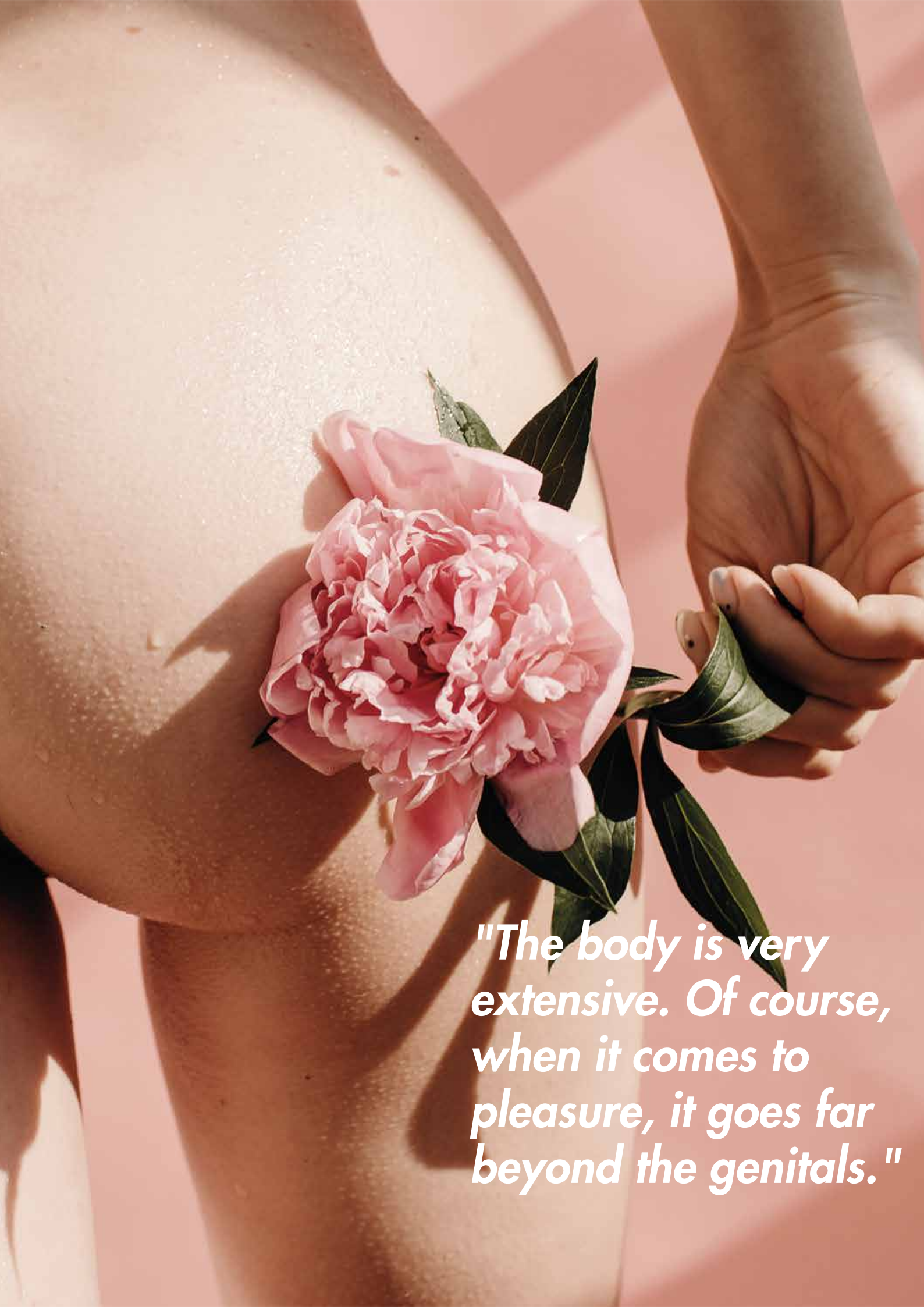


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"The body is very extensive. Of course, when it comes to pleasure, it goes far beyond the genitals."

Pleasure is not a theory, it's a practice.

