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Art. nr. 130106



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What is an anal shower?

An anal douche, sometimes called an anal rinse or rectal rinse, is a device designed to clean the rectum with water. Its main purpose is to remove any fecal residue, which can make for a cleaner and more pleasant experience during anal sex or other forms of anal play.

Why use an anal shower?

Hygiene: The main reason why people choose an anal shower is hygiene. By flushing the rectum, you avoid potential discomfort or embarrassment during intimate moments.

Comfort: Knowing that you are clean can contribute to comfort and confidence during anal play, which can lead to a more relaxed and enjoyable experience.



Safety: A clean environment minimizes the risk of bacterial infections. Although the chances of infection in anal play are small, prevention is always better than cure.

How to use an anal douche?

1.Fill the shower: Use lukewarm water to fill the anal shower. Make sure the water is neither too hot nor too cold to avoid discomfort or injury.

2.Bring into position: Sit in a comfortable position, such as squatting or with one leg drawn up. Gently insert the tip of the anal douche into the rectum.

3.Push the water in: Gently squeeze the bulb or press the pump to let the water flow into the rectum.

4.Wait a moment: Hold the water for a few minutes and then go to the toilet to let it out.

5.Repeat if necessary: You can repeat this process until the rinsed out water is clear.

Important tips when using an anal douche

Never use oils, soap or other chemicals in your anal shower; this can irritate the inside of your rectum.

Don't overdo it. Rinsing too often can upset your intestinal flora.

Always clean the anal shower thoroughly after use to prevent bacterial build-up.

Conclusion

Whether you are new to the world of anal play or an experienced user, the benefits of proper anal cleansing are clear. An anal douche offers hygiene, comfort and peace of mind, allowing you to focus on enjoying the moment without worrying about unwanted surprises.

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