

Your Pleasure Toolkit Guide

By Jannine MacKinnon



Hi!

I'm Jannine, manifesting maven,
sex magick expert, and
empowering sex, love,
and relationship coach.



Here's What's In Store For You



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- Be Guided Through Your Practice
- Build Your Sensations
- Internal and External Tools

DIY Lubricant

Closing

Welcome!

Welcome to your personal pleasure toolkit guide, and congratulations on being in this stage of your self pleasure journey! I wholeheartedly believe that pleasure is every woman's birthright, and through building a relationship with our yoni and pleasure we open up a portal of transformation for self love, self acceptance, profound healing, and beautiful bliss.

As someone who was once a 30 year old who had never masturbated, associating a lot of weirdness, and even fear and shame around touching myself, I understand how clunky the beginning can feel for some. Unfortunately there's not a lot of credible information out there for women on a journey to connect with their body through self pleasure, so I had a bit of a bumpy road trying things out, choosing the correct tools, learning how to clean and care for them, and so on.

I want to help you take the guessing out of it, which is why I created the free challenge, Revitalized Mom: Nourishing Through Pleasure, along with this accompanying Pleasure Toolkit Guide. It's my goal to help you feel comfortable making the right decisions for you, your yoni, and your pleasure journey without wasting hundreds of dollars or dealing with surprising vaginal issues.

Through my personal journey and logging over 650+ hours of training with world renowned VITA Sex, Love, and Relationship Coaching Certification, I've become an expert when it comes to all things self pleasure, and the possibilities it has for healing trauma, balancing the nervous system, expanding pleasure capacity, and connecting to divine feminine energy.

Regardless of where you are in your journey, I'm here to walk you through it step by step. If you have any questions at all, feel free to ask them in our free community, the [Unapologetic Mom's Club](#), our hub for community and free events, including Me Time Mondays.

I am so excited for you to dig in and wish you all the best with your self pleasure journey!



Jannine MacKinnon

Choosing Your Materials

Pleasure tools come in all shapes, sizes, and materials, and it's important to choose ones that are body safe to avoid infections and discomfort. Your yoni and anus are extremely absorbent of anything that's placed in them, so we need to be very mindful of the pleasure tools we choose and any additives or coatings.

Currently crystal pleasure tools are all the rage because of their beauty and vibrational qualities. It's a trend I gravitated towards myself, they're just so darn pretty and magnetizing, but the truth is, most crystals are not yoni safe. They are porous and hold bacteria leading to bacterial infections, yeast infections, and UTIs, not exactly something we're going for with an empowering pleasure practice.

Jade and Obsidian are the exception to this rule as they are much harder and considered non-porous, although all natural stone has some degree of porousness. Google will offer up conflicting information sharing that Rose Quartz is safe and non-porous, but that's simply not the case. My information comes from teachers who have worked with pleasure tools for a combined 35+ years, and my peers have reported breaking their Rose Quartz wands and seeing the gunk and bacteria that collected inside the veins of the stones, yuck!

Metal is another common material, which can be nice because of the weight. Just be careful of any coatings added to the product. They can contain a number of ingredients and wear off over time.

When it comes to your yoni, safe and clean is best which makes borosilicate glass your safest option. It is non-toxic, non-porous, and resistant to chemical and acid degradation (meaning it won't degrade from cleaning) and bonus, it tends to be more affordable than the pretty crystal ones too.

Not all pleasure tools are created equal. You'll want to make sure you do your research on the brand you're purchasing from to ensure they're free from toxic coatings. The business recommendations I make in this guide are considered safe, free of dyes, resins, plastics, and chemicals. All links are affiliate links that I make a small commission from, but that has not influenced my decision in recommending them. In fact, I sought out these companies for their safety and chose to partner with them for that reason.

Ultimately the decision is up to you, but please do your research and be careful ordering off of Amazon. If it looks to be good to be true, it likely is.



Keeping Your Pleasure Tools Clean and Safe

Our yoni is a sacred place, and as such we need to treat it that way. We always want to make sure we are using safe materials and keeping our pleasure tools clean.

