

# **The Pleasure Mechanics Handbook on Pleasurable Prostate Massage**

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By [PleasureMechanics.com](http://PleasureMechanics.com)  
Chris Maxwell Rose and Charlotte Mia Rose

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# Welcome!

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Welcome to the Pleasure Mechanics Handbook on Pleasurable Prostate Massage. In this ebook, we introduce you to the pleasures and benefits of exploring prostate massage at home with your lover.

We cover all the basic questions about erotic prostate massage: what it is, why men are into it, and how to begin exploring it with your lover. We share highly pleasurable techniques for external stimulation, internal prostate massage, perineal stimulation and how to combine prostate massage with erotic touch of the penis for a highly arousing experience.

Many men report that prostate stimulation brings them to new sexual heights, as they experience stronger erections, longer periods of arousal, and more intense orgasms. It is the hottest new trend in male sexuality - and if you are reading this, you are probably curious about the pleasure it can offer you.

This book provides all the information, techniques and strategies you need to get started exploring the pleasures of prostate massage. If you are more of a visual learner or are ready to master your prostate massage skills, check out our video guide, [The Pleasure Mechanics Guide to Prostate Massage](#), the #1 bestselling video on the subject of prostate massage worldwide. You will soon be equipped to experience a lifetime of hot, powerful, intimate and deeply satisfying prostate play.

Ready to get started? Read on!

## Where Do We Get Off Telling You What To Do?

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We are going to be exploring some pretty intimate subjects together in this book, so we thought it was only polite to tell you a bit about ourselves.

We, The Pleasure Mechanics, are a two woman team of sex educators and touch experts. Our actual names are Chris Maxwell Rose and Charlotte Mia Rose, but for simplicity you can just think about us as The Pleasure Mechanics. We are dedicated to providing men, women and couples around the world with the tools and strategies they need to experience maximum sexual pleasure. Our video guides on erotic touch skills are bestsellers on Amazon and have sold to folks in over 60 countries around the world.

We are both trained in massage therapy and sex education, and we bring together our thousands of hours of training to create practical, down-to-earth resources that are effective and efficient. We know you are busy and don't have four hours a day to devote to your erotic life. We believe in bringing you the most straightforward, effective techniques to get maximum results.

We've taught tens of thousands of men how to experience the pleasure of prostate stimulation. Prostate massage was the subject of our very first project together, an entire website dedicated to healthy prostate massage practices. Since then, we've become leading experts on prostate massage, and are passionate about teaching couples to enjoy this intimate and exciting activity.

We know the techniques in this book work because we have seen them work for all kinds of men of all ages. For almost ten years, we've worked with men to optimize their sexual experience, and have seen men transform with these same techniques we are going to share with you. We've been students of the leaders in the sexuality field, read every book out there, and studied techniques from all around the world. We have taught workshops all across the United States, from couples massage classes to graduate level sexology courses. What you'll find in this book is the best of the best, the time-tested strategies that work because they are based on human anatomy and the way your body responds to sexual stimulation.

You can contact us and find out more about our entire line of video guides about erotic touch techniques and couples massage at [www.PleasureMechanics.com](http://www.PleasureMechanics.com)

We are so honored that you have brought us into your bedroom, so to speak. Please feel free to be in touch with us and let us know how your journey goes. We love to hear the success stories that come from a dedication to putting our techniques into practice!



# The Basics of Prostate Massage

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## What is the Prostate?

The prostate is a gland, located just below the bladder and sheathed in the musculature of the pelvic floor, the same muscles that contract during orgasm and ejaculation. The urethra runs from the bladder, directly through the prostate gland and out through the penis. The prostate gland plays a central role in the male sexual system. Within the gland, tiny ducts called acini produce prostatic fluid. This fluid mixes with sperm and fluid from the seminal vesicles to become the male ejaculate. Prostate health is essential for lifelong sexual pleasure and function.

## What is Prostate Massage?

Prostate massage is a healthy and pleasurable activity that can be enjoyed as part of your intimate life. Quite simply, prostate massage stimulates the prostate with a finger or massage tool with the intention of relaxation and/or pleasure. We will dive into the how-to and specific techniques of prostate massage later in this book, but for now just think about it as a way of directly stimulating the prostate to create a pleasurable release.

