



Coco

Thank you!



A big thank you. For you and for us. Offering Coco or having it offered to you is a wonderful experience. It's about taking care of yourself, treating yourself. It's about joining the movement of self love. It's about saying stop to taboos and enjoying yourself. I would also like to take this opportunity to thank you on behalf of Kakpotia, the founder of the Red Orchids. Thanks to you, we have been able to donate funds to this association to fight against excision.

Marie Comacle, Founder

At Puissante we're convinced that Coco is a real wellness accessory.

That it's much more than just a sex toy. It is first and foremost a desire. A desire to take some time for yourself. To discover yourself. To know yourself better. And even if the pleasure is there when you use it, it is not the only thing resulting from it. It's quite the opposite. 🍷

The change is radical and it has an impact on your everyday life.

That doesn't mean you have to masturbate

or have sex on a daily basis, far from it. It simply means that taking pleasure alone allows you to gain confidence and feel "Puisseante". ❤️

That sexual well-being is an integral part of the overall well-being. It means that a person who experiences pleasure for the first time will be profoundly changed. It's not just a one-shot deal that makes us feel good. These are moments for yourself, offered by yourself, that transcend you. ❤️

So have a nice (re)discovery, hop on and meet yourself...

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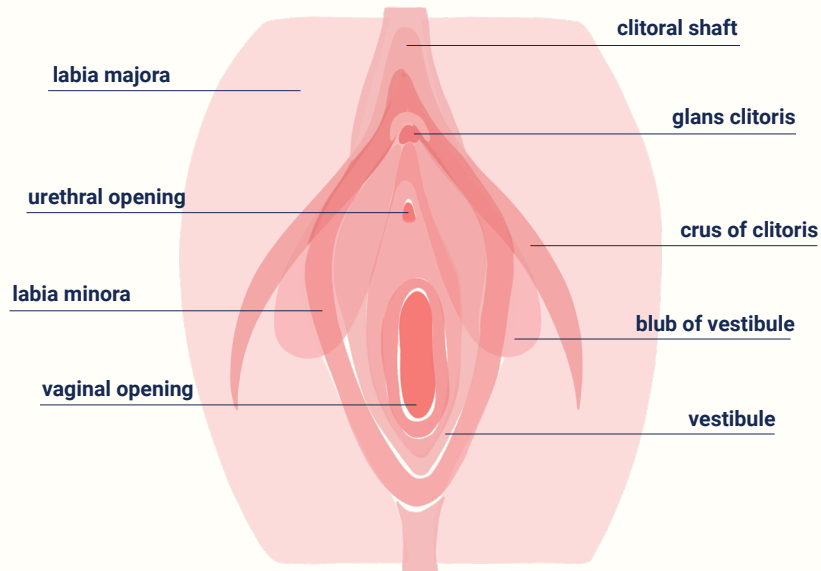
We want all women to be free to dispose of their bodies and to choose the life they want to live.

KAKPOTIA MARIE-CLAIRE MORALDO

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Back to basics

First things first, this is a clitoris. ❤️



For years, social conventions, psychology, and even medicine have underestimated the clitoris to the point of considering it completely secondary during sex.

However, thanks to the research of Australian urologist Helen O'Connell, the world has discovered the functions of the clitoris in women. **In fact, we are not vaginal or clitoral, but we either feel pleasure with the external or internal part of the clitoris.** 😊

As you can see, the clitoris is almost 10 cm long, it has two arches and two bulbs very strongly innervated that extend inside the body. Only the "head" (the glans) is actually accessible from the outside. And

a notable particularity of our dear clit is that it contains more than 10 000 nerve endings against just 4 000 for the penis. 🍌

Despite these discoveries, we had to wait until 2017 to find an exact representation of the clitoris in a life sciences textbook in France. As a result, a quarter of 15-year-old girls do not know that they have one, and 83% are unaware of its unique erogenous function. You're welcome!

Anyway, there's still a lot to do to generalize all of this and for each of us to take possession of our bodies and our sexuality! 🍌

Masturbation through the ages, why is it taboo?

For a long time masturbation was persecuted. Let's be honest, women's sexuality has always been more or less forbidden.

But for masturbation it's still different. In fact, we have to go back to the 17th century and the discovery of the microscope, thus the discovery of the reproductive cells, for this practice to be simply forbidden by fear of extinction of the human species.

People were told that it was really dangerous, that it killed, that it was a real disease. "Masturbation undermines the social body, loosens the marital bond, and attacks the family, which are essential bases of society." Dr. Lallemand - 20th century.

Moreover, masturbation remained forbidden, reprehensible, and discouraged until 1950 by the Catholic Church. Well, it has been forbidden for centuries, for men as well as for women, and even more for us of course. A woman who does herself good, who likes sex... Dear Lord!

