

Your First Sex Toy: The Beginner Cheat Sheet

anytimepleasurez.com | Sexual Wellness · Intimate Self-Care · Confidence Education

WHY A SEX TOY?

Sex toys are wellness tools. They help you understand your own body, reduce stress, improve sleep, and strengthen pelvic floor muscles. This is self-care.

BEGINNER TOY TYPES

Vibrators

- Bullet — small, targeted, discreet
- Wand — broad coverage, powerful
- Finger vibe — worn on hand

Dildos

- Non-vibrating, insertable
- Start small · silicone material

Cock Rings

- Worn at base of penis
- Enhances erection + sensation
- Many include attached vibrator

Anal Toys

- Plugs, beads, prostate massagers
- ALWAYS use flared base — no exceptions

Air Pulse / Suction

- Air pressure — not direct contact
- Mimics oral sensation on clit
- Intense results even on low settings

ATP Reminder

There is no 'best toy' — only the toy that works for YOU, your body, and where you are in your journey.

Pleasure is not a luxury.

It is a fundamental aspect of human wellness. You deserve to experience it without shame.

— AnyTime Pleasurez

MATERIAL SAFETY

NOT all toys are regulated for safety. Material quality directly affects your health. Always verify before you buy.

Body-Safe (always choose these)

- Medical-grade silicone — gold standard
- Stainless steel — temperature play safe
- Borosilicate glass — smooth, non-porous
- Hard ABS plastic — firm, non-porous

Avoid These Materials

- Jelly / PVC — contains phthalates
- Latex — allergy risk
- Cyberskin / Realfeel — porous, toxic

No material listed on product = red flag.

Your body is worth more. Walk away.

LUBE — NON-NEGOTIABLE

Lube reduces friction, prevents micro-tears, and makes everything feel better. It is a universal enhancer — not just for 'problems.'

Lube Compatibility

- Silicone toy → water-based ONLY
- Glass / steel → any lube type
- Latex condom → water-based ONLY

Avoid in Lubes

- Glycerin — can trigger yeast infections
- Parabens — hormone disruptors
- Artificial fragrances — irritation risk

TOY CARE 101

- Wash before first use — every time
- Mild unscented soap + warm water
- Non-motorized: boil or top-rack dishwasher
- Never submerge unless waterproof rated
- Store toys separately in a clean pouch
- Inspect for cracks or damage before each use
- Discontinue if any damage is found

Quick Tip

Simple ingredients = safer lube.
Less is always more when it comes to what goes near sensitive tissue.

HOW TO CHOOSE YOUR FIRST TOY

1. Start with curiosity

What sensation sounds appealing? External? Internal? Vibration? Pressure? Lead with what actually interests you — not a list.

2. Go smaller than you think

First-timers consistently start too large. Comfortable = enjoyable. Size up later.

3. Set a budget, invest in it

Quality toys start at \$30–\$50.
Cheap jelly = false economy + health risk.

4. Check the noise level

If discretion matters, read product reviews specifically for noise-level comments.

5. Read reviews like a detective

Patterns in reviews = truth.
Believe them before you buy.

QUICK REFERENCE

Best first toy:	External vibrator
Safest material:	Medical-grade silicone
Lube for silicone:	Water-based only
Budget start:	\$30–\$50
Anal toy rule:	Flared base — always
Sterilize (no motor):	Boil or dishwasher
Storage rule:	Store separately

Ready to Explore?

Shop our curated, body-safe collection at:
anytimepleasurez.com

Blog, coaching & education resources also available.