

Care and Cleaning

Non-porous Materials

- Glass** should be washed with soap and water.
- Pyrex** can be boiled, put in a dishwasher, or washed with soap and water.
- Silicone** is our material of choice because it will clean easily and thoroughly, may be shared safely after disinfection, and can be disinfected. *Never use silicone lube with silicone toys as this will break down the surface of your toys; use water-based solutions.* All silicone can be washed with soap and water. If your toy is a vibrator, or a toy made out of silicone mixed with another material this is the only way to clean the toy. If your toy is a 100% silicone toy you can place it in the top rack of your dishwasher to clean it, and you can immerse it in boiling water for 10 minutes to disinfect it.
- Stainless steel** can be boiled, soaked in a bleach and water solution, or put in a dishwasher.

- Wood** should be washed with warm water and non-abrasive soap or wiped down with an anti-bacterial cleaner.

Porous Materials

- Acrylic** toys should be washed with soap and water.
- Cyberskin** (Ultraskin, Softskin) should be washed gently with soap and water, then left to air-dry. Once dry, they should be powdered lightly with cornstarch. Store the toys in a plastic bag containing a small amount of cornstarch to keep them from getting sticky. *Cyberskin may contain phthalates, so we strongly recommend using a condom on Cyberskin toys.*
- Elastomer & TPR** should be washed with soap and water. *We strongly recommend using condoms if sharing the toy and for easier clean-up.*
- Hard plastic** toys should be wiped down with a soapy cloth and warm water.

- Jelly-Rubber** should be washed with soap and water. Store it in a cool, dry place away from other objects. *Jelly-rubber contains latex and phthalates and should always be used with a condom.*

- Leather** will wipe clean with a damp, soapy cloth or with leather cleaner. Do not soak leather. Wiping with a 70% isopropyl alcohol solution (rubbing alcohol) will disinfect leather toys. After cleaning, you may recondition your toy by using a leather conditioner. Protect metal parts from tarnish by applying a coat of clear nail polish. Always let leather air-dry and store in a cool, dry place.

- Neoprene** should be washed with warm water and mild soap, then allowed to air-dry.

- Nylon** can be hand or machine washed.

- Soft vinyl** should be cleaned with soap and water. *These toys may contain phthalates and we recommend using a condom with them.*

- Vinyl** will wipe clean with a damp, soapy cloth or rubbing alcohol.

Safer Sex Tips

Safer sex doesn't have to be a chore; just like enjoying a relaxing bath or healthy meal, safer sex is a great way to take care of yourself. Browse these fun and useful tips for making it hot.

Lube should be used liberally, especially between a barrier and the receiver. If you are prone to yeast infections or urinary tract infections, we recommend using sugar and glycerin-free lube. Washing off and/or urinating after sex will help clean out your system and lessen your risk of infection. Do not use oil-based lubes with latex products, including latex condoms. Some lubricants contain Nonoxynol-9, which is a spermicidal detergent that can irritate skin and delicate membranes, making you more susceptible to STDs. Babeland does not carry products with Nonoxynol-9.

Barriers should be used for safer sex with partners and/or toys. Buy extras and play with them before partner sex so you know how they work. Use condoms on porous toys, like rubber or latex, to protect you from the chemicals in these toys.

Non-latex barriers can be used by folks with latex sensitivities. Try polyurethane condoms, nitrile gloves, plastic wrap, and polyurethane dams. Polyurethane and

**For more information on specific toys,
their use, care, operation, or cleaning please
refer to our online product information page:**

www.babeland.com/tipsheet

You are also welcome to speak with a customer service representative by calling 800.658.9119.

nitrile are compatible with oil-, water-, and silicone-based lubricants. They protect against STDs and pregnancy.

- ⊕ Masturbating with gloves, condoms, or dams can be a great way to further eroticize them.
- ⊕ Buy differently-sized gloves in different colors to make it clear in the heat of the moment which are medium and which are large.
- ⊕ To avoid cross-contaminating, use different color gloves for the butt and the vagina or use a marker to put an "X" on the gloved hand you will be using for the butt.
- ⊕ Use dental dams or non-microwavable plastic wrap for cunnilingus and anilingus. Put an "X" on the outside so when things get good and slippery you can tell the sides apart.

General Tips for Longer Toy Life

We strongly recommend using a condom with toys that are made of porous material. This will help prevent transference of body fluids that can carry bacterial and/or viral infections.

- ⊕ Remove batteries when storing vibrators.
- ⊕ Never submerge electrical components in water. Use a damp, soapy cloth to clean electric toys.
- ⊕ Protect your water-resistant and waterproof vibes by making sure the rubber O-ring stays tight around the battery compartment. *If the O-ring is missing or broken, the vibe is no longer safe to use in water.*
- ⊕ For vibrators with cords, wrap a small piece of electrical tape around the vibrator/wire and wire/plug connection points to strengthen them.
- ⊕ Rough edges on hard plastic toys can be filed down with a nail file.
- ⊕ If you are using a bullet vibe internally, put it in a condom and use the condom, not the power cord, to pull it out.

