



Guide to Electro Stimulation

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Introduction

Things have changed over the years when it comes to Electro Sex with people having experience with TENS and being more informed in general.

You will also find that the level of equipment available now is of a better standard and quality than it used to be with more manufacturers and suppliers now.

As times have moved on more and more people we find are more experimental now than they used to be when it comes to sex. Besides we always felt that so many things like Electro Sex can be well kept secrets.

So you find today some good equipment out there in the market place with there still being some rubbish and still some suppliers jumping on the band wagon with a poor rebadged tens unit thinking they know all about Electro Stimulation.

We hope here to give you all the information we think you will need to make an informed decision on what is good and what is bad.

We hope to give you the basics of the terminology used by suppliers such as ourselves to help you make sense of it all.

The first thing we need to do is explain the basics of the control boxes and how the accessories to fit. Fortunately you will find that most manufacturers and suppliers have now standardised fittings for connectivity.

However, you still find that people dream up all sorts of ways to try to make things confusing with leads, control boxes and accessories: with what you can and can't connect, with some thinking the more confused you are the less likely you are to buy accessories from other suppliers.

We think that is wrong! We understand that we can't make everything and we want you to enjoy Electro Stimulation like we do so we encourage you to look around to see what's available to get the most out of your control box.

There are also people out there that make things like control boxes that are supposed to be the best around, but then you find a few months later that an upgrade is available for more money to increase the power and functionality, we say '*did the box not have enough power in the first place?*' and '*why launch something that is not the best it could be!*'

When Pleasure-Tec launches a new control box it will be a new design, not a performance boost.



As a general rule of thumb if you are buying any type of TENS unit or control box it is better to buy from a reputable company with a recognised name or brand so that additional leads and accessories can be purchased.

If you choose to buy a local pharmacy 'special' TENS unit you may restrict yourself to the choice of accessories available to use with it.

This is the reason we have launched [Need-A-Lead](#) so that whatever type of TENS or control box you have *. We can provide a lead or adaptor that should enable you to use any kind of accessory with your control box.

We can make or source most types of fittings to match the accessory to match your control box.

General

Pleasure-Tec supplies 3 types of control boxes. Using this guide we hope it will help you to decide which control box is right for you to purchase and use.

You will probably fall into 1 of 3 categories:

1. Very inexperienced or never tried it but want to experiment with electro stimulation.
2. Have some experience and want to try more things with electro stimulation.
3. Been using electro stimulation for a while but need more power to expand my limits.

If you are just starting out we would recommend the Vitatronic 804/S as a good all round entry level control box.

If you are wanting to upgrade from perhaps a TENS unit to something with more power and for more serious for use with a wider range of accessories we would recommend the PT2020 control box.

* with the exception of the pharmacy 'special's as the control boxes have all manner of lead fittings that are unique to there unit and cannot economically be reproduced.



For those of you with experience looking to push the boundaries with Electro Stimulation we would recommend the PT 2010 control box.

This explains our range of control boxes:

Entry level = Vitatronic 804/S

Intermediate = PT2020

Pro User = PT2010

Vitatronic 804/S

The Vitatronic 804/S two channel analogue control box with its wide ranging pulse and intensity ranges is easily capable of helping you to achieve orgasm from purely gentle regular muscle contractions to long duration mass muscle contraction using a wide range of available accessories.

PT2020

Whilst the PT2020 is a very versatile, two channel digital machine, with a wide range of adjustable variables. Pulse rate, frequency and alternating work and rest cycles provide for a wide range of electro stimulation sensations.

There are a number of pre-programmed cycles that are excellent for exploring the range of muscle stimulation this machine can achieve. When a little confidence is gained there are three programmable memories that enable the user to vary the outputs as he/she desires. One of the most exciting aspects of the programmable functions is the ability to split the programme into five segments of differing settings. This enables a programme to start gently, perhaps, with low frequency cycles and long rest periods and to finish with high frequency / high pulse rate high work time cycles. Thus the session becomes progressively and controllably more intense.

Using simple, and obvious electrode configurations of anus to penis and anus to scrotum for example the effects are fantastic. They range from gentle regular muscle contractions to long duration mass muscle contraction. You may find that stimulation always results in an ejaculation response regardless of whether the penis is erect. And, believe it or not, this does not diminish from the intense physical sensation!

