

Lustery



**12 Days
of Solo Sex**

@lusterypov

12 Days, 12 Ways to Shake Up Your Masturbation Routine

Text: Suzannah Weiss & Lustery Team

Masturbation is like eating an Oreo – there’s no wrong way to do it. And there are many more ways to do it than you might imagine.

People masturbate in a dazzling variety of ways, from humping furniture to positioning their genitals underneath the bath faucet to using sex toys – and if you usually **masturbate** in the same way, trying something different can help you discover new things about your body and experience more pleasure.

During May, POV by Lustery provides you with some fun tricks you can try to add excitement to your masturbation routine. Try incorporating them and you’ll be an expert on pleasing yourself. We dare you.

A note from Lustery: in order to make this resource as user-friendly as possible, we’ve taken into account the fact that not everyone wants to see genitals and so we’ve censored accordingly. For access to the bigger picture, join us at www.lustery.com.

Here's an overview of our masturbation challenges for you:

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CHALLENGE 1



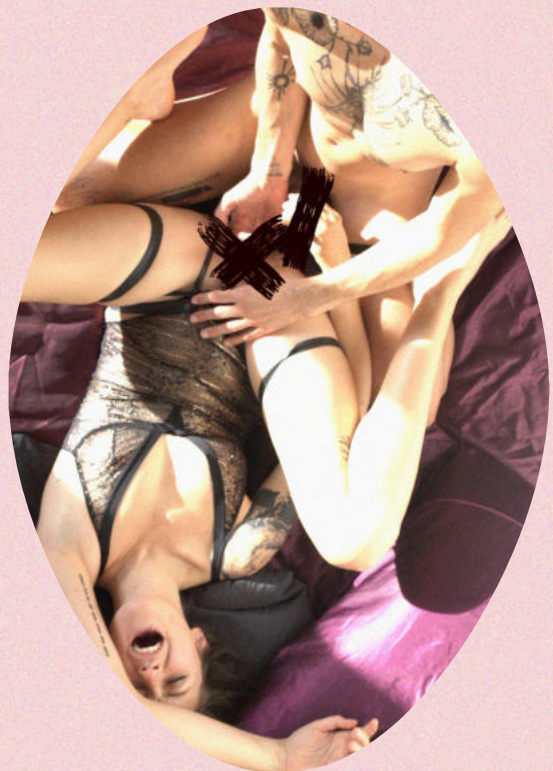
Let's play a game
of Twister

LET'S PLAY A GAME OF TWISTER

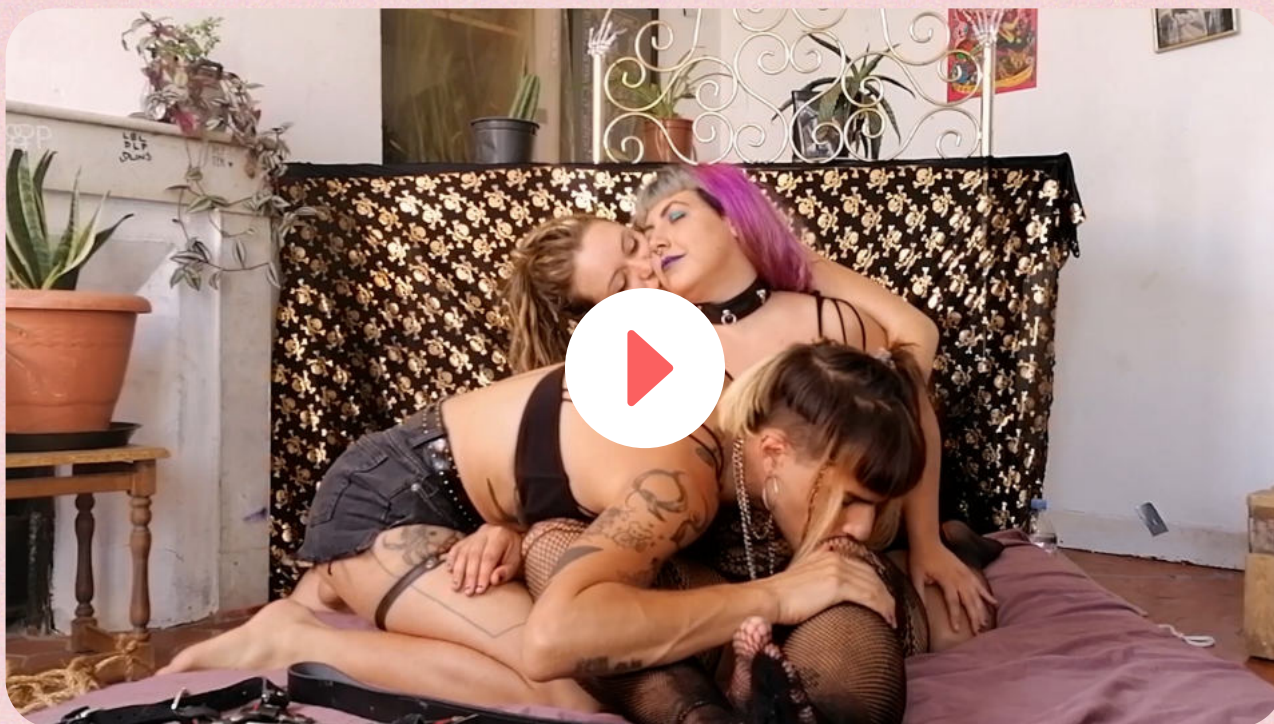
Lots of people get into the habit of masturbating in one particular position. If this is you, an easy way to add novelty to your masturbation routine is to switch positions, says Poppy Lepora, owner of the **sex toy** boutique **Self & More**. Just like sex, masturbation can be done in a number of positions, including on your back, on your stomach, kneeling, standing up, grinding against a pillow or toy, and everything in between.

