

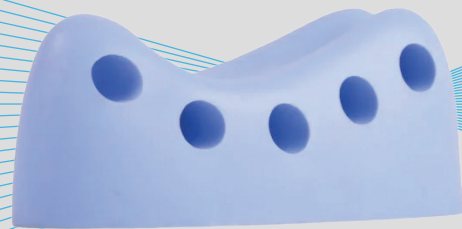
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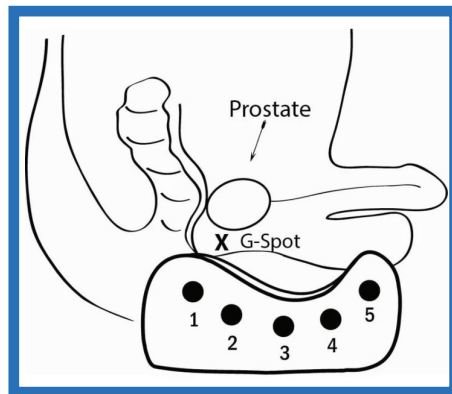
INSTRUCTIONS FOR USE

The prostate is one of the most sensitive areas of the body,
therefore care must be taken during massage.

DIRECTIONS

- 1 Empty the bladder before use. Drink a cup of pure water and take a few deep breaths.
- 2 For the first use you may want to begin with extra thick cushioning eg a folded towel over the cradle. Then with more use reduce the number of folds to discover your personal cushioning preference.
- 3 Begin with the double bump end of the Cradle positioned about an inch in front of the anus, the External Male G-Spot. (The Cradle has a reversible design to also use the single bump end for more focused stimulation.) To find the G-spot, place two fingers at the base of the penis, then follow the penile bulb back until the base of the penis meets the rectum wall. The prostate is most easily felt as it pulsates during Kegel exercises and during orgasm.
- 4 Slowly and gently ease into each massage session. No rocking is required, but it may feel good. Apply light pressure to one area at a time. Explore different areas to the left and right. Travel back toward the tailbone, but not too far forward, the base of the penis is a very sensitive area. Pause for extended periods where it feels good. Try different positions while alternately flexing the “Kegel” or pelvic floor muscles.

Optional: Use in a reclining position with a folded or rolled towel placed under the Cradle. Also use in a hot bath with sea salt and therapeutic oils to combine massage with hydrotherapy.



TIPS

- One or more mini vibrators can be inserted into the Cradle's holes for extra stimulation. Begin with hole number one or two nearest to the P-spot.
- During a full-drainage prostate massage, apply mostly continuous pressure while allowing for occasional interruption: It is important not to completely restrict blood supply to the prostate. Therefore slowly releasing then carefully re-applying pressure can be beneficial and pleasurable!
- Take breaks during longer sessions. Avoid quick movements. Slowly reduce pressure after each massage. If pain is experienced, simply stop and consult with your physician. Take your time, don't over do it.
- The Cradle can be placed on a book for deeper massage, or a pillow for a softer caress.
- The upper-front of the prostate gland can be massaged by gently depressing your hand in a circular motion over the belly, below the navel and above the pelvic bone.
- After a few minutes of massage the prostate slightly expands and becomes very sensitive. When the prostate starts to feel good, the urethra may become lubricated as evidenced by drops of seminal fluid leaking from the tip. This is “prostate milking.”