You've most likely grown up with a very balanced sexual education, covering the fundamental aspects of sex, but not the most important ones. Of course, understanding contraception and how to avoid sexually transmitted infections is totally necessary, as is a rational tip of the hat from the biological perspective. **However, both of these can be glossed over / one can tiptoe over both of these cases because of the practice which goes beyond basic instinct: pleasure.**

Pleasure is a state of satisfaction and, although everyone has the capacity to enjoy it, not everybody gets it in the same way. Different sexual practices show us that pleasure can be found in millions of contexts, as many as there are people who desire it. **Pleasure is a network which bonds us together, but in which nobody shares the same end point.**

That's why, despite all academic learning on pleasure in general, there is a world of one's

own pleasure waiting to be discovered. You know all about sexual health, about how to prevent unwanted pregnancy, you have a good basic understanding about how your body works. **Is that all there is to pleasure?**

No.

The discovery and rediscovery of sexual pleasure is a practical exercise, not a theoretical one. It is learning about the point on the pleasure network which is uniquely yours so you can enjoy it. **And you have to know how to enjoy it to be able to share it.**

The pleasure is all yours.

The person responsible for your pleasure is you. If anyone has ever suggested the opposite, wipe it from your mind. You are completely in charge of enjoyment of both body and mind. But to be properly in charge of your pleasure, you first have to discover it. And, to discover it, you have to know yourself.

Exercise 1: Hello, it's me. Page 14.

Know yourself a little more? Appreciating who you are is complicated when self-pleasure is stigmatised. For too many decades, shared pleasure, or couple sex, has needed the justification of love or reproduction in order for it to take place. In some sectors of society this continues to be the case. But the false pretext of self-pleasure is, if possible, even more sadistic: necessity.

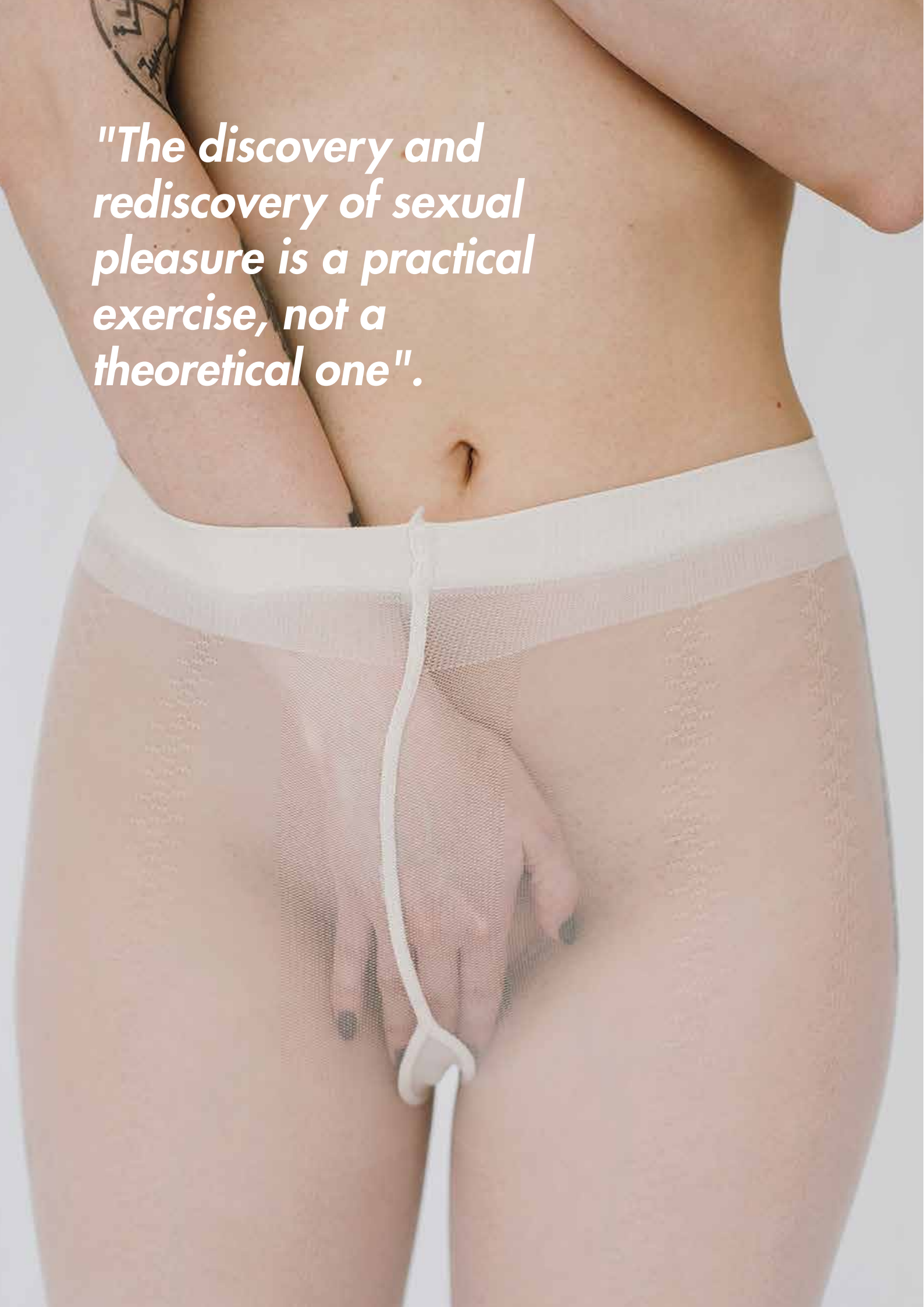
A word which fills a void cannot be linked to another which invites abundance and celebra-