“If you find that you need to be in a specific position to climax during partnered sex, then experimenting with new positions alone is a great way to diversify the positions that you can **orgasm** in,” says Lepora.

For an extra challenge, sex and intimacy coach Libby Sheppard recommends masturbating in yoga poses like happy baby or puppy pose. This way, “your body can release habitual tension, move in different ways, and generate new and exciting sensations of pleasure and arousal,” she says.



TO GET YOU IN THE MOOD TODAY



Yuna & Renn

Birthday Bondage

In the latest Lustery crossover event, fabulous French partners Yuna and Renn decided to belatedly celebrate Yuna's birthday with a new present: the lovely Julieta! The three recently met at a party and immediately bonded over their sexual openness and mutual interest in bondage...

CHALLENGE 2



**Keep dancing on
your own**

KEEP DANCING ON YOUR OWN

Jin, who **posts videos on Lustery** with her partner Hanna, dances in order to feel more fully in her body before masturbating. “It helps me focus on the way different movements feel, and it centers me in my pussy,” she says. “Play some music that makes you feel something – it can be different depending on your mood – and let yourself relax and dance until you feel like you want to move to the next thing.”

The science checks out too: moving your body and working up a sweat gets you horny. Exercise triggers the release of feel-good endorphins that activate your pleasure centers and reduce libido-killing stress,

plus it increases blood flow to all your most sensitive bits. If dancing isn't your jam, an intense cardio session might be – find your own way to connect to your body.



TO GET YOU IN THE MOOD TODAY



Juan & Delfine

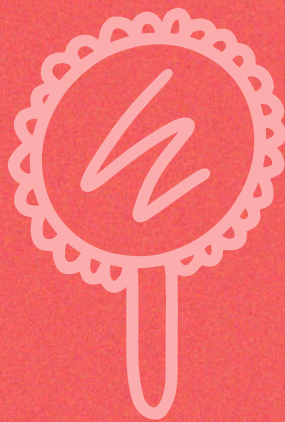
The After Party

Berlin is known for its legendary club scene but for two of the city's inhabitants, at home at the 'after-party' is where the night really gets interesting. As Juan and Delfine return with their third *Lustery* submission, we're invited to share in the "dirty, sexy mood" that takes hold after a night out...



