

Buttercup leaf Manual



Product specifications

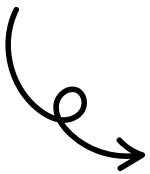


The Leaf is leaf-shaped and flat with a local thickening and two flared blades. The Leaf is made of environmentally friendly and safe and soft silicone. With a waterproof rating of IPX7. And comes with a matching remote control.

The dimensions are 12.7 cm by cm and cm with a weight of grams. The Lupin features a mAh/ DC5v battery and a noise level of less than 45 <db.

Usage time of the Leaf is 120 minutes and charging time is 90 minutes using a DC-USB charging cable.

The Buttercup Leaf has 10 different vibration modes which can be easily switched with the remote control.



Press and hold the on button on the remote control for 3 seconds to turn the Buttercup Leaf on or off.

- By pressing the + and - button you can change modes and intensity.





Hygiene

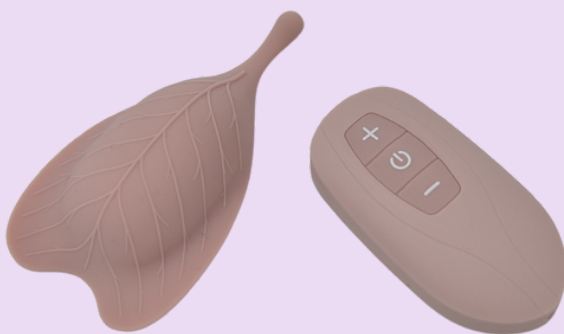
We recommend using the intimate tool only for personal use and cleaning after use. The tool can be cleaned with lukewarm water and dried with a lint-free cloth. It is strongly recommended to regularly clean the Hyacinth with a specially developed cleaning spray for intimate tools. Using a neutral product without fragrance or added substances is advised to avoid skin irritation or allergic reaction. However, personal preferences in cleansing products may be considered.



For the user

The Buttercup Leaf is specially designed to enrich the sexual interaction between two people. Whereby in an approachable and pleasant way both partners can (start to) enjoy different sexual acts more intensely.

Of course, the Buttercup Leaf can also be a gift to yourself. To rediscover your own sexuality through subtle contact and connection.



shine & enjoy together

Only 1 in 5 women can cum based on penetration interaction, figures show. In fact, the vast majority of women need direct and adequate stimulation of the clitoris to reach orgasm. Due to the anatomy of the clitoris, in many cases penetration alone is insufficient to provide enough stimulation here.

The sheen (bud) of the clitoris is located at the top in the vulva area. The body of the clitoris is located in the vulval lips and entrance vagina. In some women, the back of the clitoris can be stimulated from the front of the vagina. This is also better known as the G-spot. However, it cannot be located for everyone.

Many partners experience the moment of penetration as the most intimate or connecting moment. Many men also report experiencing this as a unique sensation. Fortunately, we all know that a rich sexual repertoire (i.e., not just penetration) provides the best appreciation of sex life.



We willen iedereen laten kennis maken met de Leaf! Een intieme tool die tijdens deze intieme verbinding kan bijdragen aan het seksueel genot van de vrouw. De tool kan geplaatst worden tussen de lichamen van man & vrouw, vrouw & vrouw of van man & man. De vibratie tussen de lichamen draagt bij aan de opwinding en kan voorzien in de juiste stimulatie waardoor voor beide partners ultiem genot gerealiseerd kan worden.

Daarnaast kan de Leaf door zijn vormgeving ook in de hand genomen worden. Hierdoor kan je zelf of jouw partner de tool inzetten tijdens genitale stimulatie met net dat extra beetje waardoor genot gerealiseerd kan worden.

We weten namelijk uit verschillende onderzoeken dat voor veel vrouwen een vibratie een van de meest effectieve stimulatie vormen is om tot een orgasme te komen.



Inserting the Buttercup Leaf

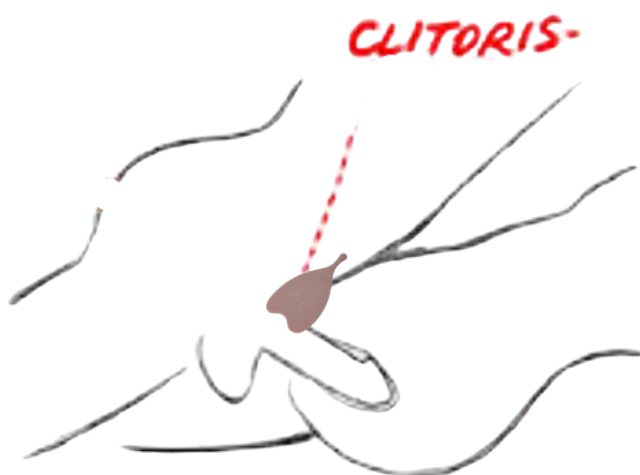


We recommend already having the Leaf nearby during sexual interaction or grabbing it at the onset of intimacy. This prevents an interruption of the sexual interaction, of course this does not mean that the Leaf should always be used during sexual interaction.

