



How to use an anal plug.

- **Lubrication:**

Use a generous amount of ZENN water-based or silicone-based lubricant.. Apply lube to both the plug and the anal area to ease insertion.

- **Cleanliness:**

Clean the anal area thoroughly before play. Some prefer an enema for added confidence, but a shower is often sufficient. Clean the tail plug before and after use with mild soap and water or a toy cleaner.

- **Warm-Up:**

If you're new to anal play, start with smaller toys or fingers to relax the muscles before inserting the tail plug. Take your time to avoid discomfort.

- **Removal:**

Remove the plug slowly and gently, reapplying lube if needed. Never pull the tail forcefully, as this can cause discomfort or damage the toy.



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