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CHALLENGE 3



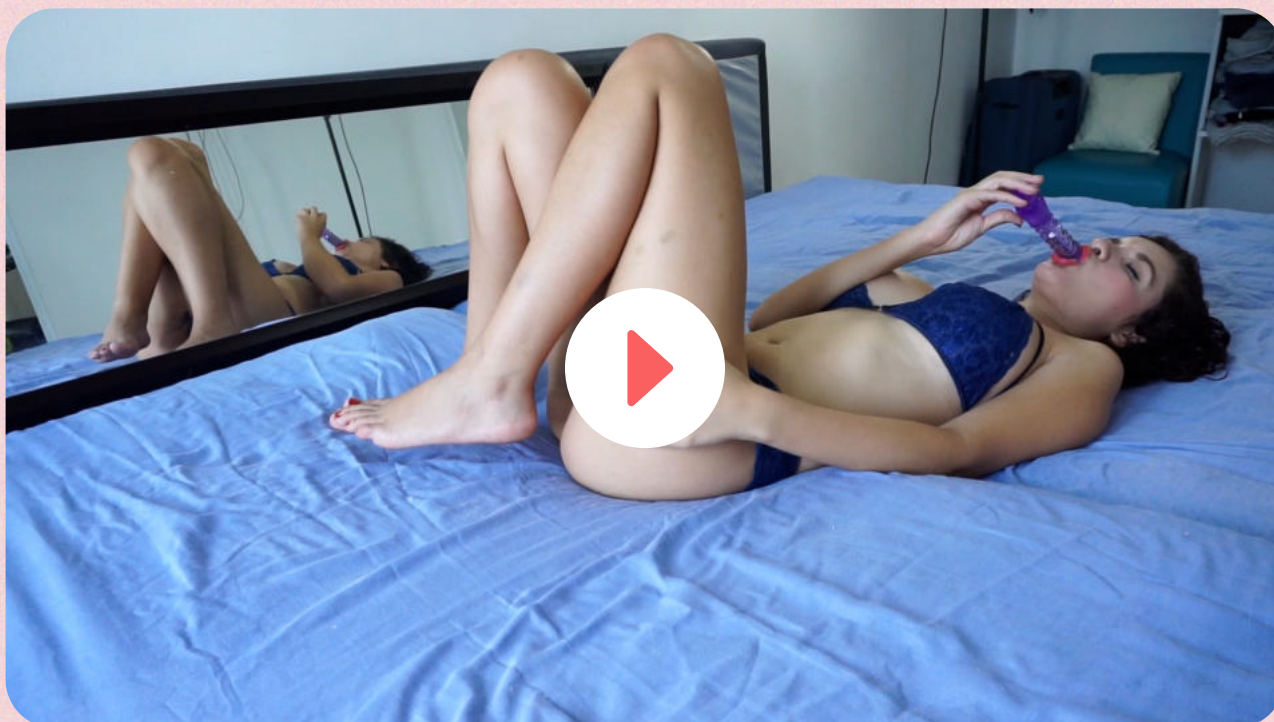
**Take some time
for reflection
– literally**

TAKE SOME TIME FOR REFLECTION – LITERALLY

Day Two got you moving, now Day Three is all about watching. Take yesterday's dance party and, to make it extra fun, Lepora recommends you do it in front of the mirror – and stay there while you masturbate. Not only is this a turn-on for many people but it also can help you see what you're doing and learn about your body. "It can be incredibly hot to watch your body respond to pleasure in real time," says Lepora. "If you've never done this before, take your time over it. **Wear something you feel sexy in**, slowly strip off and expose yourself in the mirror, watch your hands run across your body, and then begin to stimulate your genitals in full view."



TO GET YOU IN THE MOOD TODAY



Vincent & Ashley
Smut and Mirrors

For their fifth Lustery video, Mexican pair Vincent and Ashley opt for something a little different, incorporating toys and a mirror into the fun, as they play with themes of exhibitionism and voyeurism, and finishing with a blissful creampie...

CHALLENGE 4



**Switch up your
surroundings**

SWITCH UP YOUR SURROUNDINGS

Sometimes a change of scenery is all you need to make things more exciting. For Jin, the **shower** is a fun, private alternative to the bedroom. “Feeling the sensations that the hot water creates in my body makes my orgasms unique and full,” she says. “When water falls on my skin, it holds me and reminds me of the water flowing inside my body. It helps me to feel safe and relaxed and to trust myself, which brings me to climax more easily.”

Jin’s partner Hanna prefers to masturbate outdoors when she wants to switch things up. “The warmth and nourishment that we get from **the sun** heals us,” she says. “Just like plants need it, we need it. I love finding a place away from other people, out in the fresh air and sunshine, to touch myself and maybe slowly take my clothes off and play with my pussy until I come. Orgasms outside in the sun are on another level.”

A few other places you might try masturbating are your kitchen, your balcony, or your car, says Rachel Sommer, PhD, clinical sexologist and contributor at My Sex Toy Guide. “Like with sex, small changes and adjustments can make a huge difference in the level of pleasure derived from masturbation,” she says. Road trip for one, anyone?