During foreplay different techniques of contact can be used to strengthen the excitement and connection between two partners. Think of; kissing, caressing, massaging, kissing and licking different places to strengthen the arousal in the body and mentally.

It is already possible at this stage of interaction to take the Leaf in your hand and use it for additional sensory stimulation all over the body. The vibration gives a unique sensation and in the erogenous zones an extra stimulation. Erogenic zones such as neck, flanks, groin, inner thighs, lower abdomen and lower back are often experienced as pleasurable.

It can be chosen to also specifically stimulate the genital area beforehand in preparation for the next step or to make both come to orgasm, if desired.



TIP:
GEBRUIK NIET TE VEEL
GLIJMIDDEL, ANDERS
KAN DE BUTTERCUP
LEAF TE GLAD WORDEN
EN NIET OP DE JUISTE
PLAATS BLIJVEN
LIGGEN.

Discover the spot

Some moments in life call for rediscovering each other's bodies. During this exercise, take about 10 minutes per person. During the exercise, one of the two partners is the giver and the other is the receiver. The giver takes the Leaf in their hand and starts with a vibrational setting.

Then the giver massages different spots all over the body, possibly combined with light pressure or movements.

To make movements more smooth, pleasure oil from My Own Filo can be used. Hereby can also be alternated in different vibration modes. Watch the reaction of the receiver, tune in together and discover new hidden places. Then switch roles.

Sensations without vision

In a comfortable and safe environment, one of the two partners is blindfolded. The other partner takes the Leaf in his or her hand. Then different erogenous zones are stimulated, here the stimulation can go towards the genital area, but do not start here.

Excitement and desire often increases more when playing with distance from the genital area. Either get very close to the genital area and then move away from it for a while.

Swap roles as desired during the evening or at another time.

Play with desire

An effective way to bring the body into heightened arousal is to stimulate the erogenous zones, but each time briefly for a minute or several minutes) and then refocus on a body spot further away from the erogenous zone.

Building tension, unpredictability and desire for the sensory stimulation helps the body focus more on the contact. This technique can also be used for direct clitoral or glans stimulation.

Enrich yourself a little bit more

Find a comfortable and quiet place for yourself. Provide pleasant lighting and possibly music that helps you relax. Take the Leaf in your hand and gently move your hand over your body.

Start at your arms, towards your neck and shoulders. Move the hand including the Leaf toward your chest and slowly toward your abdomen. Take your time to explore and perceive each spot. Feel for yourself whether this feels comfortable, whether you would like more vibration or, for example, more movement or pressure. Descend from the chest towards the belly. Again, repeat the discovery and observation of the different spots and sensations.

Eventually, you may choose to explore the genital area as well. However, you can also choose not to go beyond the lower area of your abdomen or groin. This keeps the sensual energy more present in the body. This positive energy sometimes contributes to more openness in interaction and a positive experience of the day.



Stimulate your senses



A duo vibrator, which can also be used solo, can offer a new dimension to the intimate and sexual relationship. Especially if some extra stimulation is desired, such as after menopause.



Where one person likes quiet, secure and recognizable. Where another may actually like tension, challenging and unpredictable. Within sexual interaction everything is possible in harmony.

Especially for those who like more excitement and challenge the handcuffs, the paddle and a blindfold can be extra stimulating.



For more sensations and stimulation, but a gentle approach, the spring is well suited.

The background

The desire for more than just a hug and kiss often stems from sexual desire or physical arousal. Yet we know, through scientific research & experience, that sexual desire can die out. The desire for security and affection is there, but the body and thoughts never seem to lead back toward the desire for sexual interaction.

In practice, we see in men and women that the extinction of this desire can stem from an illness process of either partner. Cancer treatment is one of the most well-known of these. Through a period of stress and anxiety, uncertainty as well as physical exhaustion, side effects and reduced functioning, the body and mind enter a period of survival. Sexual interaction is no longer an issue for most people as a result (of course, there are always exceptions).

It is then disappointing for many couples, however, that after the period of treatment, when life seems a bit more normal. The desire for sexual interaction very often does not return by itself. The flame is actually extinguished. In sexuality, the body, our whole system works on the principle of “use it or lose it.” So in case of insufficient or no use, the body puts it on ice.

In women, we also see this change as a result of menopause. Due to hormonal changes, complaints of vaginal dryness and reduced desire are somewhat more frequent. In the majority of women this has two causes, stress/sleep deprivation or inadequate and insufficiently effective stimulation.

Activate desire

If the flame of desire is weaker, it can go out completely in both men and women due to a period of stress, tension, a life event or hormonal changes.

Important basic conditions for (re)activating desire are building in relaxation, physical rest (sleep) and space for emotions.

Subsequently, it is important to provide the right (physical) and mental stimulation in the right context to reactivate desire. After a period of complete physical rest, it can be helpful to engage in a few sessions of masturbation (self-gratification).

In addition, discuss together what types of interactions are arousing for you. Recalling memories of previous intimate moments can also be supportive in this regard.

