



first.

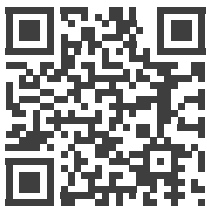
kinky [s]experience

A clear starter manual with visuals,
tips and tricks to guide you through
your first. kinky experience.

MANUAL

“One way to create more
sexual tension in the bedroom
is by exploring kinky sex.”

- Talitha, professional sexologist



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at hand always, no matter where you go.

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On your way to a new *[s]experience*

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The never-ending journey of sexual discovery

You're never too old to learn something new in the bedroom. When it comes to sex, there's always more to explore. No matter how (un)experienced you are, there can be a first time for everything. That's why sex is a never-ending journey of discovery! Learning and experiencing new things keeps your sex life fresh and exciting. Sex should be something that you are able and allowed to enjoy whenever you like. As a sex therapist, I'll teach you all the tips and tricks to make your first time an even better experience.

One way to create more sexual tension in the bedroom is by exploring kinky sex. The world of kinky sex is so extensive that it can be difficult to know where to start. An exciting and kinky sex life begins with the right information and preparation along with discovering your desires and limits!

With love,

Talitha

- professional sexologist

A handwritten signature in black ink, appearing to read 'Talitha', with a long horizontal flourish extending to the right.

An introduction to the world of BDSM

BDSM stands for Bondage and Discipline, Domination and Submission and Sadomasochism. In practice, this term stands for anything that involves sexual arousal through restricting someone's freedom, hurting them, tying them up, punishment and submission.

BD stands for Bondage and Discipline

Bondage is about restricting a partner's movement and/or vision. Discipline is about imposing rules and using punishment when the rules are broken.

DS stands for Dominance and Submission

This is about the division of roles during role play. The leading role is called 'Dom', after 'Dominant'. The submissive person is called 'sub' after the word 'submissive'.

SM stands for Sadomasochism

This is a combined term. Sadism means experiencing pleasure in hurting others, masochism is experiencing sexual arousal by undergoing pain.

Fact:
Most people that
enjoy BDSM are
healthy and happy.
For them BDSM is
a nice outlet.

Why BDSM?

The arousal experienced through BDSM often has to do with having power or being submissive to that power. The feeling that your partner is at the mercy of your sexual needs can be very exciting. For a sub, it's all about the thrill and relaxation of surrendering control.

Pain can play an important role in experiencing pleasure. Pain releases endorphins in your brain, which makes you feel happy. It also releases adrenaline, which acts as a natural painkiller. In short: pain is suppressed, and the sub can experience a blissful feeling.

Keep this in mind during a kinky session

To enjoy kinky sex safely and responsibly, it's essential to know what you're getting into together, what you want and don't want, and how to do it responsibly without any harmful consequences. Don't randomly start doing BDSM, but read up on it and be aware of the guidelines.

Voluntary

BDSM should always be done on a completely voluntary basis for both partners. Both the sub and the Dom must give permission to do what is desired. The role play must be enjoyable for both partners.

Trust

Mutual respect and trust are very important. Personal boundaries should never be overstepped.

Communication

Discuss in advance what feels fun or exciting to you and where your limits are. Non-verbal communication is also part of the role play. The Dom should read the sub's body language and know when to stop.

“Not only can the role play be physically intense; it can also have an emotional effect.”

Stop sign

Agree on a stop word or stop sign together beforehand to prevent something undesirable from happening. A stop sign or stop word should never be ignored.

Location

Think about the location. Make sure you're both comfortable and cannot be disturbed.

Safety

Use common sense, make sure you have decent materials and stay in a safe environment. Never leave your sub alone in an unsafe situation. Not only can the role play be physically intense; it can also have an emotional effect. Protecting physical and psychological boundaries is very important.

Emotional aftercare

Be aware of what you need after the session. Especially the sub may need warmth, intimacy, or a hug. Be extra mindful of each other. Talk about your experiences: how do you feel? What did you enjoy, and what did you not enjoy? Always keep this in mind for a next time.



first.flogger

Size: approx. Ø 3 x 31 cm
approx. Ø 1.2 x 12.2 inch
Materials: vegan leather

Some people experience a nice and exciting sensation when feeling pain. With a flogger you can go as far as you want. You can softly stroke, or give your partner fiery red buttocks.

You have the most control over the movements of the flogger if you hold it in line with your wrist, at the base of the handle on the flogger tails side. Hit the flogger by moving your arm in a vertical motion. Slowly increase speed

and listen to your partners' response. Avoid the genital area and make sure the flogger does not wrap around body parts. This can hurt a lot and even create serious injuries.

tip

If you let the entire tails of the flogger hit your partner, this spreads the energy and makes it hurt less. If you hit with the tips of the tails this gives more 'sting'.

first.tickler

- Size: approx. Ø 1 x 15.5 cm
approx. Ø 0.4 x 6.1 inch
- Materials: artificial silk + PVC + feathers

A tickler is essentially a stick with feathers at the end, with which you can create a perfect erotic temptation. The touch of the feathers stimulates the nerve endings and makes the skin more sensitive. All your senses will be heightened.

Stroke your partner's skin with the tickler. Start on their backside: stroke the neck, buttocks and back of the legs. Move to the front from the neck to the arms. Inside of the elbows are especially sensitive. Work your way up to the breasts and nipples. Save the most intimate areas for last.



tip

Blindfold your partner.
By removing vision every touch will be extra intense.

first.massage candle

Scent:	wild orchid
Volume:	30 g 1 oz
Ingredients:	<i>Soy Wax, Coconut Wax, Avocado Oil, Shea Butter, Mixed Nut Oil, Vitamin E, Vitamin C, Fragrance</i>

tip

Dim the lights and put on a sexy playlist to completely get in the zone.