Not to be confused with a medical prostate exam, or digital rectal exam as it is sometimes called, prostate massage is an intimate skill that can be learned and shared by lovers in the privacy of their own home. Comparing a medical prostate exam to the sexual act of prostate massage is a bit like comparing a gynecologist visit to having sex. The same physical acts, in different contexts with different emotional meanings, are completely different experiences.

## Why is Prostate Massage Pleasurable?

The prostate is part of the male sexual system. It was active and involved in every ejaculation you have ever had up to this point, you just may not have been aware of it! The contractions you feel just before ejaculation, when the muscles deep in your pelvis tense and relax spontaneously, activate the prostate and squeeze fluid from the prostate into the urethra. So the prostate is already part of your sexual experience - by stimulating it directly you are just accessing more pleasure and sensation from this important part of your sexual anatomy.

Many men find prostate massage to be part of the ultimate sexual experience, and enjoy intense orgasms through prostate touch. This is because through prostate massage you are

stimulating the entire male sexual system, inside and out, all at once.

Men are trained to think of their penis as an external organ, somehow separate from the rest of their bodies. The penis extends deep inside the body - which is great news, as it means that every man's penis is way larger than they previously believed! This root of the penis can be stimulated both from the perineum and from internal anal touch, and when men feel the full length of their penis being pleased, it transforms their sexual experience.

The anus is also a source of immense sexual pleasure - a fact that some men are reluctant to embrace. The area immediately surrounding the external anal sphincter is one of the most sensitive parts of the human body. These nerve endings are part of the same circuit as your genitals - so anatomically it makes perfect sense that anal touch is erotic. According to the design of the body, it is all one system.

This combination of pleasures is why prostate massage is so exciting and satisfying. Many men report it to be "the ultimate sexual experience."

### **Why is Prostate Massage Healthy?**

In all sexually active men, regular ejaculations keep the prostate healthy by stimulating production of fresh prostatic fluid and bringing fresh blood to the area. Fresh blood flow brings the nutrients and oxygen cells needed to remain healthy and replicate normally. White blood cells are immune-system powerhouses, fighting infections at the cellular level. The prostate is more likely to become infected or cancerous when the gland is stagnant, blood flow is constricted from muscular tension and lack of stimulation.

Prostate massage manually stimulates the prostate gland, flushing fluid from the gland and encouraging blood flow to the entire pelvis. This can be a highly stimulating or profoundly relaxing experience. As an added bonus, releasing chronic constriction in the pelvis can enhance erections by allowing more blood flow into the penis during arousal. Some men notice dramatic changes in their erectile function after exploring prostate massage.

# How To Prepare For A Prostate Massage

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Many men feel more comfortable receiving prostate massage after they have prepared for this intimate activity. Preparation can range from a simple shower to a complete internal rinse. This chapter will outline your options for preparation and suggest simple steps for maintaining hygiene while enjoying the pleasures of prostate massage.

Preparing for prostate massage can make this intimate exchange more pleasurable and allow you to relax deeper into the experience. Thorough cleansing prior to the massage will take your worries away, and proper hygiene including gloves and lubricant will make the experience more enjoyable for both you and your partner.

First, a quick anatomy lesson: feces is not stored in the rectum, the area just beyond the anus where you will stimulate during internal anal play and prostate massage. Poop is stored way higher up, in the colon. It only passes through the rectum and anus as the final stage of exiting the body. This means that if you had a normal bowel movement, the area you can access from the outside is clean and empty. Good news, right? With a bit of preparation, you can assure that your prostate and anal play can be as “clean” as possible, and if you do run into a bit of poo, it will be trace amounts, not a huge mess. Some people purposefully eat more fiber in the 24 hours before anticipated anal play, just to have an extra clean bowel movement prior to playing. This level of preparation is more realistic for some of us than others. For many people, just knowing a bit more about how the anatomy of the anal area works makes anal sex a lot more appealing.

The minimum preparation for enjoying a prostate massage is a regular bowel movement followed by complete external cleansing. Washing the external anal area with warm soap and water is often enough to allow you to feel at ease.

