

# COSMOPOLITAN

## EXPERTS

### sex advice

from Amy Levine, Cosmo's Carnal Counselor

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## "What are some made-for-men sex toys?"

**Q** My guy wants to experiment with sex toys designed for men. Any suggestions?

**A** One of the better-known male sex toys is the penis ring, which is placed around the base of the shaft and constricts blood flow. The upshot: increased sensitivity and a firmer, longer-lasting erection -- and longer sack sessions. There are a few different "styles" of penis rings. One type is a strip made of soft material, like leather or nylon, that fastens closed. There are also continuous O-rings (no fastener), which can be made of a pliable material or metal. However, O-rings can be more difficult to remove and aren't recommended for beginners (you definitely want to stay away from the metal varieties). Another option is a multitasking version. This consists of a soft, rubbery ring (for him) with an attached bullet vibrator (for you).

A few words of caution: If you decide to use any type of penis ring, don't leave it on for more than 20 minutes at a time, and be sure to take it off right away if your guy's penis starts to feel cold, numb or uncomfortable.

Another for-him toy is a penis sleeve, which is a tube made of cyberskin or other soft material that slides over the shaft and supposedly mimics the feeling of your vagina or mouth (some have textured lining for extra stimulation). To use: Rub a little water-based lube on his shaft before inserting the sleeve, and glide it up and down manually. You'll send him through the roof if you flick your tongue over the tip of his penis in tandem with your hand moves.

Penis rings and sleeves (and other erotic accoutrements) can be purchased online or at your local sex shop. But just the fact that you and your man are willing to experiment and expand your repertoire to keep your lust life fired up pretty much ensures that you'll have a lot of frisky fun with or without toys.