

Top Toy Tips from Lola Montez

Congratulations on taking your first steps to a sexier future.

- 1 Take it slow when introducing toys into your relationship. Have a discussion over dinner. Do not whip the toy out on the short strokes.
- 2 Start alone. Open the contents of your purchase. See where the batteries go, how it works, how it turns on and off. This will make you more confident when you introduce it to your partner.
- 3 Use the toy by yourself first. See how you like it. Where you like it. Rub it all over your body before going to the genitals. Lubrication may also be required.
- 4 Not all toys are equal. Play with a variety of options. G-Spot or clitoris, cock ring or anal stimulation. There's a whole new world out there!
- 5 Allow yourself to experience pleasure.
- 6 When using on your partner, remember they have more erogenous zones than you know.
- 7 After use: Ensure that your toys are cleaned properly. Wash, air dry if possible and spray with a toy cleaner. Try Eva.
- 8 Remove the batteries and store each toy separately.

For more information – www.lolamontez.co.za and watch out for Sharon Gordon's new Book – '**Play Together – A comprehensive guide to sex toys.**'