Thankfully it's not too complicated of a process to keep things clean. Generally all you need is some warm water and mild non-scented soap to clean your pleasure tools of any bacteria or gunk. That said, there are a few things to keep in mind.

Be mindful of extreme temperatures, especially with crystals, as boiling water can easily crack them. I have a fun podcast episode talking about my experience with this.

When it comes to pleasure tools with grooves, you'll want to make sure you get right in there. A simple cloth or q-tip works great. You'll also want to be mindful of the abrasiveness of your cloth. There's no need to use something like a dish scrubby cloth as it actually creates abrasions and scratches where bacteria can hide.



Yoni eggs often come with holes that you thread a string through for easy removal, and some fun tugging and vibrational play. It's very important to thoroughly clean these holes, simply rinsing is not enough. As funny as it sounds, I find baby bottle cleaners to work best. Straw cleaners work well too.

When it comes to cleaning your tools, simple yet thorough is always best. There's no need to go overboard, but it is important to get every nook and cranny for a clean tool and happy yoni.

Your Pleasure Toolkit Checklist

This is a thorough, yet not exhaustive list of pleasure tools to support you in your self pleasure practice. There is no need to have everything on this list. My hope is to open you up to the different tools that may be helpful for you, but know that some oil and your hands can be more than enough. As you progress in your journey you can slowly add more tools as your curiosity builds.





Open Your Senses

Essential Oil

Essential oils are great for opening up your body through your sense of smell. You can have a few bottles strictly for smelling, or create some sexy rollers for topical application.

Chocolate or Tasty Treat

Another fun tool for opening up your body to pleasure through your sense of taste. If chocolate's your thing, having a decadent bar of dark chocolate in your pleasure toolkit can feel really divine. Things like fresh oranges, chocolate strawberries, or any other tasty treat is a great addition too.

Pleasure Oil or Lubricant

See next section for simple DIY recipe

Simple oils like coconut oil, almond oil, jojoba oil, or sesame oil are great lubricants. That said, every yoni and woman is different. Some women don't respond well to the sugars in coconut oil causing yeast infections, cold pressed sesame oil is used in Ayurveda to heal vaginal tissues, but some women don't like the smell and it can stain. It can take some experimenting to find the right oil for you, just ensure whatever you're using is safe for internal use, and you're ok with how it affects or doesn't affect your sheets.



Be Guided Through Your Practice

Guided Pleasure Practices

There's something so powerful and feminine about being able to completely let go while being guided through a pleasure practice. My [Revitalized Mom Pleasure Bundle](#) supports you in doing just that with 5 different meditations and practices at your fingertips. Whether you want to connect with your body energetically, awaken your 5 senses, or use your sexual energy for manifestations, there's a recording for you. Alternatively you can create your own guided recordings, view my [full library of meditations and practices](#), or seek others online.

Guided By Glow Erotic Meditations

If you're someone who feels confident doing your thing, but appreciates some fantasy, [Guided By Glow Erotic Meditations](#) can be a fun thing to add to your pleasure toolkit. Think smut books, but in 20 minute snippets recorded by professional actors, so you can let go and see where the fun takes you.

