

Three sex toy myths busted

[Contributor](#)

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Curious about introducing a sex toy to your bedroom routine, but still a little intimidated by the idea? We put your fears to rest...

Here are three common myths about sex toys, now busted by an expert in the field.

Myth 1: My partner will feel replaced by a vibrator

Bedroom accessories such as sex toys "can be a wonderful aid in levelling the playing field between men and women," says Patty Brisben, sex and relationship expert and founder of [Pure Romance](#).

Many South African women are afraid their partners will feel replaced by a vibrator but, she points out, up to 75% of women can only climax from clitoral stimulation. Most men won't be put off if you introduce a vibrator into your lovemaking. In fact, your man will probably love seeing you enjoying yourself, especially if you let him take charge and use the vibrator on you.

Myth 2: A vibrator is the only option

Few women know how many options are available to them when it comes to toys for the bedroom. Everybody knows what a vibrator is, but very few women know they come in plenty of sizes, shapes and varieties for different needs. Some are designed to stimulate the clitoris, some the G-spot, and some to stimulate both at once.

Moving beyond the idea that the vibrator is the only sex toy, though, can add a new dimension to your lovemaking. Experimenting with accessories like C-rings (which slow him down while speeding you up), tingling enhancement creams and even sexy card and dice games will keep add spice to your love life.

Myth 3: If I need a sex toy there must be something wrong with me/my relationship

In fact, if you use a toy (or toys) in the bedroom it's more likely something is right in your relationship. In 2011 researchers at the University of Indiana in the US found in that women who had recently used vibrators had higher levels of lubrication, arousal, orgasm and sexual satisfaction than those who hadn't.

If you'd like to try out a sex toy for the first time, Pure Romance can help you make the right choice. Visit www.pureromance.co.za to get in touch with a consultant who will come directly to your home to give you

– and a group of friends – all the advice you need.

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