

My partner and I have beautiful sex together, and we are curious about exploring anal sex. I must say that every time my lover touches my anus, it is quite exciting. Do you have any suggestions?



All of us have sensitive nerve endings around the anus and rectum that can produce as much enjoyable stimulation as other erogenous zones. In fact, stimulation of the anus at the time of orgasm often results in a more intense orgasm. With lubricant and good communication, anal play can be very pleasurable.

Learn Your Anatomy

Before beginning, it's helpful to understand the anatomy of the area to be explored. In the pictures below, locate the anus, muscles surrounding the anus, and rectum. The *anus* is the opening on the outside of the body; it is comprised of sensitive, puckered skin that may be a different color than the surrounding skin, and is often covered with hair (unless it's been removed).

Just inside the anus is the *anal canal*, an area about 1-2 inches long that leads to the rectum. Surrounding the anal canal are two sets of muscles—the *sphincter muscles*—that protect the opening to the rectum, and can relax and flex when you are aroused. One

set of these muscles is under your conscious control, meaning that you can actively relax it, while the other is not under your conscious control, meaning that you can't make it relax on its own. This is why taking your time to massage the anus to relax these muscles is important.

Past the anal canal is the *rectum*, which is about 8-9 inches long, and is curved. The lower part curves towards the front of your body, and about 3 inches in, it curves back towards your spine. The rectum is less sensitive than the anus and anal canal. However, pressing forward on the front wall of the rectum (towards the belly button) can stimulate the nerves of the pelvic plexus, which sensitive nerves responsible for sexual arousal.

For those concerned about cleanliness, keep in mind that feces (aka stool/poop) are processed in the colon, which is above the rectum, and only passes into the rectum when you are ready to have a bowel movement. If you have regular bowel movements and a healthy diet, you will most likely not encounter feces during anal play. However, it is still a good idea to use barriers such as gloves, dams, and condoms to protect yourself from contacting bacteria in the rectum.

It is **not** necessary to have an enema before engaging in anal play. In fact, enemas damage the sensitive lining of the rectum, and can lead to long term damage. We never recommend enemas for anal play.

Tips for Successful and Pleasurable Anal Play

Take your time, massage, and relax

The sphincter muscles that surround the anal opening can get hurt when you're tense, so a good way to start anal play is by massaging and relaxing the anal sphincters and other muscles in the anal region. Some people enjoy external anal massage by itself and do not want to be further penetrated, and that's just fine. For others, this massage is a great warm up to penetration with fingers, toys, or a partner's penis.

Add plenty of lubricant

When considering anal penetration, keep in mind that the anus and rectum do not produce their own lubrication, so you'll need to use a lubricant. We recommend a thick, cushioning option such as *Sliquid Sassy*, or *Uberlube*. Lubricants that hold on to moisture and maintain slipperiness over time are best; see the *AWT Personal Lubricants brochure* for more information on how to choose.

Don't use a desensitizing gel or cream—anal play should not hurt. Pain means that you need to take things more slowly, add more lubricant, or try another activity.

Hands are more responsive and sensitive than toys, so we suggest you start by massaging with your fingers. We recommend covering your hands with latex or polyurethane gloves, and beginning your exploration with one finger. Apply plenty of lubricant to both your gloved fingers and to the outside of the anus. Latex/polyurethane and lubricant combine to provide a very slick surface that makes massage and penetration more comfortable. Plus, your hands are protected from contact with bacteria that could enter the bloodstream if you have any cuts.

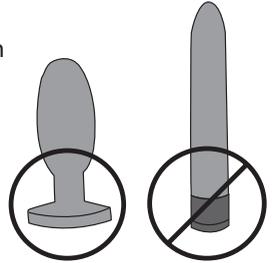
Stop if it hurts. Communicate.

Anal eroticism is for pleasure. Pain could mean that you're damaging tissue. Massaging the anal muscles will take time, and sometimes they will tense and relax,

then tense and relax again. This process of gradual relaxation is normal, and there is no need to rush it. Enter the anus only when the sphincter is relaxed and opens up. Let the person being penetrated guide the depth and timing. You should hear (or say) "yes," "no," "I like that," "I don't like that" often.

Only use toys with flared bases

Any toy without a flared base can get lost in the colon, which is a serious medical emergency that requires a trip to the emergency room and possibly surgery. Make sure any toy you use anally has a flared base.



Consider your toy's length and shape

Keep in mind that the rectum curves 3-5 inches in from the opening, so consider a shorter toy or one flexible enough to bend around that curve.

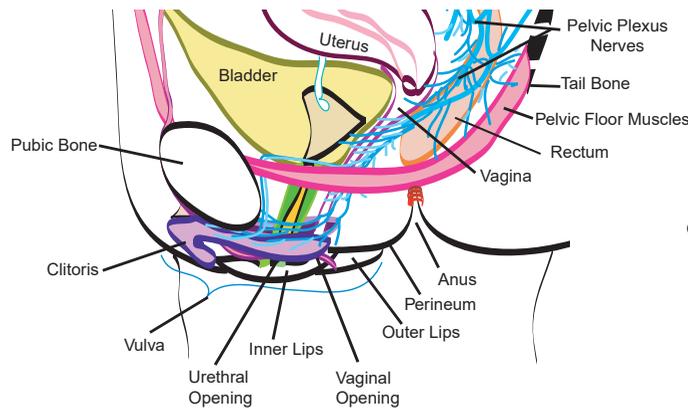
Cleanliness is next to...

