experimenting with anal  
stimulation. Enjoy an intense  
sensation like never before.”

## The never-ending journey of sexual discovery

You're never too old to learn something new in the bedroom. When it comes to sex, there's always more to explore. No matter how (un)experienced you are, there can be a first time for everything. That's why sex is a never-ending journey of discovery! Learning and experiencing new things keeps your sex life fresh and exciting. Sex should be something that you are able and allowed to enjoy whenever you like. As a sex therapist, I'll teach you all the tips and tricks to make your first time an even better experience.

Enrich your sex life by experimenting with anal stimulation. The anus is a sensitive, erogenous zone for a reason. To fully enjoy anal sex, the right preparation is essential. Read, learn, relax and enjoy an intense sensation like never before!

With love,

Talitha

- professional sexologist

A handwritten signature in black ink, appearing to read 'Talitha', with a long horizontal flourish extending to the right.

## Why anal stimulation?

There are so many more ways to have sex besides traditional ‘penis in the vagina’. Maybe that kind of sex doesn’t really appeal to you, or you’re simply curious about other possibilities. Perhaps after some experimentation, you’ll find that anal stimulation is not for you after all, and that’s okay too.

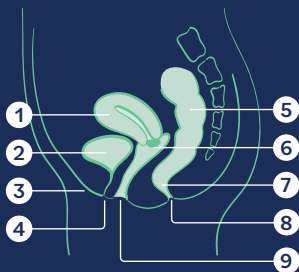
The anus is a sphincter muscle with a lot of nerve endings. Stimulating this sensitive spot can provide intense pleasure. You might think that anal stimulation is a modern form of sex, but did you know that the ancient Greeks also knew how to enjoy sex through anal stimulation?

Many people think that anal stimulation is dirty or even painful. But with the right information and preparation, you can confidently explore anal stimulation without any discomfort. If you’re open to it, anal sex can be incredible. It’s entirely up to you whether you want to try it or not.

## For men

For men, anal stimulation often leads to unprecedented, intense heights, as the prostate can be stimulated through the anus. The prostate is located in a very sensitive area. Stimulating it can lead to a prostate-induced orgasm.

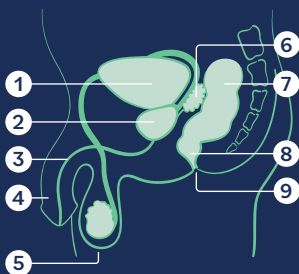
The prostate is a gland that produces fluid which makes up the majority of semen. It's located just above the rectum and feels like a firm lump, about the size of a walnut. It's similar to the female G-spot. The prostate can be stimulated with a toy, a finger or a penis.



1. Uterus 2. Bladder 3. Clitoris  
4. Urethra 5. Vagina 6. Anus  
7. Rectum 8. Cervix 9. Intestine

## For women

Like the vagina, the anus is a fun spot to explore. The anus is a complete different organ than the vagina and therefore feels differently when stimulated. It is full of nerve endings that are sensitive to touch and pressure. As the anus is a lot narrower than the vagina, the feeling of fullness can bring sexual pleasure to many women. With the right position, you can stimulate the G-spot or O-spot internally, creating double the pleasure!



1. Bladder 2. Prostate 3. Urethra  
4. Penis 5. Scrotum 6. Seminal vesicles  
7. Intestine 8. Rectum 9. Anus

“Make sure to take plenty of time to become relaxed and accustomed to anal stimulation.”

## Relaxation (and lubricant) is key

The key to a great first anal experience is to start off slowly. The anus will reflexively tighten when touched, which can make inserting something difficult or painful. Make sure to take plenty of time to become relaxed and accustomed to anal stimulation. Using lubricant is essential as the anus doesn't naturally produce moisture. If it's not wet, the anus is not prepared for penetration. Always respect your own boundaries - if it doesn't feel good or if it hurts, stop immediately. The main goal should always be pleasure. You can always try again another time. Who knows, you may get a little further then.