TO GET YOU IN THE MOOD TODAY



Bruce & Nicole

Snakes In The Jungle

We were on a walk through a jungle and I started to speak in front of Bruce about snakes. I didn't forget to mention that I'd read there are over 60 varieties of poisonous snakes in Thailand...



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CHALLENGE 5



Explore a (w)hole
different
erogenous zone

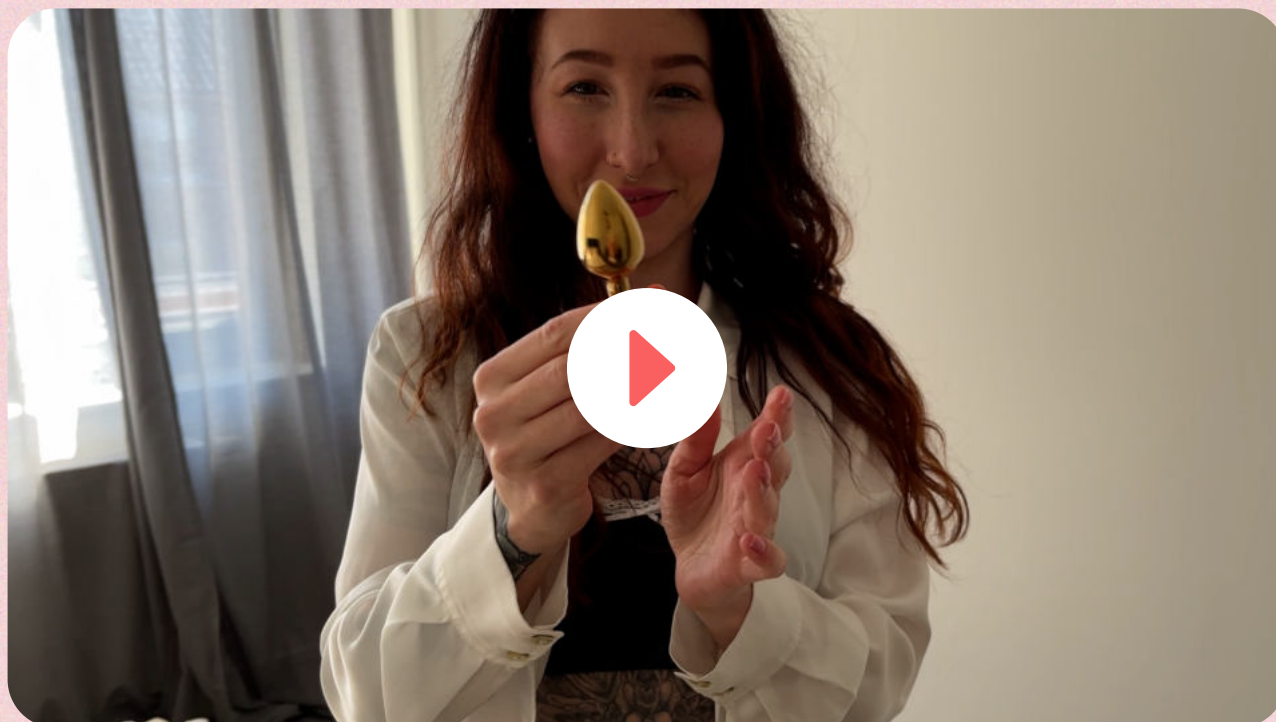
EXPLORE A (W)HOLE DIFFERENT EROGENOUS ZONE

Your genitals aren't the only part of your body that can be pleasurable to touch. In fact, many people discover a whole new avenue of pleasure when they begin incorporating **anal play**. If you'd like to explore what it feels like to stimulate the many nerve endings in your anus, Lepora recommends inserting a butt plug while you masturbate. If you're new to anal play, **B-Vibe** makes a set for beginners. Remember to start slowly, inserting a finger first if you'd like, and using lots of lube.

What many people don't realize is that anal stimulation can be pleasurable for people of all genital configurations. "For people with vulvas, the addition of something in the booty can indirectly add pressure to the G-spot and can heighten the sensation of the vaginal contractions that happen during orgasm," says Lepora. "If you have a prostate, then the orgasmic potential may be even greater: a butt plug designed for prostate stimulation will do the work for you hands-free."



