

## **CUNT PLAY – FEMALE GENITORTURE**

By Olga

[Olga819@hotmail.com](mailto:Olga819@hotmail.com)

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The term genitorture refers to play that inflicts pain to genitals. I personally define genitorture more broadly - “Genitorture is focused play on genital area that can range from sexy, sensuous sensations to intense pain”. Genitorture, like all aspects of SM means different things to different people and it’s important that you and your partner discuss your wishes and limits. Cunt play does not need to be about pain. Everyone can enjoy cunt play/genitorture whether you are a sensualist, sexual slut, sadist, or masochist.

There are ways of playing with “torture” and the experience of being tortured without inflicting pain. For some women feeling/being exposed in public and humiliation are forms of torture. Torture can also be experienced through erotic teasing without orgasms, being made to wait for orgasms, or being made to come over and over again. Feeling out of control and powerless, being restrained, and surrendering to the unknown can also be a form of torture. Psychological control and “mindfucking” can be used in many ways to create fear and terror without actual pain. It’s so much fun!

Genitorture can involve role play – medical, captivity, interrogation, training, punishment, etc.

Genitorture is a wonderful arena for sadists and masochists. Intense pain can be caused without much effort on the top’s part. The genital area is very sensitive. If you don’t want to inflict intense pain, tone it down! Things that might be experienced as mild sensations elsewhere in the body can be very intense in the genital area. There are endless ways of easily inflicting pain in a variety of ways. Bottoms never know what’s coming next. Pain should always be on the outside of the body, not inside.

Genitorture primarily focuses on female genitalia: mons pubis, labia, clitoris, vagina, urethra, and anus. I also include the thighs, abdomen and buttocks when doing genitorture. Genitorture can be part of any scene and can be combined with other types of play.

## SAFETY

Safety issues always need to be considered in all that we do. Some types of genitorture require little training or experience. Other types of play have higher risks and players should learn safety factors from educational programs, experienced players and other resources. We never want to cause harm or transmit infections. The skin is a natural barrier. Keep in mind that sensitivity and tolerance to intense sensations may be influenced by monthly hormones and other factors like mood, energy level, or state of arousal. Do clearly negotiate options and make sure bottom has a safe word.

### Additional Safety Guidelines:

- use gloves and lube
- use clean toys, instruments, and hands
- toys, instruments, and fingers used for penetration should be smooth with no sharp edges
- don't put anything into the vagina that has been in the anus
- vaginal, anal, and urethral penetration should not hurt
- don't insert glass objects into vagina or anus (except solid glass toys made for sexual stimulation)
- use caution with sensory products like Ben Gay, Tiger Balm inside the body. It does not wash off
- know basic first aid
- remember that pain should be on the outside not inside of body

### PSYCHOLOGICAL SAFETY:

Pain, terror, and /or certain activities or body positions can trigger strong negative reactions when least expected. Many women have experienced abuse, assault and/or painful medical procedures. Do negotiate "safe words" before you begin play. If you're ever in doubt as to the emotional well-being of your bottom during play, ASK! Good aftercare is essential after intense scenes.

## TECHNIQUES AND EQUIPMENT:

There are lots of things you can use to stimulate/torture your partner. Look around your house, hardware store, drug store, etc. When bottoms are blindfolded, it's easy to torture them with items that normally would not seem intimidating. It's fun to add toys and implements to your collection! In general, I like to use smaller items because it's a small space and it's easier to control the action. You don't really need to buy any equipment to create frightening scenes - there is a lot we can do with our mind, the senses, and our hands and mouth.

### Types of Play and Equipment:

- ~ hands: pull, tug, pinch, slap, flick, nails, tickle, penetrate
- ~ mouths: lick, suck, blow, bite, nibble
- ~ soft sensations: feathers, soft brushes, leather, silk, cotton, dusters, fur
- ~ sharp sensations: toothpicks, skewers, forks, letter openers, knives, needles, Wartenberg wheel
- ~ abrasion: nails, emory boards, harder brushes, scouring pads, sandpaper, nail sander, electric/battery toothbrushes and flossers, vampire gloves
- ~ hot temperature play: candle/parafin wax, warmed metals, heat pads, warm liquids, soy candles
- ~ cold temperature play: ice, cooled metals, cold liquids, frozen popsicles
- ~ percussion: rulers, tongue depressors, wood spoons, kitchen utensils, hairbrushes, fly swatters, chop sticks, paddles, riding crops, floggers, canes, single tails
- ~ magnets and weights (for sensation, pinching, powerlessness)
- ~ penetration: probing instruments, speculum, dildoes, butt plugs, ben wa balls, weighted eggs, kegelcisor

- ~ vibration: different sensations and intensities – inside and outside, remote control
- ~ suction and vacuuming: vacuum pumps, nipple suction, cupping sets, suction cups, snake bite kit, Rimba and other nipple toys, Panasonic pore cleanser
- ~ electricity: tens unit, Folsom attachments, violet wand, stun guns, relaxacizors
- ~ compression: clamps, clothespins (different sizes and intensity), nipple clamps, zippers,
- ~ urethral play: sounds, catheters
- ~ sensory products: Ben Gay, toothpaste, menthol, erotic response creams, numbing creams, jalapenos, Tiger Balm, listermint strips
- ~ hair removal: shaving, waxing, tweezers, epilady, satinelle
- ~ fire play: alcohol, flash cotton/paper/string
- ~ needle play: play piercing, acupuncture needles, spinal tap needles, needle zippers, needle suturing, blowguns, 7-star hammers
- ~ cutting
- branding: pin branding
- ~ saline infusion
- ~ infibulation: super glue, suturing, stapling