If you would like to rinse internally, you have a few easy options. A disposable bulb enema is quick and easy. Fill the bulb with plain warm water, gently insert the nozzle into your anus and squeeze the bulb, immediately allowing the water to rinse out. Repeat several times, or until the water runs clear. Never use hot or cold water- aim for wrist-temperature warm.

Larger enema bags are not required for prostate massage, and may cause discomfort. If you ever feel cramps or discomfort, stop your enema immediately and allow the water to pass. Do more research about enemas if you want to use anything larger than a small bulb rinse.

## Prostate Massage Supplies

When you feel sufficiently prepared, clean and ready for your prostate massage, begin gathering the supplies you will need. Vinyl or nitrile glove are great for prostate massage. Many partners feel more comfortable penetrating with their fingers if gloves are used. Prostate massage is also particularly hot when combined with stimulation of the penis, and gloves allow you to move between the cock and the anal area without stopping to wash your hands. Make sure you take the time to find gloves to fit the person giving the massage- the touch will feel much better when the gloves fit taut against the skin.

We recommend vinyl or nitrile gloves over latex gloves. Latex is a known allergen, and can cause harsh reactions for some people. They also degrade over time and are not compatible with oil based lubricants. Both vinyl gloves and nitrile gloves are hypo-allergenic and compatible with all kinds of lubricants.

## **Lubricant is Essential!**

Another essential tool for pleasurable prostate massage is lubricant. Water-based lubricants are now readily found in every major drugstore and even many supermarkets. Use plenty of lube, reapplying when needed. External and internal anal massage can be highly arousing, without a moment of discomfort. If you experience any pain at any point in the massage, slow down or stop. There is no need to endure any discomfort or pain.

### **Water Based Lubricants:**

Water based lubricants are a great choice. They are easy to find and inexpensive. Many brands, however, have potentially harmful chemicals.

Look for brands containing natural ingredients, and make sure your lubricant is paraben-free and glycerin-free!

Glycerin is a sweetener added to lube that can promote yeast infections. Glycerin-free lubes are a better choice for women and men alike.

### **Silicone Based Lubricants:**

Silicone lubricants are an excellent choice for anal play. Silicone lubes stay slick for a very long time and don't get sticky like water based lubricant. You won't have to reapply as often and many people love the extra-slick sensation

Silicone lubes are safe for use with latex condoms, but should not be used with silicone toys (like dildos or butt plugs).



### **Oil Based Lubricants:**

Commercially available oil based lubricant, like Vaseline or any kind of lotion, should not be used for sex play. These products contain harsh chemicals that will irritate the sensitive tissues of the genitals and anus.

Natural oils like coconut oil, almond oil or even olive oil have been used for centuries as sexual lubricant, and are much safer than lotions - but any product containing oil of any kind is NOT latex compatible - oils degrade latex and cause condom failure.

# How To Give a Pleasurable Prostate Massage

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## Getting Started

Prostate massage is a highly pleasurable and intimate activity that you can share with your partner. Learning the basic techniques will allow you to confidently explore this new pleasure together. This guide offers the basic skills of pleasurable prostate massage, but like all physical skills, reading about it will only get you so far.

Our video guide to prostate massage is a bestseller on Amazon for a reason: thousands of men and their partners are using the video to learn how to experience pleasurable prostate massage. If you read these instructions carefully, and go slowly with your partner, there is more than enough information here to get you started with pleasurable, relaxing prostate massage. The video is available when you want to perfect your skills and take the pleasure to the next level!

While first learning this new intimate skill, start slowly. How slowly will depend on how much experience he has with anal stimulation. If he is totally comfortable receiving anal touch and is ready to explore prostate massage, follow the enthusiasm and enjoy the techniques laid out in this book.

If anal touch is new for your guy, move at a slow and comfortable pace and respect whatever comes up in the process. There are strong messages in our culture about anal play: men have a complicated relationship to this pleasurable part of their body. Check out the “roadblocks” section below to troubleshoot whatever is getting in your way.