PT2010

Then you have the PT2010 that has more power and a different way of applying that power, you would find the power to be around twice that of other similarly priced control boxes with the shape of the pulse probably about the same. What makes the PT2010 the ultimate, besides the increased power, is the fact that the frequency is independently adjustable for both channels. No other power source we are aware of offers this. In addition, when the modulation control and frequency controls are set to where the unit is driven into a random mode, the signal is both more powerful and yet more tolerable than other similarly priced



control boxes.

Don't think however for one minute that electro stimulation is mainly for male pleasure many of the items produced are just as effective for both partners - with women the same guidelines apply with the vagina being the most obvious target for electro stimulation. The same electrodes that work in the anus can be used vaginally (suitably cleaned, of course, if they're also used anally). There are also many female specific electrodes available that are designed to target the labia and clitoral areas. Likewise, the electro catheter can also be used; various combinations are popular with different women. As with men, some experimentation is best.

One inherent benefit for women is that with any of the vaginally used accessories the vaginal floor muscles are going to get a work out. So after child birth or hysterectomy etc don't be afraid to experiment with electro sexual stimulation and to push the boundaries.

Sockets, Leads and Plugs

There are several different types of fittings that come out of a control box. We have tried to simplify what these fittings are and how they interact with different accessories and electro products.

The connectivity now on most control boxes of the specialist manufacturers and suppliers such as ourselves is a standard 3.5mm jack socket.

Rimba use a 2.5mm jack socket. Our [PT2020](#) and the [Vitronic 804/S](#) have fairly unique input fittings but we have sourced these input fittings and have standardised them to match all the other manufactures and suppliers accessories and fittings for you to purchase with confidence.

The leads now generally terminate with either 4mm or 2mm fittings.

The control boxes generally have 2 channels with each channel having 2 leads connected together giving you 4 wires to play with.

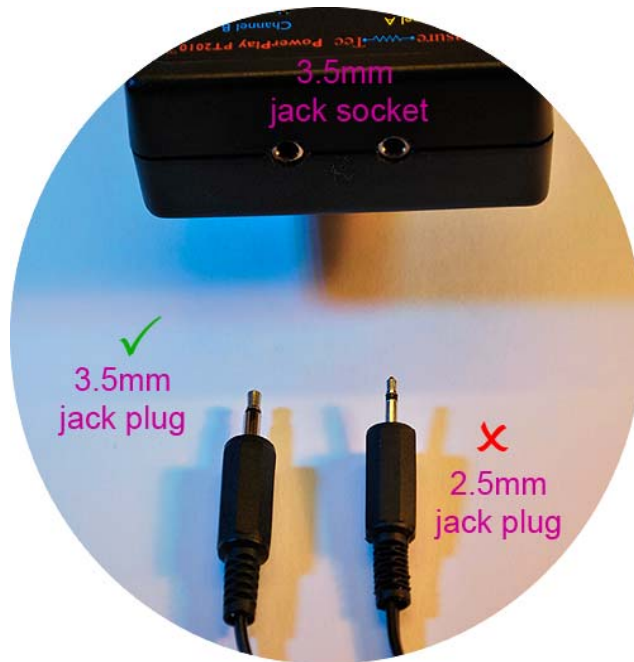


The Pleasure-Tec VITAtronic 804/S unit showing it's DUAL CHANNELS

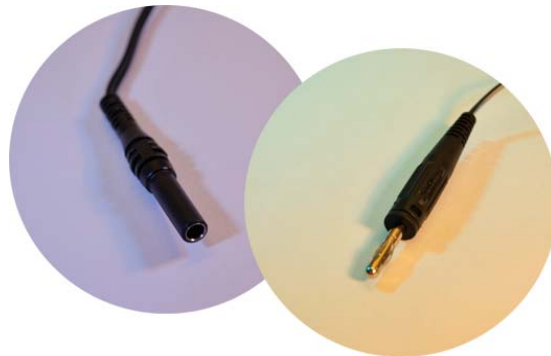
Dual channel connectivity can be in either plug or socket form.
(Socket form shown here)



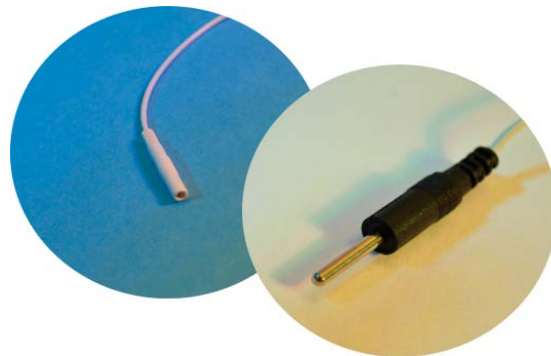
Twin leads showing their four connectors



Make sure you use the right size plug for the socket.



