



LOLA MONTEZ

7 Step Guide

TO PROSTATE MASSAGE

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GETTING STARTED

Put aside a couple of hours where you will not be disturbed and can totally relax. Grab a couple of towels, some good quality lube and perhaps an erotic DVD. Have a long hot bath. Give yourself a good clean. Whilst the anus is usually free of faeces – it is a passage not a retainer you may want to use a douche to make sure.

As the anus does not have a natural lubricant lubrication is very important. Silicone lubricant is often the best because it lasts longer and does not have to be reapplied. Try Pjur, Mansation or Beauments.

Cover the play area with the towels and set out everything you may need.

You will need patience, an open mind and the removal of expectations. Everything you do will be slow, careful and exciting. Relax and enjoy the sensations.



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RELAX & BREATHE

Good things come to those who practice. Learning how to deeply relax and connect your mind to your body improves the success of anal explorations with a prostate massager.

- 1** Start your session with some deep breathing and feel how each breath enters and exits your body. Lie down and feel your diaphragm moving. Concentrate on relaxing each of your muscles. Forget all those preconceived notions of male sexuality.

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AROUSE YOURSELF

- 2** This part is entirely up to you – do whatever turns you on. Don't concentrate on our penis but do feel free to roam the rest of or body, including your anal area. This sends blood and messages to the prostate, penis, scrotum, anus and abdomen area, warming it up. Put on an erotic movie if you like, just to help tings along.
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SLOWLY INSERT THE MASSAGER

- 3** Lie on your side with your knees slightly bent. Make sure the massager has plenty of lube on it. You also need to prime the anal area with a lot of lube before starting. Slowly and carefully insert the massager into your anus breathing and relaxing your sphincter muscles with each exhalation.

Take it very slow. If it hurts, relax, wait – do not extract the massager. Take the time and insert it slowly until the massager fits comfortably inside your anal canal.





A word of warning, only insert a toy with a flared base or handle into the anal canal as the anus sucks during orgasm.

Once the massager is fully inserted just rest and continue your external erotic play while your body gets used to the sensation. Don't touch your penis and try to be in a position where it is not touching your leg or the bed. This will distract you to the task at hand which is forgetting the penis and concentrating on the prostate, anal canal and perineum.

BREATHE AND GET USED TO IT

4 For the next 15 minutes or so you will need to adjust to having the massager inside you. Relax and take deep breaths right down to our abdomen while continuing the erotic stimulation of your mind and body, avoiding your penis.

When you feel comfortable with it inside you, you may feel a slight tightening of your prostate against the toy. The prostate engorges with blood upon arousal, and this is why you can feel it. This is what will provide the stimulation to milk your prostate and have explosive orgasms.

START SMALL CONTRACTIONS

5 Try contracting as you breathe in and let go as you breathe out. Your sphincter muscles will probably quiver involuntarily. This is good and you will feel the effects in your prostate.

Play around with the contractions and see how it feels with the long ones, strong ones, short ones and weak ones. Maintaining contractions in the sphincter will cause quivers which stimulates the prostate in a positive way.

See what feels good and just play. Keep the erotic stimulation on other parts of your body and build yourself into a rhythm.



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TAKE IT FURTHER

Lying on your back with your knees drawn to your chest is the most effective way of experiencing explosive body orgasms but it may not be how you find success with your toy to begin with. Try kneeling or lying in another position and see what effect this has.

- 6 Keep breathing and focus on your prostate and general abdomen area. The perineum is an acupuncture point and whilst each man is biologically the same the exact spot varies minutely between men.

The spot is usually halfway between the scrotum and anus. It feels softer than the rest of the area and by massaging it along with the prostate. It is often an important ingredient to achieving the much coveted male G-Spot orgasm.

KEEP PRACTICING

Try different things, talk to people and read up forums. Every experience with a prostate massager is different but the sensations are normally very similar.

- 7 Once you have got the hang of this you can try Rocks Off Prostate Toys, Lovense App Enabled Toys, Anal Plugs or Vibrating Butt Plugs.

Always ensure that you clean your toys with warm soapy water or a toy cleaner (try Safe and Clean or Eros Toy Cleaners) and dry with a lint free cloth to prevent bacteria from infecting your toy.

If you don't achieve success right away, don't panic. Keep trying.



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