Then it is possible to actively seek each other out and stimulate both mentally and physically to rediscover the flame. In practice, we see that actively stimulating each other contributes to an increase in desire and inner (sexual) desire will increase again.

Decreased desire is a result of a moment or change. It is up to you or you to rediscover each other again. In this, we see that these changes do not destroy anything.

(Some treatments or medications produce change in desire, sexual response or intimate sensations. If you are unsure about this, ask your practitioner)

Love to yourself and the other

Putting time and effort into yourself is a basis for also seeing the sexually attractive side of yourself again. When have you felt yourself in your own prime. It may mean resuming old hobbies, going to the hairdresser, buying a nice set of lingerie or using mascara again. But often it's also in paying attention to yourself, like taking time to shower, rubbing yourself with body lotion.

A conversation about sexual attraction can also provide insight into this, reinforce memories and rekindle a sense of being allowed to be seen by each other.

Work-out

Training muscle power or challenging sports activities give a feeling of euphoria. In the body, they increase happiness hormones and in addition, they strengthen the feeling of contact with the body. In addition, it makes sense to do exercises for the pelvic floor.

Strength exercises of the pelvic floor are scientifically proven effective for improving sexual response but also give improvement of sexual functions such as moisture, erection (male and female) and orgasm. More information for exercises are below.

Pleasure with yourself

The desire is no longer there, but the body is not broken. One method is by actually bringing the body back into the sexual response and to a climax, the orgasm. Here the advice is to use masturbation the first few times to bring it to orgasm. Adequate physical stimulation will trigger the physical responses. The experience and the feeling of desire is often not (yet) optimally present the first times. As soon as this is there again, stimulation can be applied together.



Pelvic floor exercises

suggestions for exercises

3 times a week, 3 series of 8-12 repetitions for closing and lifting the pelvic floor

3 times a week 3 series of 8 repetitions of 10 seconds holding the pelvic floor closed and lifted, rest for 10 seconds

Daily 3 series of 8 repetitions of closing the vulva or lifting the penis (closing muscle training, sexual erection function)

Extra advice

Above you can see the representation of all pelvic floor muscles. In men, there is no vaginal opening. In men, the swelling bodies are all next to each other in the shaft of the penis. In men, the tip of the clitoris is also at the top of the swelling bodies, forming the glans. In women, the swelling bodies lie around the vaginal entrance and in the inner vulva lips.

The muscles at the front of the pelvic floor (so in both men and women) play a role in the function of the swelling bodies.

Several studies show that multiple forms of exercise are effective in improving wetness, sexual pleasure and orgasm.

When combined with trunk muscle strength training, one study even shows that the frequency of sexual interaction improves.

For the professional



In particular, the Buttercup Leaf is designed to empower sexual interaction between partners and possibly add additional sensory stimulation for enrichment and reactivation of sexual interaction.

Complaints in desire for sexual interaction may have an underlying cause in relationship dynamics or sexual expectations and sexual behavior. If this is suspected, we recommend that you also recommend that the affected client seek treatment and/or counseling from a Sexual Health Consultant NVVS or Sexologist.

The Leaf manual offers recognition, insight, advice and suggestions for getting started with sexual interaction between partners. In this, an NVVS professional can contribute insights into the interaction, opportunities and other sources of inspiration. Because of the proven effectiveness of sexual functioning in relation to the pelvic floor, a registered pelvic physical therapist can also be of great value.

Treatment options of the Buttercup Leaf

- (Vibration) Massage of the vulvar area, i.e. including labia
- Rediscovery of sexual repsons
- Specific clitoral and/or prostate stimulation during sexual interaction (possibly during penetration)



Extra aanbevelingen

Treatment indications for the Buttercup Leaf

- After oncological treatments
- Peri- and postmenopausal
- Enrichment of sexual interaction

Additional advice

The Buttercup Leaf is an intimate tool developed primarily for sensory stimulation, rediscovery of sexual desire and enrichment of one's sexuality. Where it is already known that local genital stimulation also contributes to physical and mental health. Within the framework as a practitioner and/or pelvic physiotherapist you can offer information, sometimes offering the manual for background information and for the enriching exercises.





Contact Informatie

Ontspan, ervaar en geniet

Amsterdamsestraatweg 45D
1411 AX Naarden
Nederland

E-mail: medical@myownfilo.com, met je ervaringen, feedback of als je wil samenwerken.

Disclaimer:

Alle artikelen die verkrijgbaar zijn bij My Own Filo worden gebruikt op eigen risico. We adviseren je om bij ernstige klachten, bij een aandoening van de vulva/vagina of gedurende een behandeltraject de hulpmiddelen alleen in te zetten in overleg met de behandelaar. Bij ernstige of complexe klachten adviseren we je om een arts of geregistreerd bekkenfysiotherapeut te consulteren voor aanvang van de oefeningen/zelfbehandeling van de bekkenbodem, vulva en/of bekkenregio

By Santine & Eefje