tion of the body. You choose freely to enjoy your body in the same way that you choose freely not to. ***Self-exploration, masturbation and sexual relations are nothing to be ashamed of, so no pretext is necessary.*** Necessity is not part of pleasure, but the responsibility to know and to communicate certainly is.

But to be able to communicate, you first have to know.

Exercise 2: Where I like. Page 16.

Bodies offer a world of zones and surfaces but for sure, when it comes to pleasure, genitals are not the be-all and end-all. Perhaps the previous exercise has helped you discover some new concerns in regard to your body and your desires, or has further confirmed what you already knew.



"The discovery and rediscovery of sexual pleasure is a practical exercise, not a theoretical one".

Pleasure is not all about orgasms, orgasms are not all about penetration.

Challenge the idea that the only route to pleasure is through orgasm.

Challenge the idea that sex means penetrative sex.

We reiterate, pleasure is subjective. ***Your pleasure is yours and nobody else's. You can share it, you can defend it, but you should never undervalue it or impose it.*** Equally, other people can share their pleasure with you; with exactly the same rules you apply to knowing and owning your own pleasure.

But pleasure doesn't start with an orgasm. In many circumstances it doesn't even start with physical contact. Pleasure stems from desire, very often the trigger for all that comes afterwards. Enjoyment starts there, with a look, a word, an idea - in your head. ***The brain is the most sexual organ of all.***

Without desire you are a body performing physiological actions which may or may not culminate in an orgasm, but never in pleasure. So, how can you connect with pleasure?

First of all, by forgetting everything you think you know. Secondly, by retraining yourself, but using your experience to guide you. Remember: pleasure is practical, not theoretical.

FACT: Helen Kaplan, touchstone on modern sexology, stated that only 30% of women achieve orgasm through penetration. However, penetration is the most common practise in couple sex and it is the most commonly considered theme in the erotic sector and in sex education.

There is pleasure in desired penetration.

There can also be pleasure beyond it.

Exercise 3: How I like. Page 17.

Now that you are contemplating your pleasure zones, you can deepen your desire with greater knowledge of your body. Delving into different practices with the people you want to share it with will bring the most gratification: Now you know what type of stimulation you want.

Even so, desires are not fixed. Allow yourself to listen, listen to your desires and create new fantasies.

Please can be shared.

Masturbating is a great way to get to know yourself and to experiment with your pleasure. Also, it is a sexual act in itself. But we mustn't forget that sex also creates connections between people, that pleasure can be shared and that it is a powerful tool for communication and bonding, even though it doesn't require a romantic relationship.

So that people can share their pleasure, they first have to know what it is. Then they should communicate it.

Although it helps, knowing what you like doesn't mean that you'll fully enjoy sex and pleasure. To generate moments of sheer joy, you have to desire the person with whom you are going to share your pleasure, you have to desire the act or acts which will entwine your bodies and, above all, you must have genuine communication with the other person involved.