Fortunately, since the middle of the 20th century, modern sexology has showed us all the virtues of this practice on our erotic construction, on the upkeep of sexual desire throughout life and especially on the well-being and the confidence that come from it. Source : A history of sex : The first history of sexuality in comics Philippe Brenot, Laetitia Coryn - 2017

We would like to be instantly super comfortable with our sexuality, our desires, our pleasure, and our bodies.

Yet, even today some messages are still very present in our education and society. Sex is not good. Loving sex makes us sluts. Losing your virginity is a loss of value. If a woman has had more sex than her partner it is a shame. And the list goes on...

Because it is indeed about OUR bodies.

We have been bombarded by the media and society with messages about our bodies, so we quickly tend to feel inadequate. It's as if we had to remove years of unconscious assimilation with a magic wand. This leads to the following...

According to Sarah Barmak, in 2017, 26% of women have never masturbated in France and 14% of them masturbate every week against 50% of men. We can observe a form of disgust, some kind of hatred, of ambivalence towards sex and passivity in young women.

However, taking control of your own pleasure and fulfillment is essential because "sexual health is not limited to simple sexual satisfaction. Good sexual health allows you to feel like a complete human being." - Sarah Barmak

“Orgasm has the potential to exalt euphoria, creativity and self-love.”

NAOMIE WOLF

What exactly is an orgasm?

When we observe in MRI at the moment of an orgasm, almost all the active regions of the brain light up.

In addition, sex modifies the electrical activity of the brain. It goes from beta frequencies to theta frequencies which are usually the frequencies of sleep and meditation. We enter more in theta frequency during the orgasm.

This is why Betty Dodson compares masturbation to a practical and fun form of meditation.

In concrete terms, during the orgasm, dopamine is secreted and released in the body. It is a neurotransmitter that works like an amplifier and exacerbates the intensity of the sexual signals that the brain receives.

The orgasm is in fact a sudden release of sexual tension and therefore of perception. It is in the mind that it takes place and not in the muscles. It can happen by stimulating any part of the body.

In short, the orgasm is in your head.

And above all, in spite of what we've learned, women very rarely reach orgasm through penetration. 80% of us do not

have an orgasm through penetration but only through the stimulation of the external part of the clitoris (the glans).

The technique you use or how you give yourself pleasure doesn't matter. There is no normality in sex, and penetration is certainly not a must-do. It's just what we've been taught for a long time, so inevitably, we stuck with it.

Most importantly, embracing this fact really allows us to get out of the holy and sacred penetration.

The sexual act can take a thousand and one turns, and that's

what makes these moments so incredible.

We couldn't advise you better than to buy Jüne Pla's book, Bliss Club, in which she details all these possibilities in drawings.

Finally, a last reminder before presenting Coco from every angle, letting go and intimate pleasure are inevitably part of everyday life, so enjoy yourself!

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Our tips

First of all it is important to remember, today all the more, that the more we take time, the more our body is relaxed and the more we can feel pleasure.

We want to make that clear because if we masturbate in 5 minutes at full speed, or if we take the time to put ourselves in good conditions before, the final result will definitely not be the same. It's a bit like the present moment and the rest, focus

on the pleasure, let yourself go and take every part of your body on your journey towards pleasure, it changes the game.

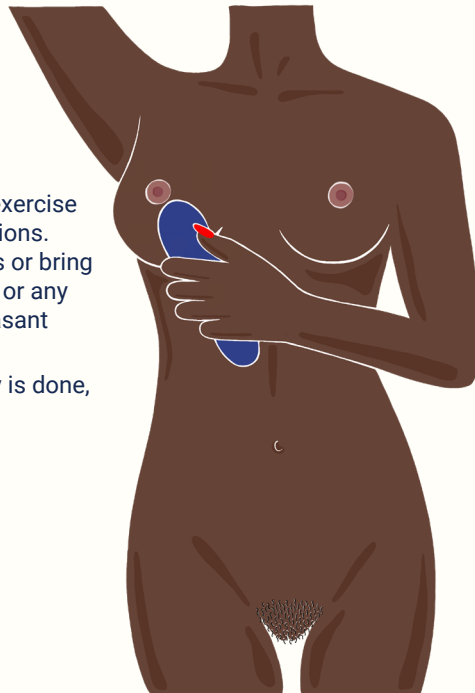
So, our advice? Make yourself comfortable. Make yourself feel at ease in a cosy place. Light some candles? Put on some music? Close the curtains? It doesn't matter, you choose. A mood in which you are comfortable, chill, quiet.

