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How to Get the Most Bliss Out of Your Vibrator, According to Sexperts

Whether you have a bullet, G-spot, or rabbit vibrator, here's your roadmap to maximizing your pleasure.

By [Maressa Brown](#) | Updated on September 21, 2021 @ 01:00PM



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Living through a global pandemic has inspired many to take better care of ourselves, whether it's finally downloading that meditation app or starting a daily lunchtime walk routine. And we think it's no coincidence that vibrator sales have also soared since March 2020. After all, sex, be it partnered or solo is truly an act of self-care — one that can be made even

more playful and exciting with the help of a trusty vibrator.

"Vibrators can help vulva-owners understand their own 'pleasure map' and explore their erotic energy," says Alexandra Fine, CEO and co-founder of [Dame Products](#). "And more pleasure means better sleep, less stress, and overall improved well-being."

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Shannon Chavez, Psy.D., [a psychologist and sex therapist in Los Angeles](#), adds that incorporating the buzzing sex toy into your routine can serve to enhance your body's response to all types of touch and sensation.

"Using a vibrator gives you the opportunity to prime your body for other sexual experiences by getting nerve endings firing, and it enhances blood flow circulation," she notes. In short, she sees it as a sexual health device, pointing out that just as we see massage as self-care, so too is using a vibe — not just on your genitals but your whole body.

Here's what you need to know to get the most bliss out of your vibrator, depending on which type you have and general must-knows, according to experts.

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Basic Vibrator Rules for Any Type of Toy

Go beyond tried-and-true hot spots.

Although we tend to think of certain body parts as go-tos for sexual pleasure — you know, your nipples, your clitoris, maybe also your neck — the whole body is wired for pleasure, meaning there are all different, unexpected erogenous zones, says Chavez.

"Some people feel the back of their knees as an erogenous area," she says. "Their eyelids, their ears, also the belly — it's such an important, sensitive area where we tend to hold a lot of tension — and the inner thighs, inner arms." Basically, any spot you'd identify as sensitive might be one to use your vibrator on, which in turn, heightens overall stimulation.

Start low and slow.

There's a misconception that cranking a sex toy up to the highest intensity setting will bring even more pleasure, but that's not necessarily the case — especially on more sensitive areas, says Chavez.

For that reason, she recommends that beginners, or even more experienced

vibrator users, trying out a new toy start on the lowest setting and use light pressure. Then, by stimulating yourself lightly, you can slowly awaken erogenous areas and avoid any pain, discomfort, tension, or desensitization that could be brought on by diving into full-throttle mode. "You want to warm up your tissue, so you're comfortable and relaxed," she says.

And because most vibrators offer not only various intensity levels but upwards of seven or eight vibrational patterns — including anything from a steady buzz to pulsing or crescendoing — Chavez recommends starting with light intensity and finding which pattern you like the best before trying a more powerful buzz.

Use lube.

All of the experts we spoke with stressed the importance of using lubricant with any vibrator. "It can heighten sensation, if it's an arousal gel, like [Omax O-Shot CBD Arousal Oil](#), or simply help the device glide and move with more ease," says Chavez. Whatever lube you use, make sure it is a gentle, water-based product, which will help maintain the integrity of your vibe and keep UTIs, bacterial vaginosis, or yeast infections at bay.

Get creative.

While certain vibrators are meant for exclusive external versus internal use (like bullets and wands), you can't really go "wrong" by getting creative — especially when it comes to how you're holding a vibrator or moving your own body. For instance, Chavez suggests holding the toy with your non-dominant hand for a sensation that's different from using your dominant hand. Or experiment with positioning and rotating your hips in different motions.

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How to Use a Bullet Vibrator

Bullet vibes are small, generally handle-free, and designed primarily for external clitoral stimulation. "Because they're lighter than a larger vibrator, you have more mobility," says Chavez. "They're more comfortable to use. And because they're so small and discreet and powerful, you can try them with clothes on."

And whenever you're jet-setting again, they're the perfect device to pack for a sexy getaway. "They're great for travel and also for pairing with other toys, like harnesses and dildos," adds Fine.

A couple of techniques to try: Push your legs together to play with the tension and contractions in your pelvic area while using the device, suggests Chavez. "Given a bullet vibe's small size, you can squeeze around it

suggests Chavez. "Given a bullet vibrator's small size, you can squeeze around it or contract around it or push your hips back and forth," she says. "You can also use it for clitoral stimulation during partnered sex, say, while in a doggy style position."

One to try: [SKYN Thrill](#)

How to Use a G-Spot Vibrator

It's no wonder there are a wide variety of vibrators designed to hit the G-spot, which gets about as much buzz as it does eyebrow raises from skeptics. "It's really more like a G-area," explains Amy Baldwin, sex educator, sex and relationship coach, and co-host of the [Shameless Sex Podcast](#). "Its size and location is different for everyone." Baldwin explains that the G-spot is located about half a finger's length inside the vaginal canal, up under the pubic bone on the wall behind your belly button — which is why G-spot vibrators usually have a curve at the end.