This includes not faking.

Exercise 4: My promise. Page 18.

Communication can take place before, during or after sex. It's always best to speak directly and clearly, and without euphemisms. As with the exercise involving the description of your genitals, make sure that your requests, desires and outcomes are not generalised and don't express judgement. Instead of "you do this wrong", try something like "I didn't like that because it felt like this, and I prefer it more like that." Of course, also tell them the actions and moments that really work for you.

Communication leads to learning, learning leads to practice and practice to pleasure.

Exercise 5: That's how it is. Page 20.

"Communication leads to learning, learning leads to practice and practice leads to pleasure."



Pleasure in your hands.

Lubricants and sex toys are a valid and mindful alternative to practices without added extras.

Lubricants are not only about bigger and better lubrication, but they also increase pleasure in people who a priori “don’t need it.”

Likewise, toys are not only about instant pleasure or solo enjoyment, they are also companions both in the quest for orgasms and in the discovery of pleasure with the sole intention of self-exploration and knowledge.

The use of lubricants and toys gives a new perspective to sex and pleasure, one in which play has a role, less twisted by beliefs and in which bodies encounter the option of not necessarily doing what was expected.

Lubricants extend play.

Toys spark fantasies.

Exercise 6: For me. Page 21.

It has been a pleasure.

This guide has been conceived for your pleasure.

At Bijoux Indiscrets **we have spent more than 17 years putting female pleasure on the map, as a legitimate and logical part of human pleasure.** In this new stage of the journey, with you on board, let's take some really giant strides towards sexual wellness.

Our new collection, Sex au Naturel, boasts high quality, ethical and medical-grade lubricants. We studied the needs of women and adapted our collections to being at the vanguard of the market. With you on board, we go that bit further and frame **sexuality and pleasure as part of health**, something which has to be nurtured, destigmatised, and celebrated.



Exercise 1: Hello, it's me.

You'll need: A safe, calm space. Around 15 minutes. A hand-held mirror. A notebook in case you want to jot down your findings.

How well do you know yourself? Whatever response you may want to give, this exercise will answer for you today: Not enough.

You're going to get to know yourself somewhat better than you already did. It doesn't matter if you omit your genitals completely when appreciating your body, or if you have done this exercise before. Your commitment will be to describe your genitals more precisely than you were able to before you started this exercise. You can, if you prefer, draw what you think your genitals look like and then draw them again after completing this exercise.

Try to avoid any judgement in the description or arriving at over-generalised conclusions: "My vulva is weird." Generally speaking, judgements are based on beliefs. Since you're not on first-name terms with all the vulvas in the world, you're not in a position to give it a label; especially not if it's a negative one.

However, it can certainly be descriptive. The more precise, the better. "My vulva is not symmetrical. It has soft lips. It seems hydrated. I can see more than one tone. My clitoris starts here and ends there."

Ready? Whenever you want.



Exercise 2: Where I like.

You'll need: A safe, calm space. Around 20 minutes. A notebook in case you want to jot down your findings.

In order to be able to practise, assert and demand what you like, you need to really know what it is.

Previously you read that your sex education was probably rather scant, that it focused on aspects of sex which, although necessary, don't include pleasure. On the other hand, there are many ways to get pleasure. "Pleasure is a network which bonds us together, but in which nobody shares the same end point." You're about to figure out what your end point on the net is all about.

Choose a comfortable position – reclined, lying down... - and close your eyes. Inhale. Exhale slowly. Visualise your body. Try to feel

each part of your body as if your energy were concentrated in that point. You can start with your feet and work your way up your body to your head.

Forget everything you know about sex: what it is, how it should be...

Concentrate completely on your body. At the right speed for you. Repeat this process if necessary. Answer the following question when you have finished.

After doing this, which parts of your body do you believe enjoy stimulation the most?

Note it down if necessary.

Exercise 3: How I like.

You'll need: A safe, calm space. Around 30 minutes. Your favourite Sex au Naturel lubricant. A notebook in case you want to jot down your findings.

Desire is not chosen, but you can choose to know what triggers your desire. ***Knowing your body is the most important way to reach pleasure.*** In previous exercises you have been able to find out more about your genitals and which zones seems to excite you the most. Now check out what you like.

