



EMBODY

By Sossity Chiricuzio

Perspectives

Embody – Get what you need

by Sossity Chiricuzio, PQ Monthly

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It can be difficult to ask for what we need.

Being direct and honest about our sexual desire(s) and what works, and what doesn't, can be intimidating or even scary. This can be even more vulnerable when what you need overlaps negotiating disabilities and/or chronic pain or illness. Speaking for myself, my otherwise burly and ready to go body has been through decades of arthritis and manual labor that definitely have an impact.

Shopping for sex toys can be a great way to practice this communication, especially when you have access to a shop staffed by people that are as respectful, educated and friendly as those at She Bop. They were very welcoming of my request to come learn about the toys they have that might help me navigate my own terrain better, and I spent over an hour with one of the owners, Jeneen, and their

impressive selection.

My personal wish list is long and diverse, but I wanted to address a particular issue I've been having with a vibrator that my partner enjoys but I don't, the Hitachi wand. I'm sure a good number of you just scoffed at the idea that there could possibly be anything wrong with it. Well, other than the fact that it only has two settings (Come now! And COME NOW!), I also find it to be really awkward and heavy, which is hard on every joint I have from from fingertip to shoulder. It's usually a race to see if my arm will go numb before I can actually get off.

Jeneen listened carefully as I described all this, and asked me questions about what kinds of intensity and shapes in a vibe I do or might enjoy, then we toured the store as she demonstrated various options (as best as a palm can theorize, of course.) Like me, many customers with mobility issues are looking for something that is easy to manipulate, not too bulky, with a lot of variety, and we spoke at length about the different positions that could work with each toy.

I was delighted at the many options – remote controls, toys activated by sound or pressure, or that pulse instead of vibrate, and even toys meant to be moved by contracting your pelvic muscles. I was eyeing the steel Pure Wand from njoy longingly, but while I was sure it wasn't on this tour due to being so heavy, Jeneen explained that in this case the weight actually makes it more ergonomic as it requires less strenuous movement for a big impact, as well as being curved in a way that makes those movements easy. Some day I hope to test that for myself!

We finally narrowed it down to two possibilities: the Bodywand Black, and the Mystic Wand. They are a similar size (about a 1/3 smaller and about half the weight of the Hitachi), but the first has a cord, and the second is battery operated. I really dislike the half naked and scrambling dismemberment of household appliances that battery operated toys can cause, and the cord on the Bodywand is 8 feet long (2 feet longer than the Hitachi), so it won. We outfitted it with the G-spot silicone attachment meant to go with the Mystic Wand - the heads on the toys are the same size - so as to allow for a good time inside and out. I got on the bus with my little brown bag and headed home for a research session!

This wand is considerably lighter than the Hitachi, so much so that after hours of intensive testing, I had zero pain from using it. No aches, no strains, and no awkwardly bent wrists required! The vibration is not as deep of a thrum, but it does rate high on the intensity scale, even at it's lowest setting. Not ideal for me, as I like a little "Hello, what's your name, wanna dance?" build up, but coupled with the G-spotter attachment and some warm up play it showed me a really good time without leaving anything numb.

The roller control took a little getting used to, and sadly, it has a more limited range than it seemed in the store. My partner was not as thrilled with it as we'd hoped, but the attachment helps as it seems to deepen the vibration a tad and disperse it over a wider surface area. We didn't test it for anal insertion play, but the attachment is firmly seated on the head when in place, and flared at the base by design, so it seems a good candidate for P-spot stimulation as well.

The shaft on the attachment is more like a thick thumb than a phallus, but I found it to be plenty given the intensity of the vibrations, and I love the soft nest of nubs placed just so. Ultimately, I would definitely recommend this combo as a replacement for the Hitachi, or just an intense wand vibrator that is relatively easy to hold or position, and I am looking forward to all the ways we find to incorporate it into our adventures!

Just as satisfying is how this experience gave me a chance to really sit with what I need, and to figure out how to describe that clearly. It was good practice for having the same discussion with intimate partners, and I definitely recommend it, regardless of whether you're ready to buy a toy. I know more about myself than before that conversation, and have more language for describing it, and that's a great step in getting what you need.

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