

BEGINNERS GUIDE TO ELECTROSEX

OR

JOANNE'S GUIDE TO HAVING SEX WITH ELECTRONS

FOR BOTH PENIS & VAGINA OWNERS



Joanne | www.sexmachinereviews.co.uk | 2021

COPYRIGHT NOTICE

All images and text within this guide are ©Joanne's Reviews 2015-2020
You are free to distribute this document as long as it remains unchanged. All rights reserved. E & OE.

TABLE OF CONTENTS

Introduction	2
About The Author	3
Safety	4
What Is Safe Electricity Where E-stim Is Concerned?	5
Safety Rules.....	5
Body Safe Materials	7
Basic Electrical Theory.....	8
Common Terms.....	8
<i>Voltage</i>	8
<i>Current</i>	8
<i>Resistance</i>	8
<i>Insulator</i>	8
<i>Conductor</i>	9
Creating A Basic E-stim Circuit	9
Electrostimulation Or E-Stim	10
Control Boxes	10
Cable Connections.....	11
Electrode Types	12
<i>Monopole Electrodes</i>	12
<i>Bipolar Electrodes</i>	14
Electrode Position Guide	16
Vaginal/Labia Play.....	16
Anal Play.....	18
Penis Play.....	19
Nipple Play.....	21
E-stim Top Tips.....	21
Resources.....	22
E-Stim Equipment Manufacturers & Retailers	22
E-Stim Communities	22

INTRODUCTION

Welcome, to this, my first ever book, cue the drum roll and fanfare.

In it I intend to dispel some of the myths surrounding electrostimulation or e-stim for short. I hope to blow away the fog of confusion and misinformation that often surrounds this kinky way of getting off.

I also want to cover pertinent safety aspects that should be understood before embarking on an electrosex session.

Electrosex is a term that cover a wide range of activities, all of which involve electricity. So Violet Wand play, Electrostimulation (E-stim) and Electro-Torture all come under the umbrella term of Electrosex.

This book covers E-stim in depth, but I will also cover the two other aspects as well briefly to give you an idea of what they are and what equipment is needed.

So, I will be talking about:

- Safety
- Basic Electrical
- Creating an E-Stim Circuit
- Types of Control Boxes
- Types of Electrodes
- Electrode Positions
- Resources & Further Reading

Basically, this book has three main sections with some boring theory acting like two pieces of bread surrounding a tasty slice of e-stim information.

I hope to create a shockingly good sandwich for you to read, digest and enjoy.

My writing style is somewhat informal, and I hope entertaining too while still being educational.

You will ultimately be the judge of that, but I anticipate that you will enjoy the information I will be presenting here. It will help you enjoy this amazing way of kinking up your masturbation sessions.

I hope to settle your mind as to how safe this practice can be. Then I want to open it up to some amazing ways of getting off (you can thank me later).

Never lose track of the fact that this is a heck of a lot of fun.

There is something amazing about masturbating hands free to some deliciously good orgasms in a safe and enjoyable manner.

ABOUT THE AUTHOR

My name is Joanne, and I have been enjoying e-stim sessions for many years since being first introduced to it by a fantastic company (E-Stim Systems). They sent me one of their Intro 2 Electro kits to review and I have never looked back.

I am a sex toy reviewer, writer and educator, but I had never heard of e-stim. My first thought was what the heck is e-stim and electrosex?

I quickly educated myself while trying out the e-stim equipment that I had been sent.

I must admit to being pretty scared the first time I went to switch on the control box after wiring up my pussy with some self-adhesive electrodes.

That's completely understandable though and no doubt, if you are reading this you too are interested in trying it, but you may be nervous or just doing some research.

However, after experiencing my first hands-free orgasm during that initial e-stim session, I was hooked, and I have never looked back. Over the years, I have learnt so much about this fantastic way of getting off. I enjoy sharing my knowledge with others to help them get as much enjoyment out of e-stim as I do.

My website (<http://www.sexmachinereviews.co.uk/>) is a veritable treasure trove of reviews and information articles about e-stim and other adult sex toys and products. I somehow seem to attract more and more visitors and readers every day.

The busiest section of my site is most definitely the E-Stim Category¹ where I host all sorts of useful files and information together with guides.



Figure 2 - My Didi Monopole Electrode

I have recently brought out my own range of E-Stim Products² that I am proud of and the proceeds from the sale of these items keeps me in new electrodes which is fantastic.

I am a big believer in giving back to the community and that is one of the reasons why I sat down to write this guide which hopefully you will find useful.

So, put the kettle on and make yourself a brew, grab some biscuits too as some of this is heavy going but extremely useful to know. I will try to keep things simple and easy to understand though.

Get comfortable and let me tell you all about Electrosex.....



Figure 1 - Joanne, yes, it's a pretty good likeness.