One great way to begin exploring anal is to combine light external anal stimulation with a either a handjob or oral sex. The thrill of the new sensation paired with a familiar pleasure will ease the transition and begin teaching his body to enjoy this new kind of stimulation.

Only proceed with direct anal touch and penetration when he is enthusiastically into it. For men and women alike, anal touch can only be hot and pleasurable when the body wants it - there is no forcing pleasure here! You can even draw out this process and make him beg for it, if that excites you both. Just make sure that anal play and internal anal touch is what you both really, really want. Then go for it!

# Explore the Pleasures of External Touch

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## Start With Perineal Massage

The perineum is the central part of the pelvic floor, in between the scrotum and the anus. You can stimulate your partner's prostate and relax the pelvic musculature with some deep stimulation in the perineal area. Relaxing this area allows for more sexual sensation and stronger orgasms.

The shaft of the penis extends deep into the body, and up to two thirds of the entire length of the penis can be found inside the male body. Perineal massage allows you to stimulate this often untouched part of the penis.

Deep and penetrating touch at the perineum relaxes the muscles that surround the prostate and encourages blood flow into the penis. This blood flow supports erectile function - many men find that they get harder and erections last longer after regular practice of perineum massage.

This area is an often overlooked part of the male sexual system. It is an intersection of pelvic muscles, with a dense concentration of blood vessels and nerve endings. Try exploring the perineal area while pleasuring his penis with your hands or mouth. Even if you already have this area incorporated into your sex play, focus a few lovemaking sessions on deeper, more focused touch using the techniques below.

Try these techniques to stimulate the perineum. For a complete video guide to these techniques, check out [The Pleasure Mechanics Guide to Prostate Massage](#).

## Perineal Massage Stroke-By-Stroke

- Glide up the perineum and around the base of the penis. Make a V with your fingers to massage both sides of the area at once.
- As you glide along the perineum, you will be able to sink your fingers in on either side of the root of the penis. Glide up and down the root of the shaft. On many men, you will be able to see the root, on others you will just be able to feel it.
- Squeeze laterally on this body of flesh. Try squeezing in and then tugging out gently to really stimulate this part of your lover's body.
- Use the pads of your fingertips to press in deeply. Pulse in and out. Press in and then

move your fingers in small circles around the perineum.

- Squeeze the base of the penis in between your fingers. Try moving this flesh in circles, using a deep pressure. With deep pressure at the perineum, you are indirectly stimulating the prostate and encouraging more blood flow to the penis.
- Place your fist on the perineum and pulse in and out, using firm pressure. Try and feel the elasticity of the pelvic floor muscles.
- Vibrating at the perineum sends vibration waves all the way through the pelvis, often creating a lot of sensation in the genitals. Place a loose fist on the perineum and vibrate your fist to send vibration waves deep into the pelvis.

## Integrate External Anal Stimulation

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Things can get incredibly hot and exciting when you start integrating external anal touch. This area has one of the highest concentrations of nerve endings and can be incredibly satisfying to touch, without even the slightest penetration.

We cover this essential erotic skill in great depth in our video [Guide to Prostate Massage](#), but try these basic techniques to get started in your explorations.

For comfort and quick hygiene, wear a nitrile or vinyl disposable glove on the hand(s) that will be touching the anus. Usually it is best to put a glove on one hand and touch the anus with your gloved hand while stimulating the penis with your bare hand. This will make it easy to keep track of which hand is which, making hygiene easy and stress-free. If you choose not to wear gloves, wash your hands well after touching the anal area, and do not touch the penis with the hand you have been using on the anus. If this all sounds confusing, just remember: one hand for the cock, one hand for the anus, and wash your hands well after anal play.

Below is a stroke-by-stroke guide to external anal stimulation. Remember, this is where a lot of the pleasure is so don't rush through this step! You may want to spend several lovemaking sessions focusing exclusively on external touch and enjoy the anticipation that builds for penetration. Some people enjoy external anal play and don't enjoy any amount of penetration. Others love the feeling of both external and internal.

Stay with external anal touch until it feels comfortable and easy for both of you. Only then proceed with penetration and direct prostate play. Listen to your body, know that your desires might change over time, and enjoy every step of the exploration.