MAKE YOURSELF COMFORTABLE



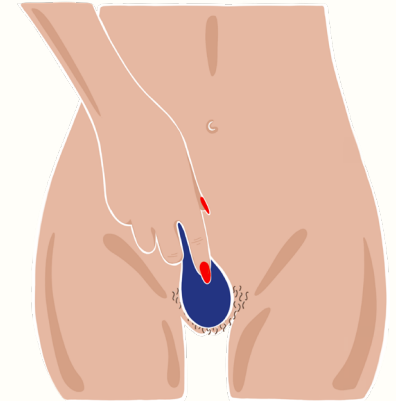
- Feel the softness of the object
- Take it all over your body
- You can activate the vibrations, make it go over your body, your chest, your shoulders, your stomach, your legs...
- Let yourself be guided by your sensations and explore your feelings, your sensitivity.

- The genitals are not the only erogenous parts of your body, so it is important to take the time to stimulate each part of your body to discover yourself, you may find beautiful surprises along the way!
- To go further you can continue this exercise with other objects to vary the sensations. Play with hot and cold with ice cubes or bring more lightness with a feather duster or any other object whose sensation is pleasant to you.
- Then, when the meeting Coco / body is done, let's move to the clitoris...



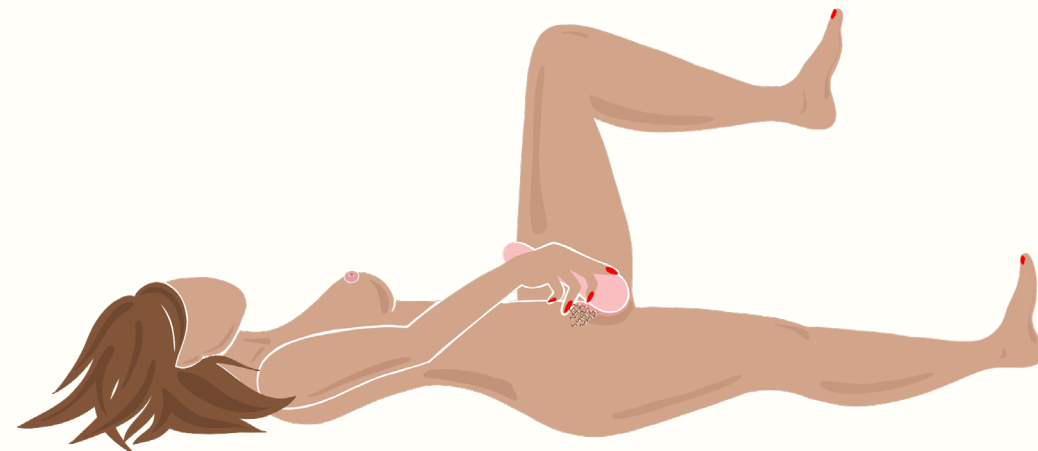
FEEL THE VIBRATIONS

- ...but be careful, we want to go little bit by little bit.
 - Well yes, the most important thing is to make the desire rise.
 - Then, we suggest you first move Coco towards the external clitoris while maintaining the vibrations
- You can add a little lubricant on the vibrating part and let yourself be guided by your sensations, move on the zones that are pleasant to you, don't forget you can change the modes of vibrations.
 - Move it around, up and down, left and down, from left to right. On the labia majora, the labia minora, the glans of the clitoris...
 - Then you can make it penetrate.



LET YOURSELF GO

- In this position you can turn on the "suction" part of Coco and simply place it on the external part of your clitoris.
- Just like the vibration part, you can move it back and forth across the different parts of your vulva depending on how it feels.
- Enjoy, this part is known to be extremely effective ❤️



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WINNING COMBO

Finally, you can use Coco for its 2-in-1 function! That is to say, having both the suction and vibration part.

You are free to activate the different modes according to your sensations...



As for the other positions, don't hesitate to move it, put it higher, lower, change the angle, apply pressure or not...

And don't worry if Coco doesn't fit your body perfectly, it's perfectly normal!

Note that there are 10 different variations for each of the two modes. The first 7 are intensity, the last 3 are random modes. It's up to you to let yourself be surprised... !



Manifesto

We believe that it is through the history of words that we can point out the fragilities of a society.

Let's go back to that term that was omitted, **Puissante**.

If you look up the definition, you'll only find results for the male alter-ego. So why doesn't "holding great power, imposing authority and producing great effects" apply to us?

We are powerful women.
And this is what we intend to defend.

To be powerful is to say no.

**To refuse diktats, to say fuck to norms,
to reject political correctness.**

**It's to stop paying attention to the look of others,
to stop being dependent.**

**It's standing up straight, holding your
head high and embracing the fact that you're beautiful,
treating yourself and enjoying your power.**

To be powerful is to listen to our guts, to shine from within.

**It is to take back the power, on our body, our life, our spirit.
It is to be free and proud of it.**

**It's wanting pleasure and not being afraid to say it.
It is to love ourselves.
Too often we forget what we are capable of.**

**We are all perfect,
now let's be Puissantes.**

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