

LELO's Experts Offer 4 Unusual Tips for Self-Pleasure That You Need to Try Now



LELO

MASTURBATION MAY
20% OFF AT LELO.COM

Valid until 31st May 2016

Stockholm/San Jose – May 5th, 2016: LELO has discovered many people are insecure about their techniques in practicing the art of self-love. Every day, LELO fans reach out via email, social media and on the Volonté blog seeking advice about how to actually masturbate and a recurring question keeps upcoming up: “Is the way I masturbate ‘normal’ or ‘correct’?”

While some methods are more common than others, there is no one ‘right way’ to explore pleasure.

To celebrate Masturbation Month LELO has compiled 4 of the more creative methods of achieving personal satisfaction, that are surprisingly more common (and pleasurable) than many might think.

1. A Quick Refresher

Stu Nugent, LELO’s resident sex expert says: “Many new mothers have discovered that using a condom filled with water and frozen to a slush makes for

Note to Editors: All media inquiries can be directed to pr@lelo.com

LELO is the world's leading designer brand for intimate lifestyle products. On launching in 2003, LELO transformed the look, feel and function of how personal massagers were perceived, and now applies the same commitment to quality and innovation through bedroom accessories, soy massage candles. LELO AB is the Swedish company behind LELO, where offices extend from Stockholm to San Jose, from Sydney to Shanghai.

an excellent way to soothe their sore bodies post-childbirth, but you can also use prophylactics to make a cheap (and chilly!) sex toy.

“Simply cut a cardboard paper towel roll length-wise and then re-tape it closed to create your ideal diameter. Then, put a condom in the tube and tape the open end around the outside of the paper towel roll. Fill with water, then place the upright tube in the freezer. After it has frozen solid, remove the roll and tie off the end as you would a balloon.

“Now, it is important to run this toy under warm water before using; this removes any frost from the outside and will create a thin layer of water within the condom, which will stop it from freezing to your skin if used internally.”

Need a condom to try it out with? LELO is releasing a new [re-engineered condom](#) this summer and are offering free samples now on lelocondoms.com.

2. Bicycle Smiles

Bicycles have a long, historical entanglement with women’s rights. Bicycles saw a boom of popularity in the United States during the 1890s as the women’s suffrage movement was gaining momentum, and the so-called ‘New Women’ emerged. Enjoying greater literal freedom and mobility with the bicycle, they were less reliant on male chauffeurs and chaperones. As well, restrictive clothing such as corsets and hoop skirts fell out of popularity due to their incompatibility with riding a bike. In 1896 Susan B. Anthony went so far as to say that bicycling had “done more to emancipate women than anything else in the world” in an interview with the *New York World’s* Nellie Bly.

Of course, there were moral objections to this newer, ‘less-feminine’ definition of how a woman behaved, and not just because they were starting to wear bloomers. There was genuine concern over the idea that women might get sexually aroused while riding a bike, which led to the design of bikes with higher handle bars so that women would have to sit more upright on their seats and wouldn’t experience vibrations from bumpy roads near their clitoris.

Note to Editors: All media inquiries can be directed to pr@lelo.com

LELO is the world's leading designer brand for intimate lifestyle products. On launching in 2003, LELO transformed the look, feel and function of how personal massagers were perceived, and now applies the same commitment to quality and innovation through bedroom accessories, soy massage candles. LELO AB is the Swedish company behind LELO, where offices extend from Stockholm to San Jose, from Sydney to Shanghai.

That hasn't stopped women from enjoying deep, rumbly vibrations, yet technological advancements mean that such sensation can be enjoyed from the comfort of one's home with products like the [LELO Smart Wand™ Large](#).

3. Hot Air Balloon

LELO regularly gets asked about many [unusual ways to use condoms](#) as a DIY sex toy.

LELO's expert says: *"To create a male masturbation device, take one condom and blow it up, tying it off like a balloon. Then take a jar lid and place it over the knot; press the lid forward, 'through' the condom, until it is showing through the other side. Twist the lid from the other side so that it holds itself in place. You will then have a one-time-use male masturbation aid that you can make cheaply and dispose of easily!"*

4. Mental Stimulation

"'Thinking yourself off' isn't just using your imagination instead of watching porn. Rather, it refers to using your brain to get yourself off without any physical contact", continues Stu Nugent.

Sound impossible? While one of the most well-known teachers of this skill (and licensed sexologist), Barbara Carellas, focuses on '[erotic breath work](#) and energy orgasms.' The practice has been backed up by the work of Rutgers professor, Dr Barry Komisaruk, who has studied the subject using MRIs, which showed that the part of the brain that lights up when we masturbate also lights up while people are thinking themselves to orgasm.

So while there is certainly more than 1 way to masturbate, there is definitely no right way.

To celebrate Masturbation May [LELO](#) is offering a 20% discount on [lelo.com](#) with code SOLOSX16 (Valid until 31st May).

Note to Editors: All media inquiries can be directed to pr@lelo.com

LELO is the world's leading designer brand for intimate lifestyle products. On launching in 2003, LELO transformed the look, feel and function of how personal massagers were perceived, and now applies the same commitment to quality and innovation through bedroom accessories, soy massage candles. LELO AB is the Swedish company behind LELO, where offices extend from Stockholm to San Jose, from Sydney to Shanghai.