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E-Stim

A Shocking Experience Made Pleasurable

www.swindleleather.com

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Overview

- Getting Ready to be Electro Kinky
- Consent and Aftercare
- Safety
- Electricity – The Positive and Negative
- Where to Start?
- Tangled in Wires
- Play Time

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Consent

- How do you and your partner(s) establish consent?
- Should anything be assumed?
- How will everyone maintain safety, and what is defined as safe for each?

- What are ways that you create consent in more “active” play?

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Aftercare

- Ask what support the person wants
- Agree on whether, when, and how to check in later
- New or persistent physical concerns deserve medical advice
- Respect privacy and different emotional responses

- What sort of aftercare works for you?

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Safety

- Medical Conditions
  - Heart arrhythmias; pacemakers; insulin pumps; etc – NO
  - Epilepsy; or other unexplained chronic pains – LIKELY NOT
- Above the waist…
  - Avoid creating a pathway across chest (heart)
  - Try use dual pole nipple clamps versus the single pole
- Pregnant – NO
- DIY
  - Electrodes – Make sure they are solid, smooth, clean, good condition
  - Power Boxes – Do you have an EE degree and understand EMS? Is it ground isolated? So many questions… Do you know the questions let alone the answers?

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More Safty, Because – Electricity

- Piercings – don't connect as an electrode – can burn at higher voltage or small contact focus
- NEVER Locations
  - Throat – the airway can collapse/close
  - Eyes/Eyelids – Maybe obvious, but…
  - Really – anywhere on the head – this thing is a big electrical computer – would you put your Mac Book in a microwave??
  - Broken or irritated skin
  - Inflamed or swollen joints
  - Near any medical implants (6 inches away from insulin pumps, pacemakers, ports, etc.)

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Electrical Pathways

- Positive and Negative
- Red/Black (or other combos) don’t matter – just think completing the circuit.
- Path or least resistance
- Conductivity capability
- Surface area implications
  - Size matters
  - Do you have enough power?

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Electrode Positioning

- What do I want to feel?
- Where do I want to feel it?
- Do I want more feel in one spot and a little feel in another?
- Where should I avoid placing electrodes and pathways to avoid

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Getting Power

- TENS
  - Transcutaneous Electrical Nerve Stimulation
  - Works at numbing nerves
- EMS
  - Electrical Muscle Stimulation
  - Highjacks the brain to muscle signal
  - Makes muscles move; stimulates rather than numbs
- Violet Wand
  - Surface stimulation – sparks. Think Tesla (not the car…)

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Types of Power Units

- Digital
  - Pre-programmed



- Analog
  - Turn-dial – manual operation



- Stereo/Audio Stim
  - MP3 files, live program, save for replay





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How to Choose

- Number of Channels – how many things can you hook up?
- Output Intensity
- Available pre-program patterns
- User Friendly Controls that match your play style
  - What else is going on in the scene – lube, rope, impact, etc
  - What are you wearing – constraints on your movement as a Dom (gloves, etc)
- Auto-shut off
- Input capabilities (mini jack for iPod, PC, etc.; microphone; etc.)

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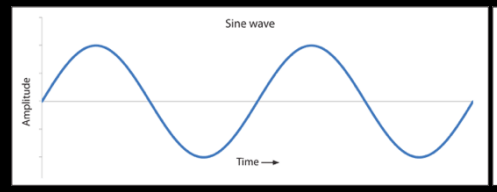
Considerations

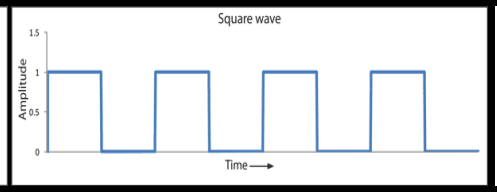
- Self Adhesive pads vs designed sex-trodes
- Beginner Power Unit versus Advanced
- Commercial versus DIY Power Box
- TENS/EMS versus Violet Wand
- All the electrodes…
- All the adapters…

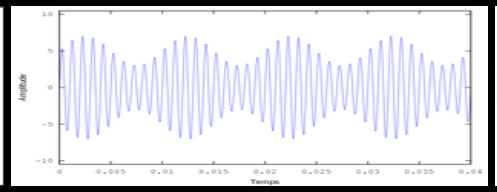
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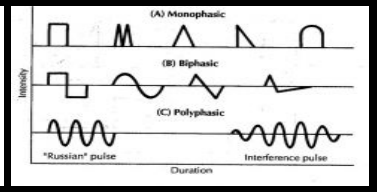
Some Terminology

- Pulse Width / Amplitude (hertz) – How deep does it penetrate?
- Pulse Frequency / Wavelength (rate) – How fast does it go?
- Output – Amperes (amps) / Volts – How strong is it?
- Waveform / output pattern – What does it feel like?
  - Sine, square, interferential, sinus, monophasic, biphasic, etc.









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Electrical Geekdom Translated

- Amperage (amps) – measurement of amount of electricity used
- Voltage (volts) – measurement of the pressure (force) of the electricity
- Wattage (watts) – Amps * Volts = Watts – the work that the electricity does per second

- What's this have to do with sexual pleasure???