TO GET YOU IN THE MOOD TODAY



Esluna & Marvin

VLOG: Assume The Position

Anal play takes time, preparation, excitement (and, of course, plenty of lube) – which is why playful pair Esluna and Marvin are dedicating their entire first Lustery vlog to it. From the ins and out of their first anal experiences to detailing everything they've learnt along the way, the exuberant (and often X-rated) twosome aren't afraid to bare all in the name of anal pleasure...

CHALLENGE 6



Partner up!

PARTNER UP!

If you have a partner, that doesn't mean you have no reason to masturbate. In fact, you and your partner can learn about how each other's bodies work by **masturbating in front of each other**. Kate Marley, who makes erotic videos with her husband Chris Marley, says this is one of their favorite activities.

“This practice is great on its own, or it's a fun foreplay practice,” she says. “As foreplay, it is a great way to relax together, let the woman come, and then have sex. We love this practice because it connects us on an intimate level, we both get to feel pleasure, it's all simultaneous, and the pressure is taken off both of us.”

Marley's recommendation is to lie in opposite directions and cross your nearest leg over your partner's chest so that you can each see what the other is doing. If you like, you can reach over and help each other out. For example, one partner can finger the other while they're using a vibrator or play with their balls while they're touching their penis.



TO GET YOU IN THE MOOD TODAY



Kate & Chris

Pressure Off, Hands On

Sex is good and all but have you tried mutual masturbation? No, seriously. Lustery favorites Kate and Chris say that this practice is sometimes even better than sex. And then they back it up with a blissful video beginning with their signature bird's-eye view perspective and syrupy slow exploration of each other's bodies...



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CHALLENGE 7



Try a different vibe

TRY A DIFFERENT VIBE

There are so many varieties of sex toys beyond your standard vibrator or masturbation sleeve. One that has gained popularity in recent times and has an astonishingly high success rate of making people with pussies orgasm is the clitoral suction vibrator from companies like Womanizer and Satisfyer, which uses air pressure to essentially suck the clitoris and provide intense pleasure. For those with penises, Lepora recommends a vibrator like the Fun Factory Manta, which has claws that fit around the base of the penis and make it vibrate.

If you don't want to spend money on a new toy, you can also use old toys in new ways, such as running a vibrator over your nipples or other sensitive parts of your body. Hanna even likes to put toys in her mouth. "It slows me down and focuses my energy before I start feeling the rest of my body," she says. "Sometimes I like to think about parts of my lovers' bodies while I do it."



TO GET YOU IN THE MOOD TODAY



Amy & JR

Getting Buzzed

As we continue to celebrate masturbation month, lusty Londoners Amy and JR return for an 'unboxing' unlike any you've seen before as they unleash their brand-new Doxy wand...

CHALLENGE 8



Bring the breath

BRING THE BREATH

Your breath is highly connected to your sexual response, so if you want to **feel more pleasure**, one powerful way to start is by paying attention to your breath. “Most people either hold their breath, or their breath is very restricted and shallow, during masturbation,” Sheppard explains. “This creates tension and stress in your body – the opposite of what is needed for full-body sexual arousal.”

Sheppard suggests making a point to breathe deeply and fully without interruption, inhaling through your nose and exhaling through your mouth. “More mindful breathing can allow you to delay your orgasm and play with arousal levels,” she says. “It oxygenates your body, which leads to more vascularisation in the genitals, and it's a great tool to help you stay present and not drift off into distracting thoughts.”



TO GET YOU IN THE MOOD TODAY



Annika & Johnny
Take It Slow

In their latest Lustery submission, spiritual sweethearts Annika and Johnny get tuned in and turned on for a deliciously slow Tantric session. Sharing this meditative moment is all about getting in touch on every level: emotionally, spiritually and absolutely physically...