"The G-spot responds more to pressure as opposed to vibrations alone, so it's helpful to move the vibrator in a massaging come-hither motion," says Baldwin. Not only will the G-spot respond to this motion, but so will surrounding areas, as there are a bundle of nerve endings in that first inch of the vaginal canal.

One to try: [Dame Arc](#)

How to Use a Rabbit Vibrator

Featuring a shaft and an extra "rabbit head" feature on the side of the device, a rabbit vibrator truly gives you the best of both worlds: internal and external stimulation, explains Casey Tanner, certified sex therapist and expert for [LELO](#). "While they can certainly be used during partnered sex, rabbit vibrators are designed to mirror the sensations of partnered play during masturbation," she notes.

Chavez recommends experimenting with positioning when using a rabbit-style vibrator, as you'll want the rabbit head to come in contact with your clitoris while achieving the right amount of depth and angle with the shaft portion. "Straddle a pillow or surface where you can hold the device and practice different movements with your hips to see if you can come into contact with spots that feel good," she advises.

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Both the rabbit head and the shaft will offer their own set of vibrational patterns to try, as well. And Chavez notes that finding the combo you like the most could lead to a blended orgasm — the result of stimulating more than one erogenous zone at once.

One to try: [LELO Soraya Wave](#)

How to Use a Classic Vibrator

The classic vibe is shaped more like a plastic, pointed cylinder than a realistic-looking shaft and generally features one vibrational pattern and a dial that allows for graduated intensity. A major benefit: "They're not as thick as a phallic-shaped device, so they may be more comfortable for internal stimulation, especially if you have any vaginal pain or tightness," says Chavez.

While straightforward penetration is an option, she recommends using it like a joystick — moving it in a circular motion or twisting it around. You can also use it externally to stimulate the clitoris. One of the best techniques for this type of model: placing it inside the inner labia and gliding and sliding against it (think a dry humping motion). "You're not only going to access the clitoris but the perineum, a fleshy patch between the vaginal opening and anus that has a lot of nerve endings," says Chavez.

One to try: [SVAKOM Anya Rechargeable Warming Silicone Vibrator](#)

How to Use a Wand Vibrator

The wand has come a long way since it was initially marketed as a corded body massager with two intensity settings: OMG and OMFG. Most models feature a sizeable handle and top portion shaped like the foam cover of an old-school microphone. "That large head covers more surface area of your clitoral area and vulva than other models," notes Chavez. "That's why it's been such a game-changer for orgasms. The power of the device, in general, is what can evoke an orgasm for a lot of women."

Meant for external use only, wand vibes — some of which are corded, while others are rechargeable or battery-operated — are generally known for packing a lot of powerful punch. For that reason, this is one Chavez emphasizes is best used at its lowest setting to start. Then you can find what level and vibrational pattern works best for you. Newer models are programmable, so you can remember which setting you liked best. Others will respond to the amount of pressure you put on them, dialing up the intensity autonomously, so you don't have to push any buttons.

One to try: [LELO Smart Wand 2](#)