G-Spot Tips

The G-spot, or urethral sponge, fills with fluid during arousal and has a texture that can feel bumpy or crinkly when felt through the front wall of the vagina. Pressure on the G-spot can cause some folks to ejaculate fluid, which is similar to prostatic fluid.

- ⊕ To find the G-spot, insert a finger or fingers 2–3 inches into the vagina and press toward the pubic bone with a rhythmic “c’mere” motion.
- ⊕ Curved toys, like the G-Twist and Orchid G, are good for G-spot stimulation. Thumping, tapping, and vibration can also feel great.
- ⊕ Try combining G-spot play with oral stimulation of the clitoris.
- ⊕ Some folks prefer indirect G-spot stimulation; try pressing down on your belly just above the pubic bone or applying pressure toward the belly button during butt play.
- ⊕ Experiment with positions that angle toys, fingers, penis, etc. toward your belly button during penetration.
- ⊕ A full vagina may block ejaculate, so try pulling out toys, fingers, etc. when you orgasm, and bear down.
- ⊕ Finally, G-spot response varies dramatically, so enjoy all the sensations—try not to make it a quest.

P-Spot Tips

The P-spot, or prostate gland, is an almond-shaped gland located between the rectum and the bladder. The prostate produces fluid that helps semen travel through the urethra during ejaculation. During arousal, the P-spot fills with fluid, which can make it easier to feel. When aroused, some P-spots feel similar to the muscle between the thumb and forefinger when it is tensed.

- ⊕ To find the P-spot, insert a finger or fingers 2–3 inches into the anus and gently press toward the belly button with a “c’mere” motion. Use lots of lube and relax.
- ⊕ Try different techniques with your P-spot: stroking, massaging, tapping, vibration, or gentle thumping.
- ⊕ Play with your perineum (the soft, fleshy skin between the testicles and the anus); tapping here can access your P-spot indirectly. You’ll also be hitting the base of your penis.
- ⊕ Curved toys are especially good for P-spot stimulation—try the Aneros, Protouch Plug, or Pandora. Make sure toys have a flared base to prevent them from getting lost.
- ⊕ P-spot responses vary. Try not to be goal oriented; instead, enjoy each new sensation along the way.

Anal Sex Tips

Always remember our mantra to help you on your back door journey: “Relaxation, Communication, and Lubrication”. When playing with a partner, it’s important that the person being penetrated be in control of what’s happening, especially if you’re new to anal sex. Let your partner know what feels good and what doesn’t. And, of course, have fun!

- ⊕ Always use toys that have a handle or flared base so they don’t slip inside the rectum.
- ⊕ Always use lube—the butt does not self-lubricate—and begin slowly by stimulating the outside of the anus.
- ⊕ Ease your finger in pad-first to avoid scratching and poking.
- ⊕ Cover your toys with condoms for safe and fast cleanup.
- ⊕ Softer materials are easier on sensitive tissue and will follow the natural curve of the rectum. Bumps and ridges can feel good sliding in and out.
- ⊕ Angle your fingers, penis, or toy toward the front of the body.
- ⊕ Stick to the butt—going from butt to vagina can cause infections.
- ⊕ Numbing creams are unsafe—lube and relaxation are better.
- ⊕ Pull out gently and carefully.

Cock Ring Tips

Cock rings restrict the flow of blood out of the penis; making possible greater sensitivity and a firmer erection. They can even prolong erection. As with any toy, responses vary. ***Cock rings aren’t recommended for anyone with vascular or nerve diseases. If you experience any discomfort numbness or tingling—take it off.***

- ⊕ Secure the cock ring at the base of the penis, behind the testicles, so that it is snug and comfortable.
- ⊕ For new users we recommend an adjustable cock ring because one can remove or cut it off if it becomes uncomfortable.
- ⊕ Non-adjustable or stretchy cock rings should be put on while you are semi-flaccid. Hold the ring under your balls and insert your testicles one at a time. Next tuck your penis through head first. Hold the cock ring in place until your erection secures it. Lube it up to avoid pinching pubic hair.
- ⊕ To remove a cock ring, wait until you lose your erection. Don’t leave the cock ring on for more than 20 minutes and always remove it if you feel any discomfort before then.
- ⊕ Experienced users can play with how long to leave it on. If you plan to sleep in it, use an adjustable cock ring and keep it loose.



babeland.com
800.658.9119

43 Mercer St
New York, NY 10013
212.966.2120

94 Rivington St
New York, NY 10002
212.375.1701

462 Bergen St
Brooklyn, NY 11217
718.638.3820

707 East Pike St
Seattle, WA 98122
206.328.2914