4mm socket and 4mm plug



2mm socket and 2mm plug

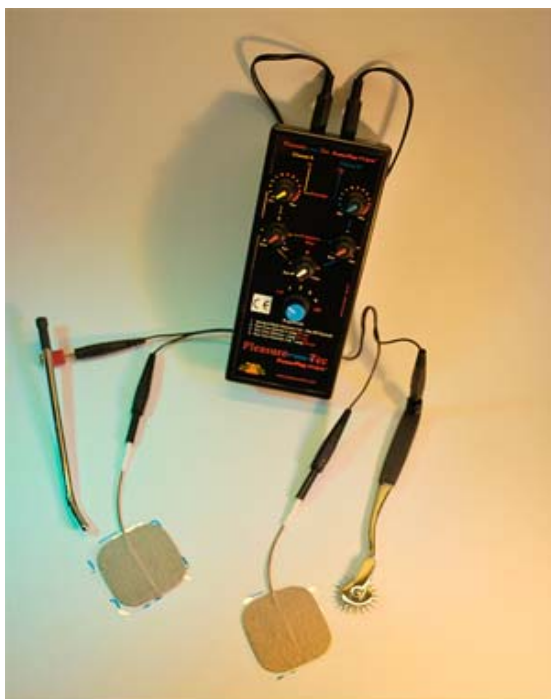
Each channel needs to connect to something to pass the current through it. If it is **Bi-Polar** that means the current is flowing through the accessory.

If it is **Uni-Pole** it means that the current cannot flow through that accessory on its own because it needs another connection to make the circuit to pass the current through. This could of course be you as the human body is very conductive, it is after all made up of largely water and as we know water is very conductive.

So you could say that two **Uni-Pole** items used together do make a **Bi-Pole** item using your body to make a circuit.



This shows two channels being used. One with a **Bi-Polar** item, one with two **Uni-Pole** items.



This shows two channels being used. Both channels with two **Uni-Pole** items on each.

The fact that your body is very conductive where electro sex is concerned is a good point, however when certain products are used above the waist this can become a bad point.

It's ok to use your leg as a conductor or your penis or the whole bottom half of your torso as these areas don't house your heart.



Never use **Uni-Pole** clamps on the nipples, by doing this you will make the current pass through your chest cavity region and as we all know the heart lives in this region.

No 'electrical impulses' flowing from the body to the heart has anything to do with maintaining a heartbeat i.e. from the brain to the heart for instance. The heart beats on its own (even for many hours if removed and kept in Ringers' solution) and that heartbeat rhythm originates spontaneously from the pacemaker (senatorial node) which is part of the heart itself.

Your heart functions on electrical impulses. The danger could be that by passing electrical currents through the thoracic region or chest area is that this could interrupt the communication within the heart

The heart consists of several areas all of which communicate signals between themselves. All of these areas are capable of beating on their own at their own rhythm causing the heart to beat and contract randomly in odd directions in different areas (fibrillation). When this happens the heart is not capable of pumping anything. This, however, does not equate to a true 'heart attack'. A point of interest might be that this is the principle defibrillators work on. Contrary to popular belief defibrillation does not restart the heart. They stop it in the hope that your natural pacemaker will reassert control and restore regular heartbeat and contractions again.

Although we have never heard of anybody having had heart problems due to Electro Stimulation we always say play safe and if you are going to use Electro Clamps on the nipples make sure they are at least **Bi-Pole** so that the current is being passed through the nipple and not the chest cavity.