¹ <https://www.sexmachinereviews.co.uk/estim-electrosex.html>

² <https://www.sexmachinereviews.co.uk/shop.html>

SAFETY

We are all taught at a very early age of the dangers of electricity and here I am condoning, nay, recommending its use as a masturbatory aid.

Yes, electricity is dangerous, but with the correct equipment and with safety paramount in your mind it can deliver mind-blowing orgasms, hands-free.

Now I bet that has now got you curious, so read on to learn of the ins and outs of this kinky sexual practice.



Electrical safety is something that we all need to understand. We are playing with electricity and of course that comes with a certain element of risk.

This section of the book is not meant to scare you, it is purely meant to inform you of those risks.

In this way you can make your own assessment as to how you can play safely, and yes, you can indeed play safely.

Electricity is dangerous!

Yes, it is you'll get no argument from me there. Except, I would re-phrase that as "**Electricity can be dangerous**", but so is driving a car.

Training, knowledge, and the right equipment can allow the risks to be minimized.

Now, while electricity can be dangerous, remember that our bodies also harness the power of electricity.

Our nervous system uses electrical impulses to allow us to experience our surroundings and experience pleasure. Without our nerves sending electrical signals to our brains we would not be able to enjoy sex or masturbation.

E-stim can be used to compliment the electrical signals that your nerves are sending to your brain.

In fact, we can stimulate the nerves directly using e-stim equipment to create unique and delightful sensations.

So, not all electricity is dangerous.

Now the good news is that electricity is entirely predictable and so it is easy to know how it will perform in a circuit but its effects on each person will be perceived slightly differently.

Differences in skin type and the proximity to nerve groups to our electrodes all affect how we perceive e-stim sensations.

We are all different and even how hydrated we are can affect how the sensations generated by e-stim equipment is felt.

So, while electricity can be dangerous, we will be using safe forms of it.

WHAT IS SAFE ELECTRICITY WHERE E-STIM IS CONCERNED?

By using made for play e-stim control boxes, ones that pass stringent safety standards we can ensure that our power supply is safe.

These control boxes act as our power source, and they control the electrical current that will be entering our body in order to stimulate us.

This is important as DIY devices can be dangerous as they have not passed any safety standards.

Battery powered control boxes are inherently safer than mains powered control boxes as the power of the control box is limited by its supply.



Double Insulated
Can be used without
an earth wire.

Mains power supplies if used should be double insulated.

Look on the information panel on the power supply for a double box icon (a box within a box).

In Europe look for control boxes and power supplies that carry the CE mark.

These have been rigorously tested to ensure their electrical safety, that said though, it is still possible to do silly things with safe equipment.

So, we need some basic rules to keep us from doing anything silly.

The electrical current provided by our control boxes is an alternating current (AC) and not a direct current (DC). This means that you can ignore wire colours as there is no positive and negative output.

Each plug flicks from positive to negative multiple times each second.



Figure 3 - Always use safe equipment when you play

SAFETY RULES

We have some very basic rules that we adhere to when enjoying an e-stim session. Some of these rules may seem obvious, but they do need stating.

When we stim, we want to be as safe as possible and that means avoiding any problem areas or activities.



Where the electrodes are placed on our body can have a huge effect on safety. As a general rule, **keep electrodes below the waist**. Let's face it, our genitals are where we want to concentrate our efforts anyway.

So, the basic safety rules are:

➤ Only play below the waist.

We don't want to pass an electrical current through the chest cavity as that could disrupt the hearts normal operation.

Oh, and passing current from arm to arm counts as across the chest as the current will go up one arm, through the chest before going down the other arm.

It is possible to do nipple play safely, but that requires special care and equipment that I will cover later in this guide.

- **Never use electrosex equipment if you have a heart condition or a pacemaker.**

It is not worth the risk of causing complications if you have a heart condition unless of course you clear it with your doctor.

- **Never use electrosex equipment if you are pregnant or are trying to get pregnant.**

As a general rule, don't use e-stim equipment if you are pregnant or trying to get pregnant.

Because the effects of e-stim on a developing fetus are largely unknown, it isn't worth risking your baby's health.

- **Only use made for play boxes or if making a DIY control box only use safe designs.**

Safe equipment is a must!

If you plan on going down the DIY route, then safe plans are available on SmartStim³ an online forum that focuses on safe e-stim play.

Don't just plug your junk into a mains wall electrical socket or a stereo system.

- **Never place electrodes over broken or irritated skin.**

Placing an electrode over broken, irritated, or inflamed skin can result in painful sensations if an electrical current is passed through it so let your skin rest and heal.

- **Never allow electrode cables to short out**

It is important that when wiring yourself up you allow adequate room between each of the electrodes and never allow the plugs from the same cable to touch each other when the control box is switched on. Doing so will cause a short circuit.

The resulting electrical short can damage your expensive e-stim equipment.