## External Anal Stimulation, Stroke-by-Stroke

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- Use plenty of lube when touching the anus. There is no natural lubrication in this area, and you want to glide over the skin easily, especially if your man has any hair in this area.
- Put a good amount of lube on your gloved hand and begin gliding in between the butt cheeks, distributing the lube around the anus. Start with slow, smooth glides. Use the pinky side of your hand to smoothly glide along the crevice.
- Try stimulating the area around the anus, waking up sensation before touching the sphincters directly. Use the pads of your fingertips to stimulate all around the area, varying your speed and pressure. Try circular motions, glides, and pulses in and out. A variety of touch will create a wider range of sensation.
- Allow your thumbs to gracefully sweep from the outer most edge of the sphincter out towards the butt cheeks.
- To deepen sensation and stimulate the root of the penis, plant your fist at the perineum as you move your thumbs along the anus. Don't be afraid to really sink into the flesh along the sides of the crevice- there are many muscular attachments along here and massage in this area can feel incredible. Check in with your partner. A great question is "What could make this feel even better?"
- Roll your thumbs one over the other, moving in small circles to create a seamless pressure on the anus. Done slowly this can be very relaxing, done faster it can be quite arousing.
- After stimulating the broader area, bring more focused touch with the pads of two fingers directly on the anus. Simply hold still and rest your finger here while you use your other hand to touch the surrounding area or the penis.
- Pulse in and out gently. This pulsing pressure will naturally begin relaxing the anus and allowing it to open to your touch.
- Glide around the external sphincter in circular motions. Remember, this is one of the most sensitive parts of the human body. Use a range of speeds and pressure and see what your lover likes best.

- Glide up and down over the anus, and notice your partner's response. Are they relaxing? Tightening? Pulsing? Check in with your partner about what kind of touch he likes best on this highly sensitive part of his body.
- Now that the area is warmed up and receptive to your touch, you can proceed to gently opening the sphincters.

# Going Deeper: Penetration and Direct Prostate Massage

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## Internal Anal Stimulation

If you choose to include anal penetration, go slowly and be in active communication with your partner. The anal sphincters will relax and open at their own pace - this process can not and should not be rushed. Graceful penetration is the key to long lasting pleasure. Start playing with penetration using your fingers, and work up to larger toys or a penis. In the anus, the smallest movements can feel huge. It is possible to have a highly satisfying penetration experience (and a mind-blowing orgasm) with the tiniest tip of one finger. Use lots of lube and pay attention to the anal sphincters - as they open, you can begin deepening the penetration. If it ever begins feel painful or uncomfortable, slow down or stop. Hold still and breathe deeply. If the anus relaxes and the pleasure returns, keep going. If it isn't feeling good anymore, pull out as slowly and deliberately as you went in, and return to stimulating the external sphincter, the genitals and whatever else is feeling good at the moment.

Before beginning to penetrate, be sure to add lubrication to your fingers. To begin working towards internal stimulation, rest your index finger on your partners anus and apply very gentle pressure. You should never push into the sphincters- if they are ready to open, the sphincters will relax open and allow an easy and graceful entry. Move very slowly when offering internal anal touch.

Once the sphincters begin opening, stretch them gently by applying pressure- first to the bottom, or towards the penis, then to each side and to the top. This "four directions" stretch can really allow the sphincter muscles to relax and release.

Focus on a glide along the sphincters towards the penis to encourage the sphincters to open and relax the musculature. After several glides, slow down and allow your finger to stop on the sphincter.

Gradually move your finger inside, never forcing it in further or pushing against resistance - you should feel like your finger is being pulled inside.

There are two sphincters - the external sphincter will relax first, and as you glide inside you will feel a second ring of muscle. This is the internal anal sphincter - and this muscle is not under voluntary control. This means that this sphincter will only relax open if the entire body is relaxed,



aroused and the touch is feeling good - never push past any resistance in this muscle - if this sphincter is tight, go no further, and continue only with the kind of stimulation that feels good.