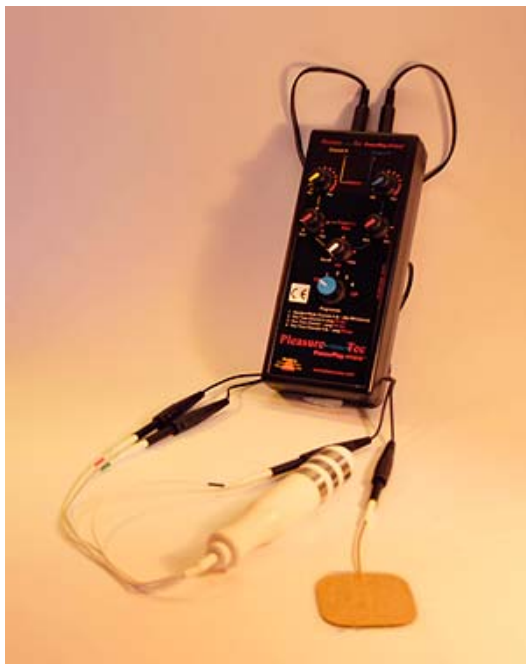
So there you have **Uni-Pole** and **Bi-Pole**. The next stage is **Tri-Pole**.

Tri-Pole accessories are a fairly new concept in Electro Stimulation and there are 2 ways of using these items with the typical lead configurations.

The first is to use a special [Tri-Pole lead](#). This is driving the 2 channels with 4 connections into 3 so both channels are sharing 1 point of contact to complete the circuits.



This shows 2 channels with 4 connections being driven into a [Tri-Pole](#) item via the [Tri-Pole](#) lead.



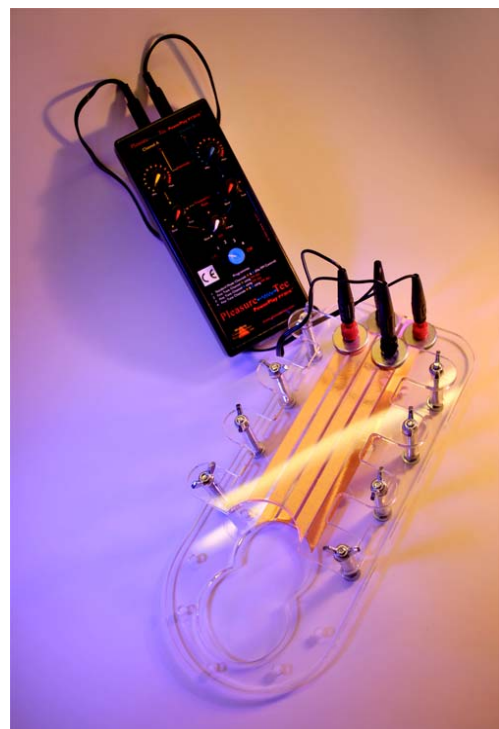
This shows your normal leads being used with 3 connections into one [Tri-Pole](#) item and 1 [Uni-Pole](#) item to make the circuit.

The other way is to use your normal leads from the 2 channels of your control box and treat 2 connections as a [Bi-Pole](#) item with the other 2 being treated as [Uni-Pole](#) items with one connection to the accessory and the other side to a pad stuck to the lower part of your body or a [Uni-Pole](#) cock ring or plug or similar.

Then next we have [Quadra-Pole](#) accessories that are able to use all the connections from both channels of the control box.



This shows both channels from your control box connected to 1 [Quadra-Pole](#) item.



With additional leads available however you can add new methods of connectivity giving you more freedom with these types of accessories. For instance using a couple of Y leads will split 1 channel into 4 leaving the other channel free for connection a partner or other accessories allowing you the use of more items for more intense stimulation at one time. It is possible that you could use up to 8 Uni-Pole Items using the Y leads from the 2 channels.



This shows using the connectivity of Y-leads to increase the functionality of your control box. With 2 Y-leads you have connections to a Bi-Pole item and 4 Uni-Pole items.



This shows using the connectivity of Y-leads to increase the functionality of your control box. With 2 Y-leads you have connections to a Quadra-Pole item and 2 Uni-Pole items.

This brings us back to the control box and its power. If you have a pharmacy 'special' you will find that with some accessories you will be able to use it, You would find however that as your body builds up its tolerances to the stimulation you would be turning up the dial for more power then just when it starts to get interesting and sexually arousing Oops you would find the thing is on its highest setting and you are scratching left your head thinking wished I had spent more money on a better control box.

We tell you this from experience - don't forget we started somewhere! We do advise people that the cheapest TENS machines are not up to the job of Electro Sexual Stimulation and where possible try to spend as much of your budget on the control box rather than the accessories.

Items such as the steel insertables will need all the power your box can give you before you may even start to feel its sensations. This is where the TENS units stop and the specifically designed electro stimulation control boxes take over such as the [Pleasure-Tec PT2010](#).