- **Always switch off your power supply or control box before fitting or removing electrodes**

This is important as you will get an unpleasant shock to your genitals if you try to do so with the power on. I am speaking from firsthand experience here so trust me on this one – ouch!

That's pretty much it on the safety rule side of things, and nothing there should be a surprise to you.

The other thing you need to consider is the material that your electrodes are made from. They need to be body safe.

³ <http://smartstim.com>

BODY SAFE MATERIALS

Some quick information about electrode materials. We need to place conductive materials against our skin to act as electrodes.

These electrodes transfer the electrical current into our body so that it can travel through our nerves and tissue and then back out of our body again.

These materials need to be body-safe for e-stim play.

Commercially available electrodes can be considered safe, but check that they are made from Aluminium, Stainless Steel or Conductive Rubber.

But if you decide to make your own then please heed the following advice. Alloys of metals (except for Stainless Steel) shouldn't be used for stimulating; these are the best options for base metals available:

- Aluminium
- Stainless Steel
- Gold
- Silver
- Copper
- Tin



Figure 4 - A commercially available electrode from the Black Collection made from aluminium by E-Stim Systems



Avoid combinations of these metals such as Bronze or Brass as there is a real risk of metals being transferred into your body through the electrolysis action causing molecular migration.

Galvanized steel and other metals should also not be considered safe for stimulating.



Figure 5 - Conductive rubber on one of my home made insertable electrodes

Graphite is used in conductive rubber, and it is an excellent non-metallic conductor. Conductive rubber is incredibly versatile and is most commonly used in conductive cock rings although it has numerous other uses.

It is one of my favourite electrode types as its flexibility allows me to get creative in some of my electrodes.

The electrode shown on the left is my DIY Curly Wurly⁴ bi-polar electrode. It was 3D printed and then conductive rubber was used for the two electrode surfaces.

⁴ [Curly Wurly Build Diary](#)

BASIC ELECTRICAL THEORY

In this section I am going to talk about the basics of creating an electrical circuit and the terms used when talking about one.

It will be easy reading, honest.

COMMON TERMS

Firstly, let me introduce you to some of the common terms you will hear when looking at e-stim equipment.

VOLTAGE

Voltage is a unit of measurement used to describe the amount of pressure pushing electrons through a conductive material such as a wire.

It is much easier to envisage it as pressure in a hose pipe. The higher the Voltage or pressure the further the water squirts from the end of a hosepipe or the more force it has as it exits. Voltage is expressed as “Volts”.

CURRENT

Current is the amount of energy flowing through a circuit. Picture it as flow in a hosepipe, the more flow you have the more you can do with the water.

Wire diameter affects current, with larger wires being able to carry more current. Try to put a large current through a smaller wire and it will heat up quickly (that is how a light bulb works).

So, for the same Voltage larger wires allow more current to flow while smaller diameter wires allow smaller currents to flow. Current is expressed as “Amps”, e-stim equipment delivers tiny currents. Current is the amount of electrons moving through a circuit.

ENERGY

The product of the amount of electrons and the pressure difference which moves them is the energy provided to the circuit.

RESISTANCE

Resistance as the name suggest is the property of a material to resist the flow of current.

The higher the resistance value the less current will flow.

Taking the hosepipe analogy again, a larger bore will allow more water to flow through it so we can say it has less resistance than a tiny pipe that will restrict current flow. Resistance is measured in “Ohms”.

INSULATOR

An insulator is a material with an extremely high resistance rating, so it prevents electrons from moving through it.

Good examples of insulators are glass, ceramics, rubber, and plastics.

CONDUCTOR

A conductor is a material with low resistance, and it allows electrons to flow easily. Good conductors are metals like copper, nickel, gold, silver and aluminium.

Therefore, electrodes and wires are often made from these materials.

CREATING A BASIC E-STIM CIRCUIT

When we masturbate using e-stim equipment, we need to create a circuit. A simple e-stim circuit requires four things:

1. A power source (our e-stim control box).
2. A cable with two plugs to connect to our electrodes.
3. Two electrodes, one to allow the current into your body and one to let it flow out again.
4. Your body to complete the circuit.

This image shows a straightforward e-stim circuit. In it, once the control box is switched on the current will flow from the control box down the wire to the first electrode.

It will then pass into your body through the first electrode attached to the wire.

The current then passes through your body to the second electrode.

On its way, it stimulates nerves and muscles.

It then exits your body through the second electrode passing back to the control box down the connecting wire.

This setup forms a complete loop for the electricity to flow through.

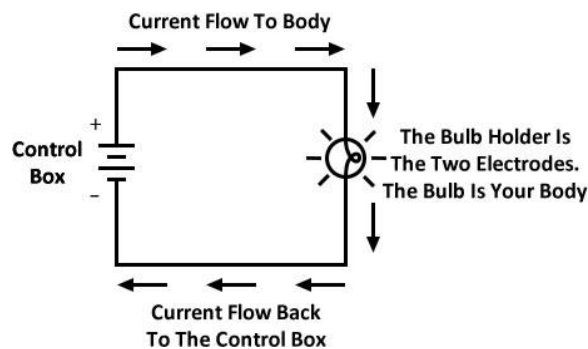


Figure 7 - A visual depiction of a basic circuit



Figure 6 - A basic e-stim circuit

You can imagine it as a battery, two wires, a bulb holder, and a bulb.