CHALLENGE 9



**Talk (dirty) to
yourself**

TALK (DIRTY) TO YOURSELF

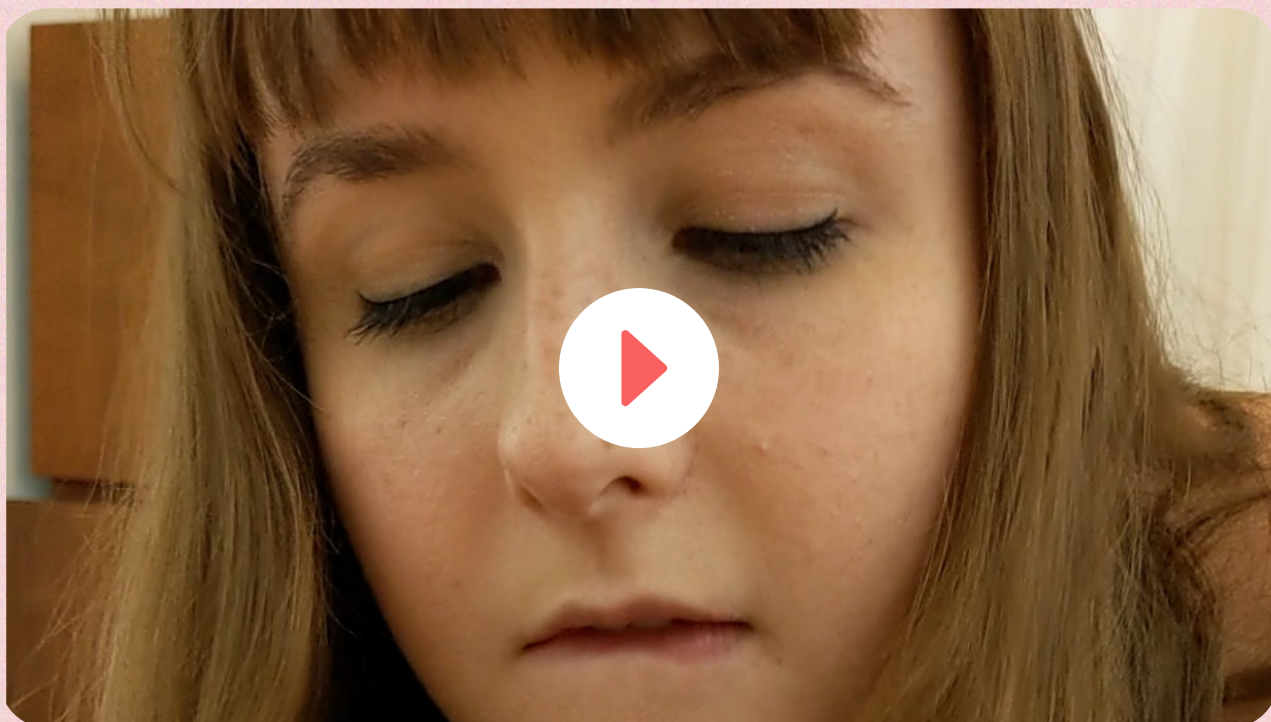
If you enjoy dirty talk during sex, you might enjoy it during masturbation too – and this can be especially useful for people who get stuck in their heads and want to be more in the moment. “Talking dirty to yourself during masturbation may feel uncomfortable, silly, or challenging, but it can also intensify arousal, **liberate desires**, and take your masturbation experience to new heights,” says Sheppard.

A simple way to start is to narrate what you’re doing and what you’re going to do. Sheppard suggests saying something like “I’m tracing my fingers lightly over my beautiful soft skin... my body feels warm and tingly.”

“Praise yourself, admire yourself, excite yourself with your words and your voice,” she suggests. “It’s not so much to do with what you say but how you say it. Masturbation can be a **great practice** ground for learning about what your body enjoys and how to communicate that with your partners.”



TO GET YOU IN THE MOOD TODAY



Asteria & Ulysses
Cum For Her

Listen to her instructions, she wants him to cum for her. She loves dirty talking while bringing him to orgasm...



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CHALLENGE 10



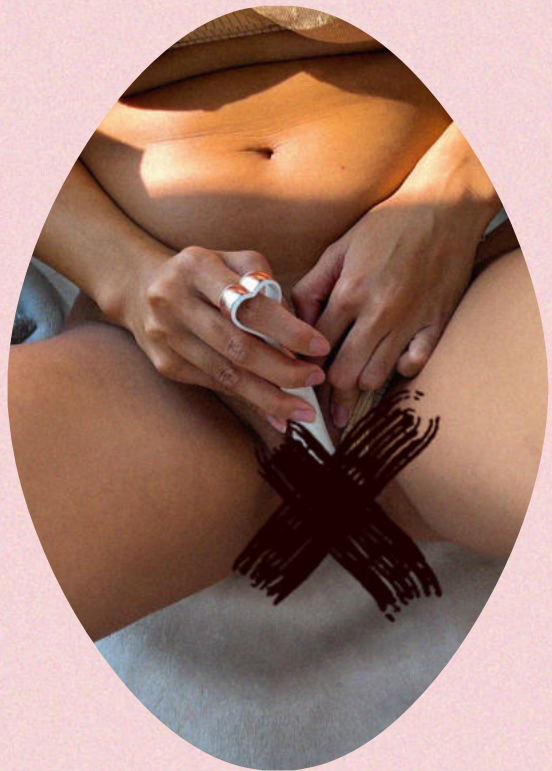
Find your edge

FIND YOUR EDGE

Rather than rushing your way to orgasm as fast as you can, take your time, tease and maybe even torment yourself – just a little.

