



GODDESS GUIDE: MYTHS ABOUT VIBRATORS

Vibrators, also known as personal massagers, get a bad rap, especially considering the dramatic benefits they provide to the people and couples who use them. To better understand the purpose and value of vibrators, it's worthwhile to review their history.

BRIEF HISTORY OF THE VIBRATOR

The first vibrator was invented by Kellina Wilkinson in the 1880's to treat women with a condition referred to as "congestion of the genitalia" and "female hysteria." For hundreds of years prior to the invention of the vibrator, physicians had been treating women with these conditions by manually stimulating them with their fingers. Once vibrators were available, doctors began using them because it was far easier to reach the desired result.

Soon enough women began to realize they did not need a physician for intimate stimulation and a movement began for women to acquire vibrators to stimulate themselves to treat these conditions. Vibrators were seen as a medical device until the 1900's.

In 1902 Hamilton Beach patented the electric vibrator and sold it to the general public. Advertisements for vibrators were seen in mainstream women's magazines including Needlecraft, Woman's Home Companion, and the Sears & Roebuck catalog.

In the 1920's vibrators began to appear in pornographic magazines. This association made them appear taboo to mainstream society. Soon the general population shifted its perception from seeing vibrators as a health care device to viewing the use of vibrators as shameful due to its association with sexual pleasure.

In the 1970's a new breed of sex toys emerged and in the 1980's there was a new movement that promoted more sexual exploration and acceptance of vibrators. Mainstream sex toy shops emerged including some that were specifically designed for women. More recently women have joined the previously male dominated industry to design and manufacture female-friendly sex toys that are beautifully designed and tastefully packaged. Now many vibrators are designed with an eye for beauty. You will find many wonderful colors and shapes, as well as functionality. Furthermore, female-friendly vibrators are designed with attention to women's health (using non toxic plastics) and eco-friendly awareness (rechargeable and plug in modes).

COMMON MYTHS ABOUT VIBRATORS

- 1. A vibrator will numb me or harm my genitals**
- 2. A vibrator will replace my partner**
- 3. A vibrator will cause me to become "addicted" and unable to achieve orgasm without it.**
- 4. Vibrators are for masturbation, only single women use them.**

All of these notions are completely false. You will be relieved to know that women and couples who use vibrators actually experience better sexual function and a more satisfying sexual relationship. Vibrators are linked to higher levels of arousal and increased libido and easier, more frequent orgasms.

1. A VIBRATOR WILL NUMB OR HARM MY GENITALS

Vibrators will not cause harm to your genitals when used properly. The clitoris, like the head of the penis, is rich in nerve endings and responds wonderfully to the sensations produced by vibrators. If a vibrator is used for an extended amount of time, the nerve ending may become temporarily desensitized to the vibrations, however the sensitivity will return after a short rest period.

2. A VIBRATOR WILL REPLACE MY PARTNER

Many people worry about this unnecessarily. The gateway to a woman's sexual response is feeling loved and connected with her partner. While sex toys provide intense stimulation, a vibrator cannot tell her how beautiful she is or caress her tenderly. Nothing is more stimulating than skin on skin contact with the person you love. So think of a vibrator as any other sexual accessory such as lingerie, massage oil or romantic music...vibrators add novelty, excitement and enhance the sexual experience for both of you!

Most couples find that vibrators add a great deal of fun, variety and pleasure, while promoting closeness rather than creating distance. You can teach your partner how to use the vibrator on you and enjoy exploring a vast number of sensations produced by a vibrator all over each other's bodies. If your partner has concerns, it's important to be listen and be sensitive to him or her. To learn how to introduce a vibrator into your relationship read "How to introduce a vibrator into my relationship".

3. A VIBRATOR WILL CAUSE ME TO BECOME "ADDICTED" and UNABLE TO ACHIEVE ORGASM WITHOUT IT

If you frequently wear a favorite pair of shoes because they're cute and super comfortable does that mean you're addicted? Of course not. Using a vibrator, like wearing your favorite pair of shoes, is simply using something you enjoy. A vibrator does not cause you to become addicted to it, so you don't need to worry about becoming addicted to a vibrator.

Many women can't orgasm without the aid of a vibrator, because vibrators deliver stimulation according to your body's specific needs. Vibrators teach you what kinds of stimulation you enjoy and improve female sexual response. Once you start experimenting with and enjoying your sexuality, you will become happier, healthier and more relaxed in other areas of your life. An orgasm is a great stress reliever, and you can gain power and confidence from knowing how to experience one.

4. VIBRATORS ARE FOR MASTURBATION ONLY, ONLY SINGLE WOMEN USE THEM

Vibrators are not only for singles. In fact, a national study found that while 30% of single women used vibrators, 60% of partnered women do! Vibrators have a place for couples and men are generally supportive if you include them in the fun. Check out vibrators that are specifically designed for couple play such as the We-Vibe (hands-free vibrator designed to be used during intercourse) and remote control Bnaughty.

VIBRATOR MYTH'S DEBUNKED

Research supports the fact that vibrators bring only good things to your sex life. They enhance arousal with high quality, longer-lasting foreplay while increasing a woman's chances of orgasm and promoting intimacy.