

Vibrators and Clitoral Sensitivity

Time and time again I am asked the question “will using a vibrator desensitise my clitoris, reduce my pleasure, do more damage than good?”.

The short answer is- well, there is no short answer.

If referring to “desensitisation” or “reducing one’s pleasure” as an idea that using a vibrator will numb or reduce the sensation of the clitoris resulting in a long-term effect of the clitoris being unable to feel as it once did, no, this is not going to happen.

If by desensitisation we mean that we become less responsive and interested in the type of stimulation that occurs without a vibrator, then yes this is possible, though not inevitable.

The deciding factor of whether or not we can create a potentially inhibiting sex toy habit lies with how we use our sex toy.

If our bodies become accustomed to intense pleasure in a short amount of time we may inhibit the various experiences of pleasure that are available to us with less intense stimulation and more dedicated pleasure time by focusing solely on what we know works without much effort.

That being said, some clitoris owners can use vibrators religiously and still access other pleasure pathways without its assistance.

Though this is not true for everyone.

For other clitoris owners, if we don't practice a variety of ways to access pleasure we can come to a place of dependency, as our neural pathways of pleasure will be so habitually reliant with this one access point that the others will be forgotten and left behind (though we can always find ways to explore them again- if we have the information and dedication to do so).

Each clitoris owner responds differently to stimulation. Each clitoris owner also uses their vibrator in different ways.

Some clitoris owners have only ever been able to orgasm with the use of a vibrator, while others have found that over time vibrator usage has decreased their level of sexual satisfaction. Some clitoris owners have felt numbness immediately after usage (which has dissipated soon after) while others have had to dedicate a lot of time in order to ween off from unhealthy vibrator usage.

While vibrators are such a blessing for those times we are too tired, feeling unwell, wanting to spice up our partnered pleasure, wanting something different in our self pleasure, or when we are unable to access pleasure without it, if you are like me and want to ensure you have a smorgasbord of experiences, we must be conscious in the way in which we enjoy our vibrating tools.

Therefore I have included below a Sex Toy Users Manual in order to support you on your vibrator journey.

Vibrating Sex Toy Manual

A Users Guide

Tip 1.

Use the vibrator on all of the vulva as much as you can- not only the glans clitoris and clitoral shaft.

Tip 2.

Simulate partnered pleasure while using your vibrating toy- recreate positions that you would be in while in partnered pleasure.

Tip 3.

Alternate between hand, non vibrational tools (see list below) and vibrator.

Tip 4.

Edge yourself - don't go "hard and fast". Build the pleasure to an arousal sensation of about 7 out of 10 and then cease stimulation. Do this as many times as you like, extend your pleasure.

Tip 5.

Edge yourself with your vibrator and your hand and then climax by using your hand only.

Tip 6.

Use deep breathes, movement of the hips and torso and loud moans to spread the sexual energy around the body.

Tip 7.

Explore external and internal play, making both areas a priority.

Tip 8.

Explore vibrational pleasure on special occasions or during times of necessity (feeling unwell, unable to have a clitoral orgasm without one, would like more external stimulation during penetrative penis in vagina sex).

Tip 9.

Find a non-vibrating toy, (I LOVE the mango juicer!)

Other toys:

The sacred squirter

The cervix serpent

Crystal dildos

Silicon dildos

Tip 10.

Listen to your inner knowing. You know what your body needs, what your body can handle, what is right for you.