The battery is the control box and the two wires go to the bulb holder (the two electrodes).

We are the bulb plugged into the electrodes to complete the circuit.

Current flows around the circuit and through our body.

ELECTROSTIMULATION OR E-STIM

In a nutshell, E-Stim or electrostimulation, (also known as 'estim', 'electroplay' or 'electrosex'), is the use of electricity to provide extremely pleasurable sensations in your body.

You control the strength and feeling of these sensations to produce unique stimulation. E-stim can even cause muscle contractions, and this can be incredibly arousing in your genitals. It can also be used just to tease your nerves allowing long periods of edging before you take yourself over the edge into a hands-free e-stim orgasm.

E-stim is gender neutral and everyone can enjoy it subject to the safety rules I stated earlier. You can get electrodes designed for penis, vaginal, nipple, skin or anal play.

Imagine the feeling of tiny butterflies caressing your insides or the tingling of pins and needles around your clitoris or penis. You can even enjoy being penetrated with the impression that you are being fucked hard by using an insertable electrode for a true hands-free orgasm.

E-stim is an incredibly versatile way to masturbate but it takes time to get the best out of it. We are all different and so you will have to work out what works best for you over time.

CONTROL BOXES

The most essential piece of e-stim equipment is the control box. It is the power source that provides the electrical impulses that are so enjoyable.

A lot of people discover e-stim after using a medical TENS (Transcutaneous electrical nerve stimulation) machine. These cheap low power units are often prescribed for pain relief.

They use self-adhesive electrodes and use waveforms to stimulate nerves providing pain relief. They can be used for e-stim, but the waveforms that they generate are designed to deaden nerves and not to stimulate them, so the results are not as good as made for play e-stim control boxes.

One cheap TENS unit that gets a lot of good feedback is the TENS3000 if you are on a budget or the LGMedSupply LG-7500.

However, it is better to save your money and invest in a made for play units like the ElectroHelix or the EM-60.

Control boxes are available for all budgets with the more expensive ones having some fantastic features such as upgradeability and being able to be controlled from afar over the internet.



Figure 8 - The EM60 Flick entry level control box from Electrastim

If you can get a machine with two channels as this increases your play options. Each channel will connect to two electrodes, so with these boxes, you can have four electrodes. Each pair can be doing different things and on different power settings.

Often made for play boxes will have multiple routines in them that provide vastly different feelings, and it is fun to experiment with them.



Figure 9 - An advanced e-stim control box, the 2B from E-Stim Systems

expensive piece of e-stim equipment, so look after it. Most run from batteries, and these can be rechargeable for the standard type you can swap out when they run flat.

Mains powered e-stim control boxes provide the most output power, but care must be taken to ensure the power supply is double insulated.

CABLE CONNECTIONS

I must make a quick comment on e-stim cables. You see, there is no standardisation with cable connectors across all the equipment manufacturers.

Companies like E-Stim Systems use 3.5mm sockets on their control boxes whereas TENS machines and Electrastim use TENS style sockets on theirs, so you need the right cable to attach to your box. My preference in the 3.5mm sockets as to me they feel more robust.

Luckily when you buy a control box, it tends to come with the correct cable but to make it even more complicated some manufacturers use 2.5mm sockets and plugs.

So, we have three different connectors for the cables going into our control boxes.

Next, the electrodes can take either 2mm plugs or 4mm plugs with different manufacturers favouring each size.

So, if you buy different electrodes from different companies, then you may need to invest in a separate cable too. Adaptors are available though but keep a close eye on product specifications to make sure you have the right cable.

Some have microphones so you can use sound to generate electrical impulses and this can be fun with spankings.

Others can convert sound or music files into electrical waveforms, this is called stereostim, and it can be one of the most enjoyable aspects of e-stim.

There are several safe plans available online if you want to make a dedicated stereostim e-stim control box from places like Smartstim.

Your control box is likely to be your most

If you stick to one manufacturer, then the problem with cables is minimised, but with pad style electrodes taking 2mm plugs with larger electrodes often taking 4mm plugs it means it is something that will keep you on your toes.

ELECTRODE TYPES

You will often come across descriptions of electrodes stating that they are monopole or bipolar.

The difference between them is simply the number of contact surfaces on the product.

Monopole electrodes have only one contact surface, and so you will need two to form a circuit.

Bipolar electrodes have two contact surfaces, and you plug the two ends of your cable into two sockets on them. These are often insertable electrodes, and they are a lot of fun.