A massage candle is a candle with special wax that melts into warm massage oil and spreads a seductive scent. The melting point of a massage candle is lower than that of a regular candle and the wax is skin-friendly.

Light the candle and let it burn for half an hour to an hour. Blow out the candle and let it cool for 2 minutes. Pour the warm massage oil over the skin and gently massage it in. The oil isn't suitable for use as lubricant, so make sure that it doesn't enter the vagina. Wash your hands before and after use.



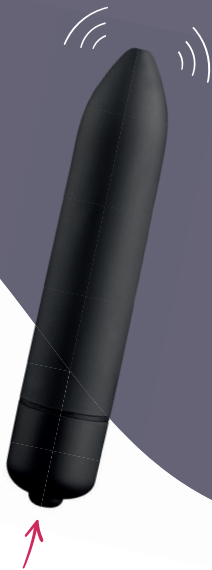
“A massage candle melts into a warm mixture of massage oils that you can use during foreplay”

first.mini vibrator

Size:	Ø 1.8 x 9.2 cm Ø 0.7 x 3.6 inch
Insertable size:	Ø 1.8 x 7 cm Ø 0.7 x 2.8 inch
Materials:	ABS
Settings:	10 modes
Waterproof:	IPX5 (splash proof)
Batteries:	1x AAA
Operating time:	approx. 30min
Max. noise level:	<60 dB

This vibrator is small and compact, but offers powerful vibrations. You can use it on and around your clitoris, but you can also use it to stimulate other body parts, like the nipples.

Press the button to turn on the vibrations. The vibrator has one vibration setting. Press the button again to turn off the vibrations.





first.blindfold

Size: 18.5 x 8.5 x 0.6 cm

7.3 x 3.3 x 0.2 inch

Materials: artificial silk + foam

A blindfold makes everything more exciting and mysterious. Restricting sight sharpens all other senses. It can create an exciting dynamic as the partner is in control. Insecurities dissolve when you can blindly surrender to the role play.

Blindfold your partner so they can't see anything. All senses are now heightened, and even the smallest acts can surprise your partner. Tease, spoil and build the tension to the ultimate climax.

first.hand cuffs

Size: 1 m x 8 cm
3.3 ft x 3.1 inch

Materials: artificial silk

tip

In addition to a blindfold, use earplugs to further sharpen the other senses.

You can make sex even more exciting with bondage. Restricting movement and surrendering control can be a major turn-on.

Tie the wrists or ankles of your partner together, or tie them to the bed. It give you easy access to certain body parts for oral or toy stimulation. Be mindful of your partner's limits and agree on a stop word. Never leave someone who's tied up unattended.



Ribbon bondage knot

Learn to make a safe bondage knot before your first bondage session. This ribbon knot is easy to adjust, easy to remove and non-cinching for your partners wrists or ankles. Pulling from within the loops does not tighten the loop. It is safe for bondage and will not ruin your ribbons.

Tighten the loop

Tighten the loop by pulling at the short ends of the ribbon.

Loosen the loop

Loosen the loop and free the limb by pulling on both sides of the loop.

Untie the loop

Untie the loop by pulling the end of the ribbon back through the knot, leaving a loose knot that is easy to undo.



Step 1

Lay the entire ribbon on a flat surface. Make a loop by folding the ribbon, so that one end crosses over the other.



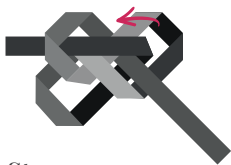
Step 4

Fold the ribbon in a third loop by passing the end under both intersections and pulling up through the second loop.



Step 2

Fold a second loop by passing the same end back under the ribbon.



Step 5

Pass the end of the ribbon through the second and first loop.



Step 3

Pass the end of the ribbon back through the first loop.



Step 6

Pull at the ends to make a tight knot. Adjust the loop by pulling the short end.

first.nipple clamps

Size: approx. 15.5 x 3.5 cm
approx. 6.1 x 1.4 inch

Materials: iron + feathers

tip

Remove the clamps as soon as the orgasm starts. The brain will release a substance called oxytocin. This causes a super-concentrated climax, which will also make you feel very connected to your partner.



Nipple clamps are the perfect tool to make your nipples extra sensitive. Placing a clamp on the nipple blocks the blood supply. This feeling is similar to the feeling when nipples are pinched. When the clamp is released, blood flows back, making your nipples even more sensitive. Nipple clamps are also an excellent match for a kinky outfit!

The screws allow you to adjust the pinch pressure by turning it looser or tighter. As the pressure changes, so does the blood flow and therefore the sensitivity of the nipples.

first.bondage tape

Bondage tape offers a new way of restraining your partner. The tape doesn't stick to skin, only to the tape itself. Tie up your partner without any complicated knots and restrict their movement for complete surrender.

Place their wrists against each other or against an object (such as a bedpost) and roll the tape around them. Make sure that the tape is not too tight. Keep safety scissors ready so you can easily cut the tape when needed. Never leave someone who's tied up unattended.

Size: 20 m x 5 cm
66 ft x 2 inch
Materials: PVC

tip

Bondage tape is versatile and can also be used to sculpt a kinky top, for example.



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Nederlands

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We wish you a great time.

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