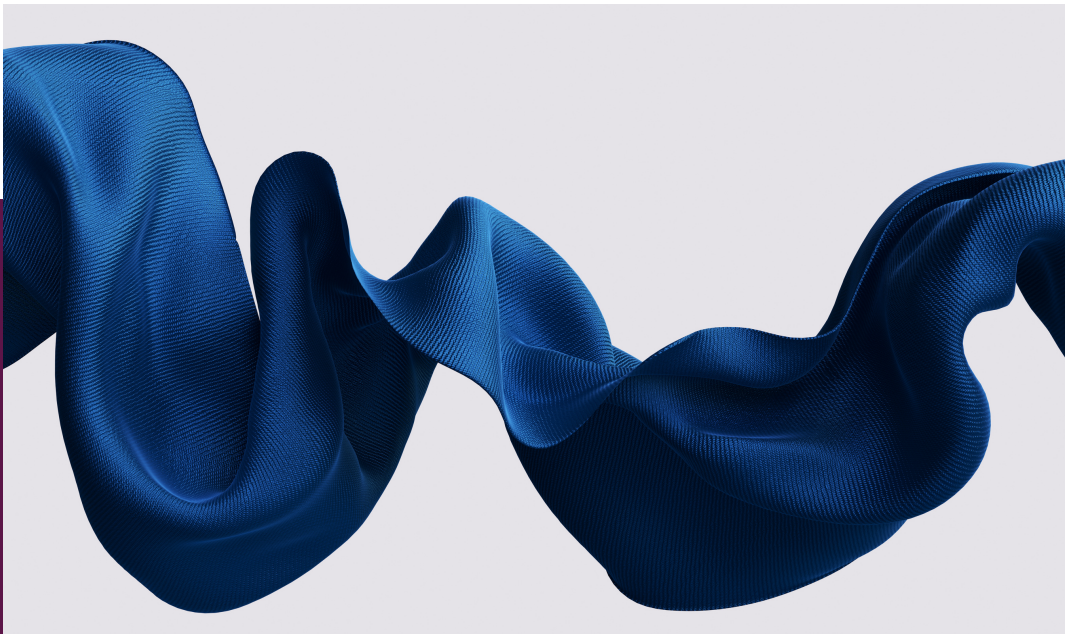
Build Your Sensations

Tickler or Silk Scarf

This is such an overlooked, yet extremely helpful tool to have in your pleasure toolkit. The sensation of running a tickler or silk scarf over your body is a great way to open up your body before going towards the main erogenous zones. Bonus, a silk scarf can be tied in a slip knot for some fun neck play as well.

Nipple Clamps

Nipple clamps bring more sensations to your self pleasure practice while allowing you to be mostly hands free. You can find simple nipple clamps, or ones that come chained together allowing for some fun tugging actions. Just be mindful of the tension, and opt for adjustable tension if new to using nipple clamps.



Internal and External Tools

Yoni Wand

A yoni wand is a great beginner pleasure tool for opening up your yoni's pleasure capacity. They come in many different shapes and sizes to suit your preferences and intention. Yoni wands with curves can more easily stimulate the various erogenous zones inside your vagina. Ones with bulbous ends can simulate the feel and suction of a penis while also supporting the mind body connection with different areas of your vaginal canal.



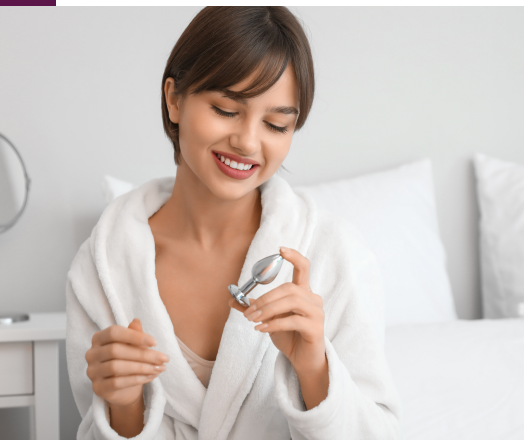
Shop Wands or Yoni Pleasure Palace and save 10% off with code UNAPOLOGETIC

- [Waands Obsidian Amrita Wand](#)
- [Waands Obsidian Pleasure Wand](#)
- [Waands Cervix Wand](#)
- [YPP Sacred Squirter 2.0 Glass Dildo](#)
- [YPP Crescent Glass Dildo Pleasure Wand](#)

Butt Plug

Anal play can be very pleasurable, and self exploration of this area can build your sense of safety while you learn what you do and don't like before bringing it into partnered play. They come in different shapes, sizes, and weights, and can be used in tandem with some vaginal pleasure tools and penises.

When starting out, make sure you are fully aroused first, begin with small sizes, and use lots of lube as your anus does not create natural lubricant in the same way the vulva and vagina do.