You only need one of these electrodes per channel as it has the two electrodes built into it.

You can also get Tripolar electrodes, and even Quadpolar electrodes and these have three and four contact surfaces respectively.

MONOPOLE ELECTRODES

Monopole electrodes are the most versatile type of electrodes, but you will need two per channel to create a circuit.

One of the most popular forms of monopole electrodes is the humble self-adhesive monopole pad style electrode. These are like the ones a doctor would use when checking out your hearts function with an Electrocardiogram.

These can have several different styles of connectors, but the most common is a socket for a 2mm plug.

Self-adhesive pad electrodes have a very sticky surface that is conductive, and it holds itself in place once pressed onto your skin.

Tape, bands or even bandages can be used to help them stay in place, especially in areas that can change dimensions (you know what I mean guys).

Generally, electrodes need conductive gel to allow them to get a good electrical contact with the skin to avoid hotspots. However, self-adhesive electrodes do not require any electrogel to help with the connection as the adhesive performs this function well.

If you are careful, they can be re-used several times, and if they lose their stickiness, they can be held in place with tape.

You can also gently wash the sticky face to get rid of dead skin cells, allowing it to dry before placing it back on its plastic backing. This can be done several times to extend their life.



Figure 10 - Self-adhesive monopole electrodes are incredibly versatile

They are the cheapest form of electrode and can be used anywhere and on any gender.

I suggest shaving the area where they are going to be used to help get a good electrical contact and as it helps when you peel it off after your e-stim session.



Figure 11 - Two conductive rubber cock loops around a penis

Another popular form of monopole electrode is the conductive rubber cock loop.

These are placed around the penis or penis and testicles; you need two or one and a pad electrode to form a circuit.

The cable is plugged into each cock loop, and the current passes through the penis stimulating the Dorsal nerves.

Conductive rubber is also incredibly versatile and as well as being the ideal material for cock loops it can be used in other electrode styles as well.

The image on the right shows a monopole electrode that I designed and make called a Didi Electrode⁵.

It is insertable either vaginally or anally and is used with a pad electrode or another Didi Electrode to form a circuit.

It is generally used as a monopole electrode, but you can connect two plugs (not from the same channel) to it when enjoying Tri-phase play.

Your imagination is the only limit to how you use conductive rubber, and I have had a lot of fun using it in my DIY electrodes. Conductive Rubber does break down over time, eventually needing to be replaced, unlike metal electrodes.



Figure 12 - My DIY Didi monopole electrode that I make and sell

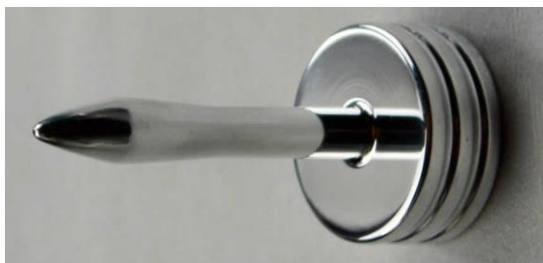


Figure 13 - Possibly a source of nightmares for some, this is a Penis Plug

You can even get urethral sounds (penis plugs) that can be inserted into the urethra (pee hole) for internal stimulation and sounding fun. Care must be taken with cleaning and only use sterile electrogel with urethral electrodes.

Skin play can be enjoyable with an electro pinwheel giving you the fun of a Wartenberg pinwheel coupled with delightful sensations as each pin comes into contact with the skin.

The list goes on and on, but I am sure that you get the message, monopole means one pole on each electrode and so two are required to create a circuit.

⁵ <https://www.sexmachinereviews.co.uk/shop.html>

BIPOLAR ELECTRODES

As their name suggests, Bipolar electrodes have two poles or contact surfaces. They can be made from metal, metal and plastic or conductive rubber.

These contact faces are electrically isolated from each other, which means that both plugs from one cable can be attached to one. This makes them a quick and simple electrode system to use.

They are, plug and play items.

Bipolar electrodes are often insertable and used in the vagina or anus. They feel incredible and combine the feeling of being stretched and filled with e-stim sensations.

No matter how wet you think you get, you should always use electrogel with insertable electrodes to aid in the contact between the electrode and your body.

Bipolar electrodes can be combined with other electrodes by just using one of the sockets in them to target specific internal areas such as the g-spot or prostate.



Figure 14 - Two plugs from the same cable/channel plugged into a bipolar electrode



Figure 15 - The Python Compression System Bipolar Electrode

Bipolar electrodes are not just for internal stimulation though, there are a wealth of different designs available to try.

One example is the Python Testicle Compression System from E-Stim Systems⁶.

This is a bipolar clamp that is used to compress the scrotum and testicles while passing e-stim current through both.

While this sounds excruciating it can be very enjoyable but that all depends on how you like to play, I guess.

If you wanted to turn this into a bit of a torture session, then the Python would allow you to easily torment the wearer by simply tightening up the screws or upping the current flow.