When we keep banging on about the unit having more power this is why. As new Quadra-Pole items are made available and an ever increasing range of accessories you do need some power in reserve to drive them. It is like having a small engine in a big car.

An example of this would be if you were to split 1 channel into 4 connections using one of the Y leads on say the [Quadra-Pole Plug](#) you are making the control box drive power through 4 connections instead of 2 if your control box is one of the less powerful boxes all you have done is diluted what was happening with 2 connections into 4 making it less effective.

The Control Box



The control box or the engine has several channel configurations from 1 single channel to 2 channels with some TENS machines having perhaps 5 or 6 channels. Some machines have 2 lead connection configurations, but are in fact only single channel machines with single controls for both outputs.

The problem with this is that when you have say 2 **Bi-Pole** items connected you have split the power in two so you may find that it will drive one item OK but not two items making this really a unit for single **Bi-Pole** connection or running 2 **Uni-Pole** items.

Another problem can be that even with 2 channels with independent control for each of its channels you can find that increasing the intensity of one channel will weaken the intensity of the other channel when both are being used at the same time.

Once again this comes down to the money you have spent and the quality of the control box you have purchased and we are back to the difference between TENS machines and specific Electro Stimulation units.

The power outputs on the better quality machines such as the [Pleasure-Tec PT2010](#) are electrically isolated making it alternate its power output maintaining the power on each channel at whatever intensity level is being used.

Both the [Pleasure-Tec PT2020](#) and the [Vitronic 804/S](#) have individually isolated circuits giving them high performance especially for the Vitronic being a TENs machine, running a number of [Uni-Pole](#) items or at least 2 [Bi-Pole](#) items with ease. This is where we have said for an entry level box it is superb.



Generally the control box will have 4 dials of some description with 2 of these being for intensity and the other 2 for control of the pulse rate. You will generally find that the pulse rate will go from being a pulse similar to the one on your wrist to being on continually. With a little practise it is possible using a combination of controlling both the pulse and intensity at the same orgasm can be achieved. Those skilled practitioners able to take a person to the edge of orgasm and then drop back only to bring the person back to the edge of orgasm again and again until you have the person begging you to let them orgasm.

You will find that all control boxes all have very similar functionality with some control boxes having inputs for connection to the HiFi and the space shuttle etc and some having built in microphones so the more you scream the more intense it gets. We are not sure when a microphone became better than a person, but then we are a bit old fashioned like that.

The leads are as important as the control box as they connect the two together so it is important to have good quality leads and to be able to get spare leads to fit your control box. It is surprising how long the leads can last when you play with electro sex on a regular basis.

It is good to be able to have access to a wide variety of leads so as your experimentation grows your access to support leads is available. It's no good having found a wicked piece of kit on the Internet only to find you can't get a connection lead for it.

Another example of this is when you want to play with for example a pin wheel and you want to experiment say on the soles of the feet and you discover that the gap between the 2 connecting plugs is about 8" (20cm) obviously you are not going to go far with that without splitting the lead back. Then when you have done that you find that when you use that same lead for something else you have wire all over the place.



Lubrication

Lubrication is useful especially with the plugs and probes and even with things like the acrylic cock rings etc, it can be difficult to get the cock rings on without lube and uncomfortable to use the probes without lube.

However you must check to see that the lube you are using contains no silicone as silicone has insulation properties and could prevent the item from working. Any water based lube is ok and even water itself is ok or if you are using say the Electro Pin Wheel an ice cube used in conjunction with the pinwheel works very well stimulating the senses in much more ways than one.

Conductive gel will help especially if your control box seems lacking on power. We would always recommend conductive gel for the steel insertables or where you are using crocodile clamp connections to steel insertables. This will give more conductivity in use heightening your sensitivity and experience.

You may also find that the battery lasts a little longer if conductive gel is used.

When using lube however you have to think about cleaning the products after use and items like the expandable cock rings are difficult to clean when lube has been used, better off not using lube with that type of item.



Playing With Electro Stimulation On Others

For the more experienced users this will not be applicable but for those just starting out this is very important. You should understand that with all things BDSM when playing with another person whether it is your partner, paying client or you're submissive you are given the gift of TRUST.

One thing you must never do is take for granted or misuse that gift. One way to protect and keep that gift when using electro stimulation is to have experienced it on yourself before using it on others.