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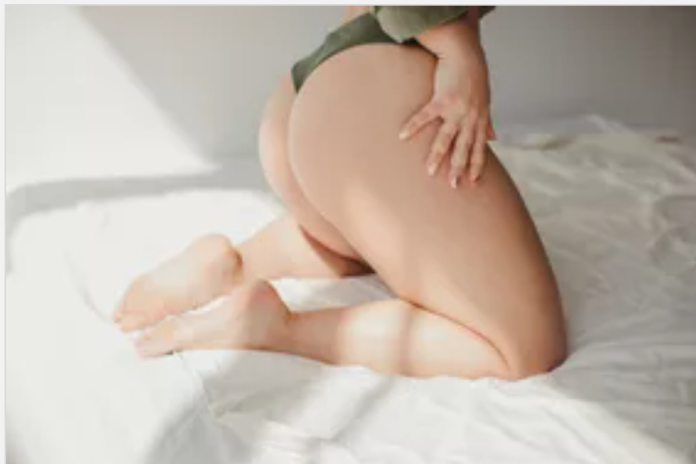
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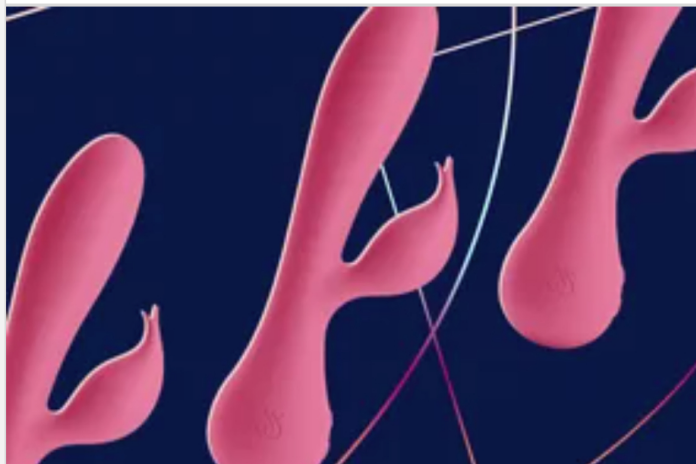
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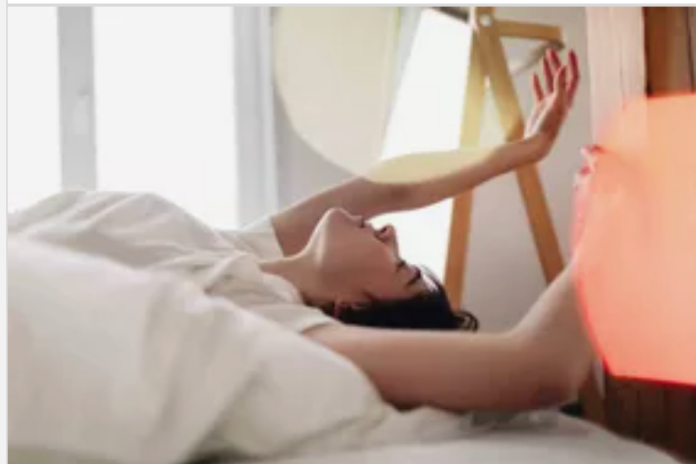
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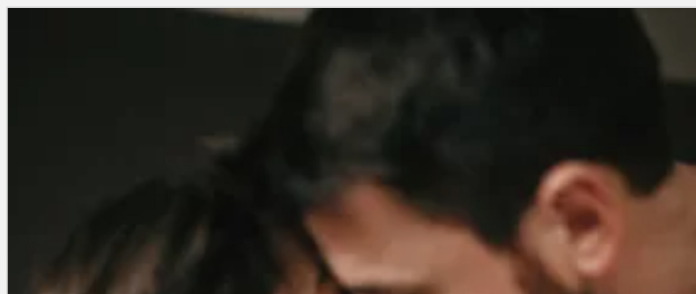
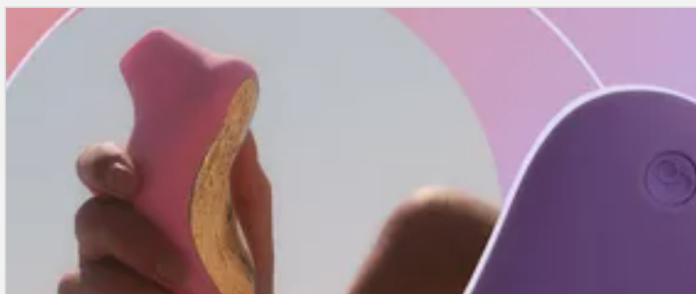
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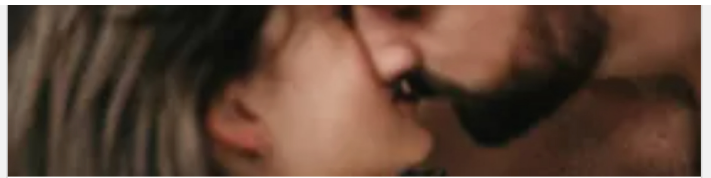




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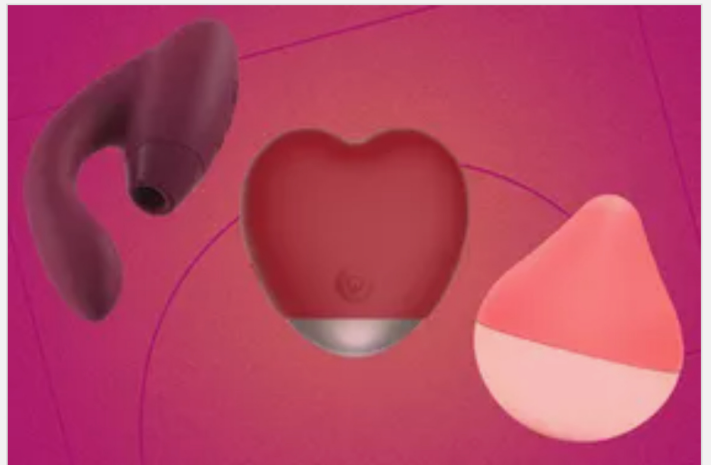
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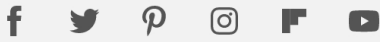
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