In a comfortable position, reclined or lying down, close your eyes and breathe in. Exhale slowly.

This time focus on the points that you believe will enjoy stimulation the most. If you're not sure which ones, repeat the previous exercise and team it up with this one.

Glide your hands across those spots. To start with, it's best if your hands aren't too cold, so that you don't startle your body. Aim to feel and flow. Listen to your body. Gently caress every zone, be mindful of each one. Reflect on

whether what you're feeling is nice, whether, perhaps, a touch more pressure would make it better, or perhaps a little more speed. Maybe over clothing, maybe underneath. The what and the how don't matter, so long as it's mindful.

When your favourite zones have made themselves apparent, pop some lubricant on your fingers or palms and stimulate that special place again. It doesn't matter if the nook of your body which gives you pleasure is not your genitals, the water-based gel helps you glide and try out different textures, without a hint of friction. Nipples, inner thighs, tummy and neck are highly erogenous zones, and the lubricant can help you to stimulate them all.

Feel free to reach or not reach orgasm with this exercise.

Create a map of your favourite places in your notebook if you so desire.

Exercise 4: My promise.

You'll need: A safe, calm space. Around 15 minutes. Somewhere to write notes.

More than half of women fake orgasms with their sexual partners, a practice in which both people lose. Faking an orgasm is a habit which needs kicking. It's a sticking plaster on a dam that's about to burst and a backward step in the quest for pleasure.

Not attaining orgasm shouldn't be a disappointment for either person involved, because pleasure and orgasm don't always go hand-in-hand.

Have you ever faked an orgasm? Whatever your response, this exercise will answer for you today: I will never fake an orgasm.

Note down the reasons why you wouldn't like someone to fake an orgasm with you.



Exercise 5:

That's how it is.

You'll need: A safe, calm space. Around 30 minutes. Somewhere to write notes.

Although talking about sex is a healthy way to get to know your sexual partner, the feeling of embarrassment can make the conversation daunting and stop it having the desired effect. Writing is a great solution for this.

Close your eyes. Inhale. Exhale slowly. Now you know your genitals better, and your erogenous zones and the stimulation you like, and you have promised to never fake an orgasm again, with your eyes closed, imagine you're with your desired person, engaged in your desired act, and enjoying both your body and theirs.

Open your eyes. Note down a description of the scene, being as precise as you can. Let it all out and set yourself free. Use your imagination, and search through your fantasies. What you feel, what you hope to feel, where you hope to reach. Make the most of the fact that this exercise is a private conversation with your inner self, allowing you access your true desires.

Read through what you have written and consider these questions: ***Would you like to turn what you've written into reality? What's stopping you?***

Exercise 6: For me.

You'll need: A safe, calm space. Around 30 minutes. Your favourite Sex au Naturel gels. The Sex au Naturel intimate vibrator if you so desire.

You've read various times in this guide that your pleasure belongs to you, and that's why this last exercise is devoted to just that. Without company, with part of your physical pleasure already under your belt, and some forays into fantasies about the how and what, this time you won't be taking any notes... because this exercise will be your new masturbation ritual. ***Cast reason aside and focus on feeling.***

Make this a moment which will stay with you for a long time.

You can add to the initial recommendations anything which transforms your safe, calm spot into a space fit for excitement. Candles, music, soft lighting... Create the scene which best prepares you in your quest for pleasure.

Power up your pleasure spots with all your other senses before actually touching them.

Apply lubricant to your hands and listen to the noise it makes between your fingers, smell its aroma, enjoy its fluid texture. Go back to the second exercise and try to feel every part of your body. Inhale. Exhale slowly. Then gently caress your erogenous zones, at the rhythm which suits you, and feel the pleasure mount.

The Sex au Naturel intimate vibrator adapts to the shape of your body and offers gentle stimulation. It explores your erogenous zones and stimulates your clitoris like no other vibrator. It holds in its heart a little big moment of pleasure just for you whenever you feel the urge.

Focus on your pleasure, on the sensations it brings. On how lovely the lubricant feels against your skin, on the different textures of your body, on your quickened breath, your body temperature rising in line with your pleasure to a crescendo.

This is ecstasy and you are present.

Hold onto this moment and revisit it whenever you desire.