One thing to watch for though with any sort of compression sex toy is blood circulation, take care not to restrict it or wear the compression item for too long. Release it to let the blood flow before doing it again if you want to continue.

⁶ [Python Review](#)

Another example is the Jack Socket⁷ from Electrastim which is a bipolar male masturbation sleeve that acts sort of like an electrified Fleshlight.

Current is passed through the penis as you stroke with it and the sensations vary depending on how much of the penis is inside.

When it comes to DIY bipolar electrodes you can really have lots of fun and your imagination is your only limitation.

I love designing my own electrodes as I have already mentioned.

I enjoy using bipolar electrodes so much due to their simplicity and the way I can quickly wire myself up for some fun. I love coming up with new idea for them.



Figure 16 - The Jack Socket is a very popular e-stim male masturbation sleeve



Figure 17 - My DIY Clitrode was a lot of fun to make but using it is much more enjoyable

My first DIY bipolar electrode was my humble Clitrode⁸. As its name suggests was built for me to experiment with passing e-stim current directly through the visible portion of my clitoris.

It blew me away the first time I used it. I came very quickly.

It's made from copper wire, heat shrink tubing and some conductive rubber.

It really does its job well and is easy to slip over my clitoris and use.

are very easy to use and are a great way to enjoy internal stimulation.

The bipolar electrode on the right is a favourite of mine. It's called the Flange⁹ and it is from E-Stim Systems, it's the perfect first-time bipolar electrode.

Its size and shape make it great for vaginal or anal use where it can be used to tease the G-spot or P-spot

There are a huge number of different ones available and I have only just barely touched on the different designs. Have fun with them and if you want to make your own then that can be very rewarding.



Figure 18 - The Flange bipolar electrode

⁷ [Jack Socket Review](#)

⁸ [My Clitrode Build Instructions](#)

⁹ [Flange Electrode Review](#)

ELECTRODE POSITION GUIDE

This section of the guide shows a couple of examples of good electrode positions. My site features an extended [Electrode Position Guide](#)¹⁰ that shows you many more ways of getting off.

These positions show a mixture of monopole and bipolar electrodes and ways of wiring up different genitals for some intense stimulation. The images were created by me to show the rough position of the electrodes, but you will have to experiment to find the right positions for you, these however, are a great place to start.

VAGINAL/LABIA PLAY



Figure 17 - Two Electrodes either side of the clitoris

POSITION 1 TWO MONOPOLE ADHESIVE PAD ELECTRODES - VULVA

This is a great starter position and one that I still enjoy to this day. Most e-stim kits contain adhesive pad electrodes, or you can buy them very cheaply from a good chemist (ask for TENS machine pad electrodes).

Place one either side of your vulva about in line with your clitoris for the best sensations. This setup requires a single channel, so it is again good for entry level kits with only one output channel.

The current flows from one pad to the other through your clitoris and the surrounding tissue and this can feel incredible on low power settings and at higher settings.

It has the benefit of leaving good access to your clitoris and vagina so that you free to use a finger, a dildo, or a vibrator for added stimulation. Experiment with the positions of the pads to see what works best for you. You can even move them further apart and place them on the inside of your thighs for different sensations.

POSITION 2 - TWO MONOPOLE ADHESIVE PAD ELECTRODES - VULVA TO BUTTOCKS

Another good starter position. Most e-stim kits contain adhesive pad electrodes, or you can buy them very cheaply from a good chemist (ask for TENS machine pad electrodes).

Place one adhesive pad electrode above your clitoris on your vulva and the second one between your butt cheeks close to your anus. This setup requires a single channel, so it is again good for entry level kits with only one output channel.

The current flows from one pad to the other through your vulva and clitoris as well as your anus causing your muscles to tighten in time with the current pulses. Again, this one can be a lot of fun



Figure 18 - Two electrodes above and below the clitoris

¹⁰ [Joanne's Electrode Position Guide](#)

when having sex as it tightens everything up and your partner will appreciate the added sensations. This position also leaves you with good access so that you can play with yourself with your fingers or a toy whilst enjoying the pulses.



Figure 19 - A bipolar insertable electrode inserted into the vagina

POSITION 3 - ONE BIPOLAR ELECTRODE - INSERTED INTO THE VAGINA

This is probably the first way that you will enjoy a Bipolar electrode when you get one. Inserted into the vagina the current flows from one electrode to the other causing your Kegel muscles to get a workout.

This setup still only uses one channel so it's good for any control box. It feels incredible and can also be used for Kegel muscle training which can aid in bladder control and sexual performance.

Depending on the design of the electrode the current will either flow from side to side or up and down the vaginal tract producing some incredible sensations I like to term the phrase "ghost fucking" when I do this as it does feel like you are getting a good seeing to on higher power levels.