If you use a toy for anal play, we recommend toys made of non-porous, easy-to-clean materials like silicone, hard plastic, glass, lucite, or metal. All of these can be adequately cleaned with warm, soapy water. If you choose to share your anal toy, or to use it both vaginally and anally, cover it with a condom (if your toy is silicone, make sure it's an unlubricated condom). Don't move toys (or anything else) from the anus to the vagina without thorough cleaning or a new condom, or a vaginal infection could result.

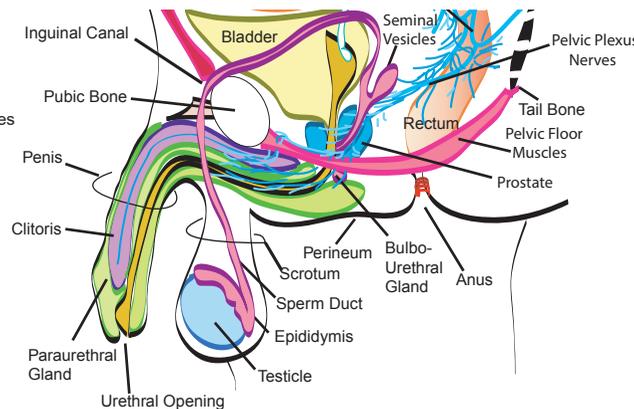
Get More Information

For more detailed information, we recommend two books on the subject of anal eroticism, whether you're just starting out or want to explore further: *Anal Pleasure & Health*, by Jack Morin, and *The Ultimate Guide to Anal Sex for Women*, by Tristan Taormino. Both books include comprehensive information about anatomy, safety, and pleasure.

Adult Pelvis w/ Vulva & Vagina



Adult Pelvis w/ Penis & Prostate



Tips to Choose an Anal Toy

1. Do you want a toy you can insert and leave in place for a sense of fullness?

Anal plugs are designed to be inserted and left inside to produce the sensation of “filling.” They can be worn during sex play, or even during everyday activities to heighten arousal. They can intensify orgasms, since the same muscles that contract during orgasm also extend around the anus and contract around the plug. Many plugs are pear-shaped, with a narrow neck before the flared base. The narrow neck helps keep the toy in place because the anal sphincter naturally closes around it and holds it in.



Plugs are made of different materials, including silicone, glass, and stainless steel. Silicone is flexible and soft, and warms to body temperature quickly. Stainless steel is smooth and has significant weight to it, which creates unique sensations. Glass is smooth and firm but lighter than stainless steel.



Anal beads and bubble-shaped toys offer a variety of sensations by being inserted for the filling sensation, then removed

just before or during orgasm to intensify the muscle contractions. They create more sensation than a smooth plug, because the sphincter muscles will expand and contract around each bead or bubble as it is inserted or removed. If you’re not sure whether you would enjoy this sensation, consider a set of one-time-use *disposable anal beads*.

2. Do you want something to thrust in and out of the anus?

If you enjoy thrusting, consider a dildo with a smooth surface, a flared base, and no tapering, so that you don’t damage the sphincter during thrusting. *Isadora* and *Mistress* are good choices. The dildo can be held in the hand, or used in a harness worn by a partner or strapped around a chair or pillow. For more information, visit us online or in our store.

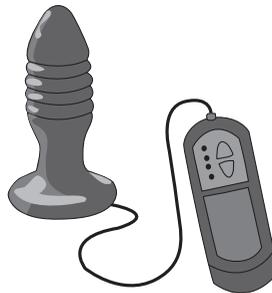


3. How wide should your toy be?

Anal plugs and dildos are available in a range of sizes, from about one finger’s width to the size of a fist. To choose the right width, figure out how many fingers you’re comfortable being penetrated with when you’re fully aroused, and get a toy that’s about that same width. Keep in mind that something that looks small can feel quite large to your anus.

4. Do you want something that vibrates?

Many people like the extra stimulation of vibration. Some anal plugs vibrate, while some vibrators have flared bases so they can be used anally. Also, silicone transmits vibrations very well, so another nice way to add vibration to your anal play is to hold a vibrator to the base of a silicone toy.



Recipe for safe, pleasurable anal play:

- Trust, if playing with a partner
- Curiosity
- Patience
- Communication
- Time
- Relaxation
- Lubricant
- Latex/polyurethane gloves and/or dams

How to Choose an Anal Toy

1. Do you want something to thrust in and out, or something to be inserted and left in place for a filling sensation?

- If you want more thrusting, consider a smoother shape and profile.
- If you want something left in place, consider how easily it can be held in. Look for narrow necks, and a shape of the flange (end) that can fit comfortably between the butt cheeks.

2. How wide should it be? (How many finger(s) wide?)

- A little feels like a lot, but sometimes more is better.
- Too much can be too much. Start small and make choices from there.

3. Do you want vibration?

- Vibration adds a whole new level of sensation, but sometimes arousal is so fast it’s hard to enjoy.

4. Will you be sharing your anal toy?

- You *are* old enough to have your own toys. Sharing anal toys is not recommended. If you do share anal toys, sterilization between uses is recommended. If you don’t share, soap and water wash is fine.

5. Do you want prostate massage?

- Some toys are designed to reach a prostate. Check out different designs, and ask questions before you buy.

Anal Toys

~how to choose
~how to begin
anal play
~make anal
play safe and
pleasurable



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