We recommend that if you are starting out with say the Vitatronic 804/S is to at least hold the 4mm plugs with moistened fingers and turn the intensity dial until you feel at least a tingling sensation, at that point then you need to put a tipex or similar mark on the control box so that if you are using it on someone else you at least know that this is the point at which they are going to start to feel its effect.

We also recommend you hold the 4mm plugs and keep turning the intensity dial until you are unable to hold them anymore so that you get an idea of what it may feel like if you use the control box at higher levels to soon on your partner.

As previously stated in this guide your body over a period of time will build up a tolerance level which can then be pushed and explored. Units that offer a varying output waveform work better for longer stimulation sessions. The body does not adapt as easily to more complex stimulation. It's somewhat like listening to the constant noise of a fan running in the background, which the brain can easily "tune out" compared to listening to something more interesting. This is one big advantage of devices that offer modulation options.

You'll also find as you turn up the current you usually reach a point where just a little more current dramatically changes the sensation. This is often near the threshold where pleasure becomes pain. This is due to how the nerves and brain react to the stimulation. It's like perceiving something as being comfortably warm versus dangerously hot. So, especially if you have someone else wired up, beware that once you get to a certain point, turning that level knob up just a tiny bit more can put someone over the edge in a good way. With electro stimulation, more isn't always better. Its worth noting that even painful electro stimulation, when using the proper equipment, is not generally dangerous. The nervous system is essentially being fooled into thinking something bad is happening when in reality, the current is harmless. This is why we call electro stimulation a well kept secret. There's minimal REAL trauma to the body, but endorphins are still produced.

Some Things Not To Do

While it might be tempting to use genital (or other) body piercings as electrodes, it's not recommended. Such piercings usually confine the current to a very small area. This is both intense, and with the higher power devices, may cause localized damage to the tissue if you crank up the current too high.

ALWAYS use only devices made for use on the human body. NEVER try to adapt other devices such as animal training products, stereo equipment, telephone equipment, train transformers, electric fence units, etc. In general, it best to use devices powered from a small 9 volt battery (such as specific Electro Stimulation or TENS units). The amount of power available from such a battery is inherently limited even if something should fail in the device.



Keep all connections below the waist unless you understand all the issues involved when using electrodes above the waist. Never run current through the heart area or above the shoulders.

Electro stimulation is not advised for anyone with a heart condition, heart disease, epilepsy, a history of strokes or seizures, implanted electronic devices (i.e. pacemakers, defibrillators, drug pumps, etc.) or similar medical conditions. Not for use by pregnant women or women who might be pregnant.

DO NOT try to share a single output channel between more than one person. The chances of body contact causing unintentional current paths (i.e. through the heart or head) are too dangerous.

Always make all connections to the control boxes with the power turned OFF. Otherwise, you may get a nasty surprise. Turn your control box off or at least all the way down before handling any electrodes or changing connections.

Summary

Most people don't have any significant side effects from electro play when the proper equipment is used. Some people have reported experience of some redness in the areas of the electrodes. This is often more from the electrode itself (and/or whatever was used to wet it) than from the current.

If there is significant muscle stimulation for any length of time, the muscles may be sore afterwards or even a day or two later. The soreness is much the same as if you had worked out in a gym. Of course, electro stimulation can target some muscles that don't normally get that much exercise. Heavy electro stimulation may also leave the area feeling somewhat numb. This is because the nervous system adapts to the stimulation and when it's gone, it takes a while to adjust back to normal sensitivity (much like your eyes adjusting to the dark when you've been in bright light). Some people also experience an increase in random muscle twitches that can last for a few days after the electro stimulation. None of these things are generally anything to worry about.

We hope you have found this guide useful in some way. Download it if you need to and check it on the web site occasionally as it is will be ever evolving with new updated useful information as time goes on.

If you feel that we have missed something or you feel you have something important that you feel people should know about electro stimulation through the guide we will be happy to include it.

If through the guide we are only able to pass on just a little of our experience and enjoyment that we have and still continue to enjoy then we will be happy.



So, in summary, erotic electro stimulation can be a lot of fun when it's done properly using the correct equipment. For those of you who haven't tried it, if you get as much information as you can or better still a demonstration, I suspect most of you will end up enjoying it. If you have tried it, I hope this guide has been helpful in furthering your knowledge. Be safe and enjoy!