After your finger slides past the second sphincter, continue to move in slowly and only at the pace that feels good to your lover. Once the anal sphincters begin relaxing, use slow and subtle strokes to begin penetrating- never force your way in. The man receiving the prostate massage can focus on breathing and gently relaxing the pelvic muscles and breathing deeply. This relaxation is one of the most beneficial aspects of prostate massage.

Keep in mind, penetration can take a long time. Especially when you are just beginning to explore anal play, it may take thirty minutes or more to relax enough to gracefully insert just the tip of your finger! Men can explore anal play during masturbation to gain confidence and skill in relaxing and receiving penetration. It is essential to go slowly and not push past pain to get to the pleasure - stay in the pleasure zone 100% of the time, and accept that you may not get to the prostate on the first try. It is way better to have successful, pleasurable experiences each time than to fulfill an agenda or goal. Stay with the pleasure, keep communication open, and make sure you are both enjoying the exploration.

No matter what position you and your partner are in, the prostate will be located towards the front of the body and towards the perineum. You will know you have found the prostate when you feel a nut-shaped structure with a ridge through the center. Stimulate the prostate with small gentle strokes at first. Especially if the man is new to prostate stimulation, the prostate can be tender. Touch extremely gently if this is the case.

Begin the massage with very light pressure, and communicate with your partner. If there is any tenderness or pain, reduce pressure or stop the massage. If the pressure you are using feels good, continue the massage. You can increase pressure gradually, always communicating with your partner about what feels most pleasurable. Prostate stimulation should never be uncomfortable or painful.

You might be able to feel the two sides of the prostate with a ridge down the center. This ridge is where the urethra is passing through the prostate, connecting the bladder to the penis. Begin massaging by lightly sweeping from the far side of one lobe towards the center, then repeat on the other side. With this motion, you are massaging fluid from the ducts in the glandular tissue into the urethra.

Alternate massaging each side from the outer edge towards the center, aware that you are manually expressing the fluid from the small ducts into the urethra. With your other hand, you can stimulate the perineum or penis.

Using very small movements, massage the prostate gland and the surrounding musculature. Begin by finding the edges of the prostate gland and then move your finger in small circles around the entire prostate.

Place your finger directly on the prostate and pulse up and down. Try this gently at first and continue to add pressure, noticing what level of pressure is most pleasurable for your lover.

Prostate massage is often called “milking” the prostate. Sometimes these techniques result in a clear fluid emitting from the penis. This is a healthy clearing of fluid from the glands, promoting fresh prostatic fluid production and invigorating the entire sexual system.

### **The Ultimate Combo: Simultaneous Prostate and Penis Stimulation**

Stimulating the prostate in combination with the penis is a fabulous way to create powerful orgasms. You can touch all parts of your lover’s sexual anatomy at once. This often allows a man to feel how deeply into his body his penis extends and experience the direct connection between sensation in the prostate and the penis. Simultaneous anal and genital stimulation can feel amazing. You can either begin with relaxing anal touch, slowly build up the arousal, and then add in genital touch or add in anal touch when you are already highly aroused for an extra layer of sensation.

## Prostate Massage Toys

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Manual stimulation of the prostate is the most direct and often the most pleasurable form of prostate massage. Using toys designed for prostate stimulation, however, can be an effective and pleasurable way to benefit from prostate massage. There are toys designed for both internal and external stimulation. The Aneros is an internal massager that is designed to stimulate the prostate as you clench your pelvic muscles. This can be done in as little as five minutes a day in the shower.

If you have a vibrator, try exploring using it on his perineum, the base of the penis and the external anal area. Small vibrators work well for focused vibrations in hot spots. Some men love a vibrator on the perineum but not on the penis - experiment and see what sensations feel best in this area.

If you do not feel the prostate gland, it is possible that your fingers do not quite reach your partner's prostate. If you cannot comfortably massage his prostate manually, or do not want to use your hands, consider using a tool such as the Aneros or Crystal Wand. These tools can be fun for everyone, no matter how large or small your hands are! Once you gain more comfort with your partner, you can enjoy a wide range of prostate massage experiences.

## Self Prostate Massage Tips and Techniques

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Many men enjoy including self prostate massage in their masturbation. By touching their own prostate, men can engage more of their sexual system, thereby enjoying more sexual sensation and improving health in the entire pelvis.