This position means that you can't insert anything else vaginally but there is always your anus if you are feeling adventurous and of course your fingers or a vibrator can also be used on your clitoris for added stimulation.

POSITION 4 - ONE BIPOLAR ELECTRODE & TWO ADHESIVE PADS - INSERTED INTO THE VAGINA & PADS ON VULVA

Now we are getting our kink on, for this you will need a bipolar insertable electrode, two adhesive pad electrodes and a dual channel control box such as the [2B¹¹](#). The bipolar electrode is inserted into the vagina and the pads are stuck either side of the clitoris and each is on a separate channel.

A dual channel control box really ups the game and they can produce amazing sensations in different parts of your body at the same time.

Depending on the design of the electrode the current will either flow from side to side or up and down the vaginal canal producing some incredible sensations whilst the current from the pads pass through and around the clitoris.



Figure 20 - A bipolar electrode inserted vaginally and two pad electrodes

¹¹ [Check out my review of the 2B Control Box](#)

This position will have you shuddering and really enjoying yourself, you could of course take the bipolar electrode anally instead of vaginally.

This sort of electrode configuration is very intense and ideal for any BDSM scene or simply when pleasuring yourself.

FOR MORE INSPIRATION FOR PUSSY PLAY, CHECK OUT MY [ELECTRODE POSITION GUIDE](#)¹² THAT SHOWS YOU EVEN MORE IDEAS.

ANAL PLAY



Figure 21 - Anal bipolar insertable electrode

This position means that you can't insert anything else anally, but you can of course use your fingers a dildo or a vibrator on your pussy for added stimulation. An anal electrode is often associated with BDSM play and indeed electrosex can make for an amazing scene for those who practice that sort of play.

POSITION 2 - ONE BIPOLAR ELECTRODE & ONE COCK LOOP - INSERTED ANALLY WITH A COCK LOOP AROUND THE TESTICLES

This nice little set up was suggested by Mick at E-Stim Systems (Thank you Mick).

His recommendation for the insert is the [Flange Bipolar Electrode](#).¹³

¹² [Joanne's Electrode Position Guide](#)

¹³ [Read My Review Of The Flange Bipolar Electrode](#)

POSITION 1 - ONE BIPOLAR ELECTRODE - INSERTED INTO THE RECTUM

This is a very kinky way to enjoy a bipolar electrode and it feels great. Anal play is gender neutral.

This setup still only uses one channel so it's good for any control box.

It feels very nice, and the current flow will cause your muscles to tighten and this can be incredible if you are riding your partner as they will benefit from it as well.

Depending on the design of the electrode the current will either flow from side to side or up and down the rectum producing some incredible sensation.

This position



Figure 22 - A bit of imagination allows you to use other things with an anal electrode

This setup still only uses one channel so it's good for any control box.

You insert a bipolar electrode anally and attach one cable to the center socket (for the head of the electrode) and then place a cock loop around the testicles tightly.

The current will flow from the head of the bipolar electrode through your prostate and on to your testicles and this can be a very intense feeling.

This position means that you are free to masturbate as usual whilst enjoying the pulses and you also get the added pleasure of having your testicles bound.

Try using a wand style vibrator on your frenulum (banjo string) to really kick things into high gear.

FOR MORE INSPIRATION FOR ANAL PLAY, CHECK OUT MY [ELECTRODE POSITION GUIDE](#)¹⁴ THAT SHOWS YOU EVEN MORE IDEAS.

PENIS PLAY

There are many more penis owners enjoying e-stim than vagina owners.

It always amazes me how imaginative they can be with ways of attaching electrodes to their penis, testicles or other areas of their body.

There are so many ways that you can enjoy e-stim as a cock owner and here are some of the basic ones.



Figure 23 - Two monopole cock loops

POSITION 1 - TWO MONOPOLE COCK LOOPS - COCK AND/OR BALLS

This is a very common electrode set and placement for guys.

A set of cock loops or bands is placed around the cock with one just under the head and one next to your body or around the testicles.

Great sensations can be had, if using cock loops make sure that you use plenty of electrolube.

This will make sure that you don't get hot spots and you can a good electrical connection.

You should experiment with the position of the loops in order to find what works best for you.

This set up also forms the basis of several very interesting electrode combinations such as using a cock loop and an anal electrode to send the current deep inside yourself through your prostate.

This set up only requires one channel and so it can be enjoyed with any e-stim control box.

¹⁴ [Joanne's Electrode Position Guide](#)

POSITION 2 - ONE BIPOLAR ELECTRODE & TWO COCK LOOPS

This is another excellent way to enjoy a bipolar electrode but this time with a pair of cock loops as well.

This setup uses two channels so it will only work with a control box that has dual channels. You get to enjoy the best of the two most common male masturbation configurations together for some amazing sensations.

Depending on the design of the bipolar electrode the current will either flow from side to side or up and down the rectum producing some incredible sensations whilst the current on the second channel will pass from one cock loop through your penis to the other.

