



## Sexual Wellness Buying Guide Quick Reference Handout

In a time of sexual empowerment and agency, sexual wellness is a way to bring pleasure to the forefront.

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## What kind of different sexual wellness products are available?

Sex toys and other sexual wellness products are available to suit different preferences and needs.

### 1. External vibrators

External and clitoral vibrators use a rumbling motor to provide surface-level sensation from outside of the body. They tend to offer a smaller, more discreet option for use.

### 2. Wand vibrators

Wand vibrators provide intense stimulation in a larger-format massage wand.

### 3. Air pulse sex toys

Air pulse toys offer a unique, non-sensitizing, non-numbing type of external stimulation. Ideal for clitoral use, these toys use rhythmic air pulses to create pinpoint stimulation.

### 4. G-spot vibrators, dildos, and dual-stimulation toys

For those looking for internal stimulation, sex toys such as g-spot vibrators and dildos provide a sought-after feeling of fullness.

### 5. C-rings and other penis toys

Products like cock rings and penis sleeves can help users achieve and experience unique or intensified sensations.

### 6. Sex toys for anal stimulation

Anal toys are available in many different shapes and sizes for users of all genders. Make sure to select something with a flared base for safe use and err on the smaller side if you're purchasing your first toy of this category.

### 7. Condoms, lubricants, and massage oils



Sexual wellness accessories like condoms and lubricants are important for a safe, healthy sex life. Make sure to use the right form of barrier protection for you and your partner. Then, pair it with a compatible lubricant to reduce friction.

## Sexual wellness product features to consider

Look for features like app control, waterproof technology, and rechargeable batteries in this new generation of sex toys.

If sound level is a factor for you, seek out products with information about their decibel ratings as well as terms such as "whisper-quiet" and "Smart Silence technology" to select the most discreet option possible.

## Caring for your sexual health and wellness products

Taking steps to ensure you're having safer sex is paramount when it comes to intimacy.

Just like other internal-use products, it's important to keep your sexual wellness products in safe, clean condition. Treat them like your own skin: Don't share them with anyone you're using barrier protection with, and make sure to wash your sex toys before and after every use with soap and water.

Fill out the rest of your sexual wellness drawer with the appropriate condoms or barriers for safer sex practices, and when in doubt: add more lubricant.

- Water-based lubricants work well with any surface or substance.
- Silicone lubricants are longer-lasting but may not pair well with all silicone toys.
- Oil-based lubricants and massage oils can provide a rich, pleasing sensation, but can't be safely used with latex or polyurethane condoms.

## How to shop for sexual wellness products with a partner

You can shop for sexual wellness products from the comfort of your own home by shopping online. If you're shopping with or for a partner, make sure you're both communicating clearly about what you want and what you'd like to try together.

Sex toys and accessories present great opportunities to enhance your intimacy with yourself or your partner. Use them as such and have fun!