Edging is all about denying yourself instant gratification to instead hang out in a state of heightened arousal for, well, as long as you can stand it, building up to a more powerful and intense climax.

Do it by stopping or slowing down stimulation as you feel yourself get close to coming, backing away from the ‘edge’, as it were. After a short break, start touching yourself or turn up the intensity of your stimulation again, once again stopping just before you come. Repeat as often as you like (or can stand to), until you finally surrender yourself to pleasure.



TO GET YOU IN THE MOOD TODAY



Ava & Aaron

Tantric Yoniverse

Deep in the jungles of Costa Rica, there's no need to rush anything – especially not pleasure. It's from this lush haven that one of Lustery's most languorous pairs, Ava Genna and Aaron, make their jaw-dropping third submission that while bringing the pace down to a syrupy crawl dials the intensity higher and higher...

CHALLENGE 11



Work out your kinks

WORK OUT YOUR KINKS

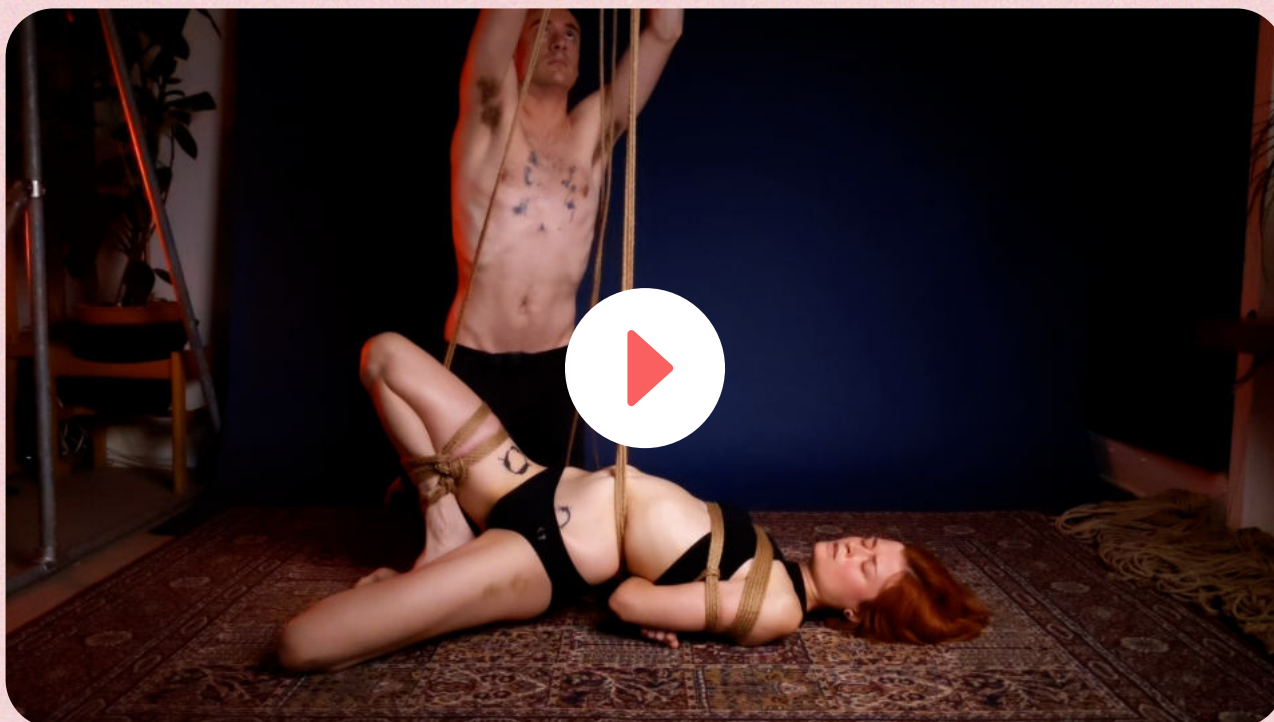
Most people associate **BDSM** with partnered play, thereby denying themselves (and not in a sexy I-want-to-hear-you-beg-for-it way) a world of sensations that can amplify personal pleasure too. After all, the buzz you feel from the sting of a lover's slap across your bare buttocks isn't just because you're a "dirty, dirty slut". Just like exercise, pain pumps our bodies full of endorphins, chemicals that can create feelings of euphoria.