This position means that you can't insert anything else anally, but you can of course still masturbate as usual if you are careful not to dislodge the loops, throw in a vibrator for an incredible combination.

This set up is very good for hands free orgasms and is often used by professional Dominatrix's on their submissive for pain or pleasure.



Figure 24 - Two cock loops and an insertable bipolar electrode



Figure 25 - One cock loop and one monopole pad electrode

POSITION 3 - ONE PAD ELECTRODE ON LOWER BACK & ONE COCK LOOP

This is an interesting set up for a single channel control box.

This setup uses one channel so it will work with any e-stim control box.

Simply attach an adhesive pad electrode to the small of the back and then fit a cock loop just under the head of the penis.

One end of the cable from your control box goes to each.

This will cause the current to travel much further than normal so you may need a higher setting than you are used to.

This position means that you are still able to enjoy anal penetration or plugs. This set up was suggested to me through e-mail by Quido. Thank you for sharing this set up with us all.

FOR MORE INSPIRATION FOR PENIS PLAY, CHECK OUT MY [ELECTRODE POSITION GUIDE](#)¹⁵ THAT SHOWS YOU EVEN MORE IDEAS.

¹⁵ [Joanne's Electrode Position Guide](#)

NIPPLE PLAY



Figure 26 - Nipple play depicted using two monopole self-adhesive electrodes

Generally, I never recommend nipple play as it breaks the "never play above the waistline" rule.

However, if you are intent on exploring nipple play, it is imperative that you wire each nipple up using bipolar electrodes.

So, for stimulating two nipples, you will need a two-channel e-stim control box.

Use bipolar nipple clamp electrodes on each nipple or if using self-adhesive monopole pads place them as close to the nipples as you can to either side of the nipple.

By wiring up each nipple to a cable, we can pass an electrical current through just the nipple and not across the chest.

This activity does carry more risk, so play only if you understand the risks and the need to isolate each nipple.

If wiring up both nipples using a two-channel e-stim control box ensure that it has isolated channels; otherwise, you can still put a current across the chest.

E-STIM TOP TIPS

Here are some quick e-stim top tips:

1. **ALWAYS ensure the control box is switched off before connecting or removing electrodes** from your body. If you don't then you will get a nasty zap when you remove the electrodes.
2. **ALWAYS use a good quality electrolube** with all electrodes except self-adhesive monopole pads. This will ensure a good electrical contact with your skin.
3. **If you want more stimulation from a self-adhesive monopole pads style electrode you can trim them** but make sure you don't go smaller than about $\frac{3}{4}$ " or 19mm and put a radius on the corners to prevent hot spots.
4. **Cut off and save the connecting leads from self-adhesive monopole electrodes** before throwing them in the bin as these cables and sockets are ideal for use on DIY electrode projects.
5. Remember that **bipolar electrodes can be used as monopole electrodes** if you just attach one plug to them. Use one with a self-adhesive pad or cock loop to target the prostate gland.
6. **Keep an E-Stim Diary when experimenting to record settings and electrode positions**, keeping one will help you home in on those hands-free orgasms. I have a free [E-Stim Diary](#)¹⁶ that you can download.

¹⁶ [Download My Free E-Stim Diary](#)

RESOURCES

Here are some links to manufacturers and resources that I find useful.

Disclaimer, some of these links are affiliate links

I am an affiliate of a few manufacturers and sex toy retailers. This means that some of the links below may contain affiliate codes. If you visit them and make a purchase, then I may get a small commission on the sale at no extra cost to you.

These funds help to offset the costs of running my site and my cravings for bigger, better, and faster toys. It's a legal requirement for me to tell you this, but it's also the right thing to do so that you can decide if you want to follow an affiliate link or not.

Firstly, if you want to find out more about the wonderful world of E-stim and Electrosex then check out my site for a wealth of information, advice and product reviews:

Joanne's Sex Machine Reviews – <https://www.sexmachinereviews.co.uk>

If you found this guide helpful then you could always [BUY ME A COFFEE](#)

E-STIM EQUIPMENT MANUFACTURERS & RETAILERS

E-Stim Systems – <https://www.e-stim.co.uk/>

Affiliate Link (*Please use this link to help support my work – thank you*) - <http://tiny.cc/E-StimSystems>

Electrastim – <https://www.electrastim.com>

Affiliate Link (*Please help support my work – thank you*) - <https://tinyurl.com/Electrastimaff>

MyStim – <https://www.mystim.com/en>

ProStim - <https://prostim.de/?lang=en>

Little Old Me (Joanne) – <https://www.sexmachinereviews.co.uk/shop.html>

E-STIM COMMUNITIES

Smartstim – <http://smartstim.com>

Socialstim – <https://socialstim.org>

Reddit e-stim - <https://www.reddit.com/r/estim/>

Joanne's E-Stim Community - <https://discord.gg/U59s5aMESQ>