



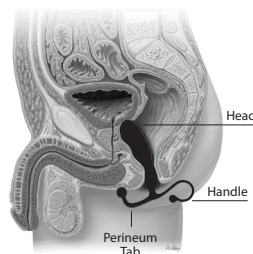
ANEROS[®]

HANDS FREE PLEASURE

USER GUIDE

ANEROS® MALE G-SPOT STIMULATOR INSTRUCTIONS:

Aneros Male G-Spot Stimulators remain the only patented devices of their kind. Their proven hands free self-pivoting design simultaneously massages the Male G-Spot and the perineum creating intense orgasms. Aneros products are a wonderful addition to your sex life, with your lover or out on your own.



PREPARATION

1. Wash your massager with warm soapy water before and after every use.
2. Apply adequate lubricant to the massager and lie on your side.

SESSION

1. Keeping the lower leg straight, bring your top knee to your stomach.
2. Slowly insert the massager, positioning the perineum tab against the area between the anus and the scrotum (perineum).
3. Relax - mentally and physically, allowing your body to become accustomed to the massager. Breathe deeply, releasing tension and focusing on the new sensations.
4. Contract and relax the sphincter muscle as slowly as possible. Your massager will automatically massage the Male G-Spot. As the sensations build, you may wish to increase the frequency and intensity of the contractions.

ADVANCED

1. For best results, use only the muscular contractions of the sphincter to move your massager back and forth; do not apply manual pressure.
2. Visit our online forum at: www.aneros.com/forum for more tips and helpful information from the entire Aneros community.

Disclaimer: Use of Aneros products is at his/her own risk. Neither the manufacturer nor the retailer assumes any responsibility or liability for use of the products. If you experience any pain or discomfort during use, you should discontinue use of the product.

ANEROS® PERIDISE® INSTRUCTIONS:

The Peridise® Unisex Anal Toy's thoughtful, patented design is unlike any other anal toy because it utilizes the body's natural peristaltic response to enhance sensations. The Peridise will help you have the strongest orgasms of your life.



PREPARATION

1. **Cleanse (optional):** For a more comfortable session, we recommend clearing your bowels before use. You may also bathe and/or use a warm water rinse.
2. **Relax:** Relaxation is the key to healthy, pleasurable anal play.
3. **Exercise:** Practice kegels to prime the anorectal muscles.
4. **Lubricate:** The sensitive tissues in the anal canal need sufficient lubrication to keep friction low and pleasure high. You can lubricate internally using Marksman pre-filled applicators, your finger, the Peridise, or a rectal syringe.

SESSION

1. Gently insert only the head of the Peridise into the anal canal, then contract your sphincter muscles several times to pull the Peridise in. Do not force insertion. Be kind to your behind.
2. After your body is accustomed to the presence of the Peridise, begin contraction and relaxation exercises, experimenting with different strengths and durations.

ADVANCED

1. By learning to control the position of the Peridise within the anal canal through sphincter contractions and rectal pressure, the peristaltic waves will become stronger and come in more rapid succession.
2. The anal canal is a treasure trove of nerve endings. The curves and balls of the Peridise placed in different positions and depths within the anal canal will surprise and delight you with very distinct and unique sensations.