Self prostate stimulation can be achieved internally or externally, with or without toys. The most direct way of milking your own prostate is via anal penetration. If you are flexible and can reach that far, you should be able to feel your own prostate. Be sure to massage the anal sphincters first and only proceed to penetration when you are relaxed and aroused.

Using a toy such as the Aneros will help you with internal prostate stimulation and may feel more comfortable than using your hand. Many men enjoy using the Aneros in the shower. Again, be sure to stimulate the external anal sphincters so you are relaxed and the toy penetrates easily. There never needs to be a moment of pain during anal stimulation.

External prostate milking can be done via the perineum. You need deep pressure to reach the prostate through the sling of muscles that comprise the pelvic floor. Push deeply along the perineum and see if you can feel sensation in and around your prostate. Do this while stroking your penis for maximum pleasure.

Manually stimulating your prostate can be a pleasurable and healthy part of your masturbation. Most men who are interested in exploring this pleasure find themselves limited only by flexibility - it can be extremely challenging to self-stimulate and relax enough to enjoy it.

Try reaching both forward between your legs and from around back, or one hand going each way. Try lying on your side, on your front and back, standing or squatting. Be creative enough to see if there is a position comfortable enough to reach both your penis and your anus - the rewards are well worth the effort. If you simply can not reach, and many men can not, try using toys to extend your reach. Or, get your lover on board and save anal play for partnered explorations.

## Potential Roadblocks To Prostate Pleasure

(and how to overcome them!)

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- **Hygiene**

Many people are freaked out by the hygiene of anal play. Understandable, given the “other function” of the area isn’t very erotic for most people. Whatever you want to call it - poop, feces, shit - you don’t want it as part of your sex life, right?

Here is the good news: you can explore prostate massage and other kinds of anal play without encountering poop. Read the section above about preparation and hygiene and make preparing for prostate play part of the ritual of this kind of lovemaking. “Getting clean” is well worth the effort when you consider the tremendous pleasure that awaits!

- **Anal Taboo**

Some men worry that enjoying anal pleasure means they are gay. In fact, enjoying anal pleasure means you are human! Every man and every woman has very similar anal anatomy, including one of the highest concentrations of nerve endings found anywhere on the human body. These nerve endings are wired into the same sexual response as the genitals. The anus is part of the sexual system for both men and women. So we are all equipped to enjoy anal stimulation, regardless of the gender of our sexual partners!

Let’s face it - homophobia has robbed straight men of the pleasure available to them from this major part of their sexual system. Gay men and straight men alike enjoy blowjobs, right? So why shouldn’t all men be allowed to experience anal pleasure? Cultural taboos need to be shattered once in awhile - and the time has come to free all men to enjoy their full sexual potential.

We have consistently found that men who open up to receiving anal touch become better lovers. Women report men become more virile, more confident, more powerful in the bedroom. We haven’t met a single woman who was disappointed by the results of prostate massage. So if you worry that enjoying prostate stimulation will make you “less of a man” we invite you to take a leap of faith and trust us on this one. We believe you will feel more turned on, stronger and way more satisfied with your sex life!

- **Concern that anal pleasure is “unnatural”**

Anal pleasure is natural. The anus is rich in nerve endings and is part of sexual anatomy. Thinking that the anus is a "one way" hole that is only meant for bowel movements is a little bit like saying our mouth is a "one way" hole only meant for eating - but we breathe out of our mouth, speak out of our mouth and use our mouth for many other practical and intimate functions. No body part only serves one purpose, and all pleasure is natural. Anal sex is well documented throughout the animal kingdom, including in the "intelligent" animals such as chimps and dolphins. So whatever your definition of "natural" is, anal sex is certainly included.

- **Painful Past Experience**

For both men and women, one bad anal experience can turn someone off completely. And that's no surprise: when done without skill and patience, anal penetration can be excruciating, and even cause injuries that cause long lasting anal pain. So if you or your partner have had negative experiences with anal touch in the past, it can take an enormous amounts of trust (and desire!) to overcome those associations and learn to relax and re-learn the pleasure of anal touch.