## Preparation

1. Apply some lubricant to your finger and/or the anus and gently massage. Make sure your nails are trimmed so they can't cause any damage or discomfort.
2. Massage your anus by making small circles with your finger. The anus can also be 'calmed' by massaging the sphincter muscle with the tongue.
3. While massaging, you'll notice that the anus contracts when you touch it. This is a natural reaction of the body and is totally normal. The longer you massage, the more the sphincter muscle relaxes.
4. When you've been at it long enough, you can try inserting your finger slowly. While doing so, pay close attention to your partner's body language. Cringing often means pain.

## Using a toy

When you're ready to use a toy, the same rules apply. Use plenty of lube and stay relaxed. Place the toy against your anus and slowly push it in. The vibrations of the toy can help the sphincter muscle to relax more. Your anus will tighten and relax as you do this, so use the moments of relaxation. Don't force anything and take your time. Start with a small toy, and slowly build up to the desired size.

# There's a world of toys to discover



## Butt plug

Plug with an anchor or pull-ring to create a full feeling.



## Anal dildo

Dildo with a wide base for both internal and external stimulation.



## Anal vibrator

Vibrating toy with an anchor for both internal and external use.



## Prostate stimulator

Shaped to optimally stimulate the prostate.



## Anal beads

A series of connected, stimulating balls for stimulation.



## Training sets

Plugs in different sizes to vary the stimulation and train the anus.

# What to look for when buying a sex toy

Before you purchase a sex toy, think about which features are important to you.

## Type of stimulation

Think carefully about what kind of stimulation you enjoy most. There are several toys aimed at anal stimulation, where you can opt for vibrations, stimulating the prostate or creating a full feeling.

## Important features

Pay attention to what your needs are when it comes to the other features.

- Does it have the right weight? It's best to start off light.
- Does the toy have a wide base or pull ring?
- Is it the right size for you? It's best to start small. Choose a diameter of approximately one inch.
- Do you like the shape? A toy with a narrow tip that gets wider is easier to insert.
- Does the price/quality ratio suit your situation?
- Is the material safe? Silicone is soft, flexible and a good choice.
- Is it easy to clean?
- Is it rechargeable or do you need batteries?

## first.beaded chain

Anal beads are playful. They're longer than a plug and have a knobby surface. The pleasure in anal beads lies in the sensation of insertion and release, but you can also rub it around the anus. These movements stimulate the nerve endings of your sphincter and thus 'massage' your anus. You don't have to insert the entire toy.

Use a generous amount of anal lube and stimulate your anus with your finger before slowly and gently inserting the toy. If it feels good, you can insert and remove multiple beads at the pace you feel comfortable with.



|                  |   |
|------------------|---|
| Size:            | 16.5 x 4.7 x 2.5 cm<br>6.5 x 1.9 x 1 inch |
| Insertable size: | Ø 2.5 x 13.5 cm<br>Ø 1 x 5.3 inch         |
| Materials:       | silicone                                  |

### *tip*

When your partner is about to climax, you can very gently pull out the beads one by one to intensify the orgasm.

## *first.butt plug*

|                  |  |
|------------------|--|
| Size:            | 7.5 x 6.2 x 2.2 cm<br>3 x 2.4 x 0.9 inch |
| Insertable size: | Ø 2.2 x 6.5 cm<br>Ø 0.9 x 2.6 inch       |
| Materials:       | silicone                                 |



This butt plug is narrow and subtly shaped. It is ideal for discovering the ‘full’ feeling a plug gives. You can use the plug solo or in combination with vaginal penetration.

Use a generous amount of lubricant and stimulate your anus with your fingers before slowly and carefully inserting the plug. Your anus will tighten and relax as you do this, so use the moments of relaxation. Don’t force anything and take your time. The anchor ensures that the plug stays in place. Don’t use a plug for more than 2 hours and remove it just as gently as you inserted it.

## Other things to think about before you start

Many people are still afraid of ‘accidents’ and pain when it comes to anal sex. With the right information, you can enjoy anal stimulation without any discomfort.

### *tip*

When stimulating the anus, try simultaneously stimulating other erogenous areas, such as the clitoris. This can provide an extra sensational experience.

## Think of hygiene

Do not share your (anal) toys without cleaning them properly first. Be careful with any wounds or cuts, as the risk of infections in the anus is higher. You can always put a condom around your toy to make sure you're keeping things clean. Never go from the anus to the vagina or from the anus to the mouth before cleaning it first. Bacteria can easily spread and cause painful infections.