Shop Wands or Yoni Pleasure Palace and save 10% off with code UNAPOLOGETIC

- [Waands Obsidian Butt Plug](#)
- [YPP Glass Prostate Massager](#)



WAANDS™

Yoni Egg

Yoni eggs are a beautiful pleasure tool, but come with a bit more of a learning curve than pleasure wands. They come in a variety of sizes with large meant for women with pelvic floor issues, medium is the most common size, and small for advanced users. There is also the option of no hole, or a drilled hole to add string for easy removal and play through tugging or vibrating. If you opt for no hole you will need to feel comfortable learning how to bear down to get it out at the end of your pleasure session.

They do have the advantage of being sleek and fully internal, and can be used with clothing on. Some women enjoy building a relationship with them by having them inserted while journaling, meditating, or doing yoga.

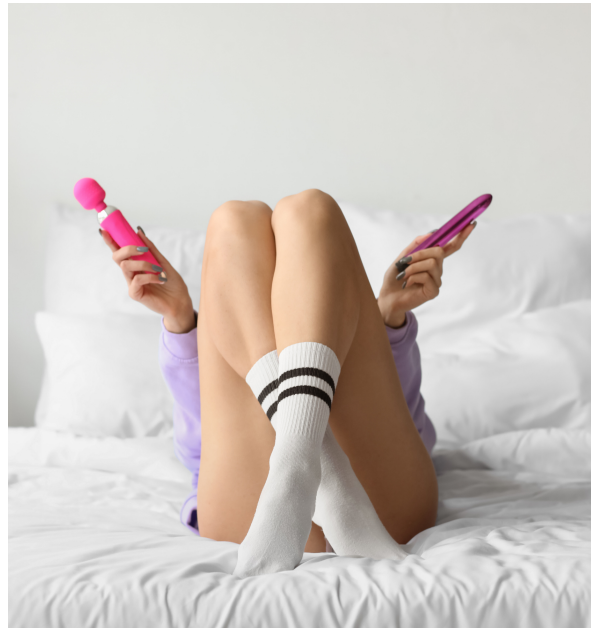
Shop Wands or Yoni Pleasure Palace and save 10% off with code UNAPOLOGETIC

- [Waands Obsidian Yoni Egg](#)
- [Waands Nephrite Jade Yoni Egg](#)
- [YPP Luxe Glass Yoni Egg](#)

Vibrator

Vibrators get a bad rep, but I believe they have a time and place. While slow pleasure is important and you don't want to get into a place where you rely on one to experience peak pleasure, they can be fun for a hands free experience.

As with most other pleasure tools, they come in many different shapes, sizes and functions, including focus on external vs. internal use. When choosing a vibrator you want to be mindful of body safety, rechargeable batteries, water proofing, and cleanability.



DIY Coconut Oil Lubricant

This DIY Coconut Oil Lubricant is a personal favourite for lubrication while activating the senses. As bodily reactions and bottle sizes vary I have left out the exact amounts for the essential oils. I recommend starting with just 2 - 4 drops total depending on the bottle size, and increasing only after you have tested it on yourself.

- Fractionated Coconut Oil
- Peppermint Essential Oil
- Cinnamon Essential Oil



Wow, You've Made It Through!

Thank you for joining me for this stage of the Revitalized Mom: Nourishing Through Pleasure free challenge. If you haven't already, make sure you watch Day 3 of the challenge to get more information about how to set yourself up for success and create a pleasure toolkit that aligns with your unique Erotic Blueprint.

Stay tuned for Day 4 and 5, where I walk you through Non-Sexual Pleasure Practices, and Sexual Pleasure Practices to support you in your journey of building your connection with your body and divine feminine energy.

If you're someone like me, who appreciates being walked through things with the support of a guided meditation or practice, I invite you to check out the [Revitalized Mom Pleasure Bundle](#), which includes recordings for 5 of the meditations and practices we cover during our 5 day challenge.

As always, I'm here for any questions or celebrations. Please use our free community, the [Unapologetic Mom's Club](#) to share your pleasure toolkit, ask questions, share about your journey, and help keep yourself accountable. I host weekly lives for Me Time Monday where I encourage you to have a weekly date night with yourself, and offer inspiration and tips to support you along the way.

Wishing you all the best and looking forward to connecting with you more!



Jannine MacKinnon