If pain is a concern for you, spend lots of time focusing exclusively on external anal touch. Linger here, with slow and deliberate touch. You will find that if you can relax and stay present to the sensations you are experiencing, anal play can be 100% pleasurable, 100% of the time. By going slowly, and we mean way slower than you probably imagine, you can penetrate the anus without a single moment of resistance and no pain or discomfort whatsoever. This is because the person being penetrated is setting the rhythm - not the person entering.

As the body relaxes, the sphincters will naturally open up and welcome penetration. This process should feel good. If any pain comes up during any stage of anal play, pause. Do not pull back in a hurry - this could cause further pain. Simply stop what you are doing, and invite the person being penetrated to relax and take deep breaths. Add a bit of lube if it feels dry and slowly begin pulling out, minimizing penetration and returning to external anal touch or stopping all together. Stay with what feels pleasurable. Mutual pleasure, after all, is usually the highest goal of any erotic encounter.

## Communicate for More Pleasure

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Take it slow as you try new things with your partner - adding new sensations in slowly gives you the chance to enjoy it, and to communicate about what feels particularly good and what needs to be adjusted for more pleasure. It is essential to communicate about qualities of touch like speed and pressure. Telling your partner what feels good increases the chance of being able to repeat that particular sensation. Together, you are building and expanding a repertoire of ways to pleasure one another - have fun with the process.

### **What Could Make This Even Better?**

In the first stages of learning any new sexual skill together, you will learn new ways to verbally communicate what works and what doesn't. Being able to say "That feels great, but it would feel even better with a little more pressure" will make the difference between a good experience and a great one. Likewise, when you are new to giving prostate massage, it is essential to begin asking questions like "Will you tell me when this feels just right?" or "Would you like me to go deeper or is this good?"

After you make love, in the hours after or even the next day, you can ask "What were your favorite parts?" or "What could have made it even better?" Communicating about your preferences and desires is not clinical or cold - it is a high expression of love and concern, showing you care enough about your partner to strive for ever more pleasurable touch.

### **Do Not Endure Discomfort or Pain!**

Touch only feels amazing when both people are comfortable. As the receiver of touch, it is your job to stay comfortable and actively receiving the pleasure your partner is offering you. Things can get a lot hotter if your lover isn't worried about your comfort - so agree ahead of time that both of you will stay comfortable and in the pleasure zone.

If something feels a little off, you are both going to feel it and it will limit your pleasure. So take the time to adjust. This can be as simple as adjusting your body position every once in awhile to stay comfortable, or using an additional pillow, or going to the bathroom if you need to. Or noticing you are getting tired and just feel "done" - all of these are excellent reasons to take a moment and adjust. As soon as you notice discomfort, adjust towards comfort and pleasure. Do not endure so as not to interrupt

the experience - the state of pleasure you are creating is not fragile, it will not break! Usually, you can make small adjustments for comfort and then get right back into the pleasure of the moment, and then open yourself up to even more pleasure, arousal and excitement.



## Final Thoughts

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We hope this book has given you the tools to begin exploring the pleasures of prostate massage. From the thousands of men we have worked with over the years, we know the powerful potential of these techniques, and encourage you to practice frequently until you have mastered this new sexual skill. Please be in touch with us via the contact form on our website, [PleasureMechanics.com](http://PleasureMechanics.com) if you have any questions about anything covered in this book. We welcome your feedback, and love to hear about your success stories!

Our video guides are available on DVD exclusively through Amazon.com and as download-to-own videos at [PleasureMechanics.com](http://PleasureMechanics.com) - we have a video guide to teach you how to touch every square inch of the body with more skill and confidence, so be sure to check out both the Erotic Touch series and the Couples Massage series.

Also on our website, you can [join our newsletter](#), where we keep our members informed of our latest videos and ebooks, podcasts and youtube videos and periodically offer free giveaways and exclusive content. We'd love to have you join us as a member of our growing, worldwide community!

Our highest commitment is your pleasure. We are dedicated to creating the resources you need to experience maximum sexual pleasure and fulfillment. May this book inspire more pleasure and love in your life!

Cheers!

Chris and Charlotte, The Pleasure Mechanics

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