## There will be poop

No matter how much you go to the toilet beforehand, there's always a chance that some stool will be released during anal sex.

This is absolutely nothing to be ashamed of. To minimise the chances, you can clean your anus with an anal douche beforehand or experiment in the shower first.

## Wide base

Anything you use for anal stimulation should have a wide base to prevent the toy from disappearing into your anus.

## Talk about it

Exploring new sexual pleasure can be very exciting, but it can also be very scary if you don't talk about it openly.

Tell your partner if you're open to it and express any wishes, desires and feelings you have about anal sex.

## Use lubricant

The anus doesn't produce moisture on its own, so lubricant is essential. Anal lubricants are often a bit thicker, which is more pleasant to work with. You can also purchase sprays that allow the anus to relax.



## *first.vibrating plug*

|                   |   |
|-------------------|---|
| Size:             | 12.5 x 7.5 x 3.4 cm<br>4.9 x 3 x 1.3 inch |
| Insertable size:  | Ø 3.4 x 9 cm<br>Ø 1.3 x 3.5 inch          |
| Materials:        | silicone + ABS                            |
| Settings:         | 1 mode                                    |
| Waterproof:       | IPX5 (splash proof)                       |
| Batteries:        | 3x LR44                                   |
| Operating time:   | approx. 30min                             |
| Max. noise level: | <60 dB                                    |

Vibrations cause the sphincter muscle to relax, making the plug easier to insert. They also add an extra dimension to your pleasure.

Use a generous amount of lubricant and stimulate your anus with your fingers before slowly and carefully inserting the plug. Press the button at the bottom to turn it on.

The device has one vibration mode. You can turn it off again by pressing the same button. Don't use a plug for more than 2 hours and remove it just as gently as you inserted it.

### *tip*

The vibrating bullet is removable: convenient for cleaning and fun to use as a separate toy!



## first.anal lubricant

Lube is the magic word in anal stimulation. The anus doesn't produce moisture on its own, so you always need to use lubricant. This ensures that everything can glide in and out smoothly and comfortably. Anal lubricant is thicker. Because it's water-based, you can use it for all types of toys and it's easy to wash off.

Apply a generous amount to your toy and the anus. You can repeat this as often as you like. Wash yourself and your toy afterwards.



|              |                    |
|--------------|--------------------|
| Type:        | anal<br>waterbased |
| Volume:      | 50 ml   1.7 fl oz  |
| Bottle type: | squeeze            |

### Ingredients:

*Water (Aqua), Propylene glycol, Glycerin, Hydroxyethyl cellulose, Coconut glycerides, Lidocaine, Cetearyl alcohol, Disodium EDTA, Methyl isothiazolinone, Iodopropynyl butyl carbamate.*

## Using an anal douche

- 1 Go to the toilet before getting started with an anal 'shower' so that your bowels are empty.
- 2 Apply enough lubricant to make insertion of the intimate douche easier.
- 3 Use lukewarm water. The water shouldn't be too hot or too cold.
- 4 Let the water *slowly* flow in. Stop when the rectum feels full. Usually, one to two cups of water is sufficient.
- 5 Remove the nozzle from your anus and hold the water inside.
- 6 Walk around and rock back and forth a bit. The bowel is a curving organ, so by moving around, you allow the water to clean as much as possible and move back down.
- 7 Take a seat on the toilet and relax the sphincter. Let the water drain out of your anus again. Be careful not to apply pressure.

*tip*  
Eating foods rich in fibre makes for a compact and therefore 'cleaner' bowel movement.



## *first.douche*

|                  |                                    |
|------------------|------------------------------------|
| Size:            | Ø 6 x 13.5 cm<br>Ø 2.4 x 5.3 inch  |
| Insertable size: | Ø 0.9 x 5.5 cm<br>Ø 0.4 x 2.2 inch |
| Reservoir:       | 75 ml / 2.5 fl oz                  |
| Reservoir type:  | squeeze bulb                       |
| Materials:       | PVC                                |

Be sure not to douche too often or too thoroughly. Even though you flush some stool away with it, you also flush away the good bacteria that make for healthy intestinal flora. Douching too much can result in painful infections.

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be a great one.

We wish you a great time.

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