Exploring this kind of play by yourself can be as simple as dripping hot wax onto your body, repurposing clothes pegs as nipple clamps or running an ice cube or pinwheel over your bare skin. People with more BDSM experience might want to experiment with self-bondage – as with all BDSM practices, make sure that you're aware of any risks involved before you start playing.

If pain isn't your thing, there are other ways to incorporate kink and sensation play into your masturbation routine. Try touching yourself while blindfolded to heighten your senses or liberally lubing up with body-safe oil for a slippery foray into messy masturbation (better yet, use a specialized arousal oil).

And if vanilla really is your preference, you can still set the mood as if you were with a lover. For you, this may mean lighting candles, putting on sensual music or getting into your sexiest clothing. "Setting the mood for sexual activity increases relaxation and arousal," explains Wyatt Fisher, PsyD, a licensed psychologist specializing in marriage counseling. "Therefore, doing this for solo sex can have the same impact. It also makes masturbation more of a full sensory experience."

TO GET YOU IN THE MOOD TODAY



Neen & CNR

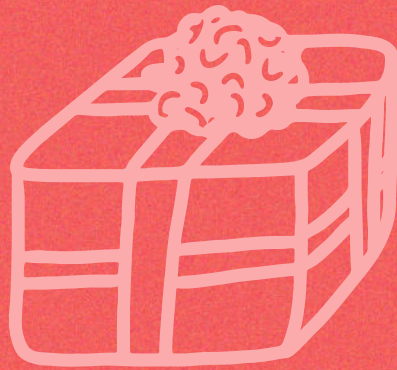
Shibari Scene

It's one of our favourite things to do, it's how we met and how we connected for the first time ever and we've been nourishing our relationship since then. We've never stopped reinventing our minds and eroticism in rope and we just wanted to share this little extract with you...



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CHALLENGE 12



Flesh out a new fantasy

FLESH OUT A NEW FANTASY

Once we've got a good sense of what turns us on, it can be easy to stop looking for new inspiration. But novelty can supercharge your sexual energy, so it's important to keep seeking it out, including in your own personal fantasies. You might discover you're aroused by feet, or even by fear, as horror porn director and producer **Brittany Bardot's** work demonstrates.

Even if you have your go-to fantasy that always works, you might be surprised by what else you get turned on by. Sometimes, you don't know if you'll like something until you try it – so next time you're watching porn, find a category you don't normally look at and see if it turns you on. For starters, you could close your eyes and pick from any one of Lustery's numerous tags or check out a few Lustery vlogs – the day-in-the-life commentary by real couples might be just what you need to inspire a new perspective.

There's also a lot you can discover by expanding your repertoire beyond porn. You can read erotic stories on erotica sites like Aurore or listen to them on audio erotica sites like Quinn or Audiodesires. When your vision isn't engaged, that leaves more room for you to use your imagination and fill in what you would like to see – which could also help you discover what exactly that is.

TO GET YOU IN THE MOOD TODAY



Lee & Rei

Kink Attracts Kink

Making their mesmerizing Lustery debut in matching outfits, down to their fishnets, knee socks and high heels, it fast becomes apparent this is where being equal begins and ends for newcomers Lee and Rei – after all, in this bedroom Lee calls the shots...

Brands we recommend:

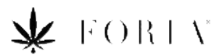
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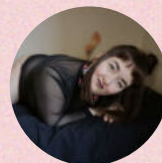
sexedwithirma



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rubyrare



emilielaviniauk



About Lustery

Real Couples, Coming Together

From one point of view to another, Lustery is dedicated to showcasing the passionate, the kinky, the intimate and the real with behind-closed-doors insights into the sex lives of real-life partners from around the world.

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**If you loved this
masturbation challenge,
share it with a friend or
lover for whom it might
come in handy.
Pun totally intended.**

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