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Electrodes

Single Pole

Dual Pole

Tri Pole



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Connections

- What fits into my power box?

2.5mm 3.5mm 4mm



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Leadwires

- 2 Pin
- 4 Pin
- 2 Snap
- 4 Snap
- 2 Banana
- Gator Clip
- Low Profile















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Getting Fancy with Leads

- Splitters
- Joiners
- Extensions
- Triphase



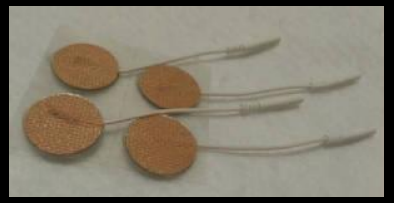


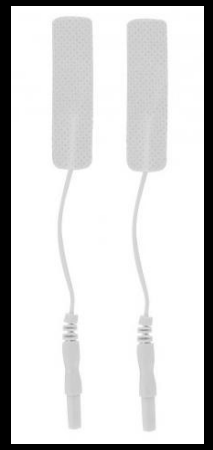
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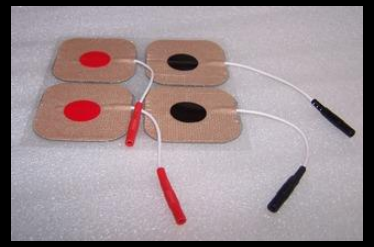
Adapters



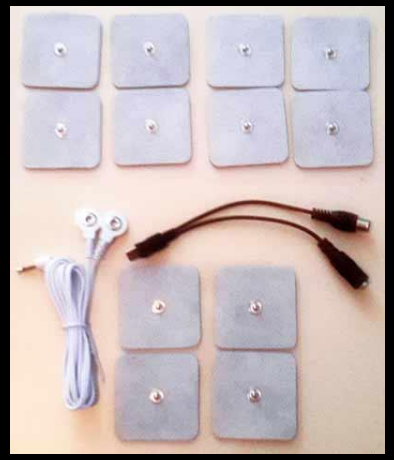
Electro Pads













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Caring for Pads

- Clean skin
- Save the plastic on the pads – helpful for when you're done
- After use – rinse to remove debris
- Replace plastic on the pads
- Average 6-8 uses per pad
- Extend life with Tac Gel or other similar



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Non-Pad Non-Insertable Electrodes

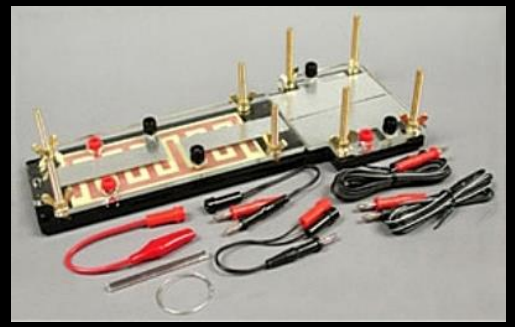












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Insertable Electrodes













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Lubricants









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Clean-up

- Wallgreens or CVS clear hand soap
- Dial soap – best out there for bacteria removal

- Avoid – bleaches, household cleaners

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Playtime!

- Lubricate electrodes that need it (non adhesive pads) and the area of the body the electrode will be placed
- Install electrode lead wires to electrodes and place on/in body
- Start slow – let your tissue become used to the sensation then ramp up
- Communication – how are they doing, is it time to increase/decrease?
- Everyone responds to e-stim differently

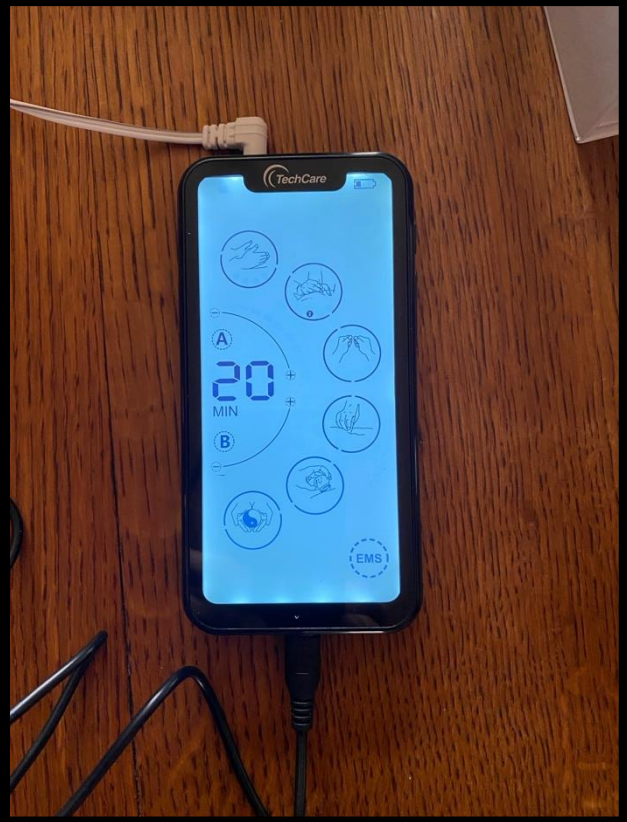
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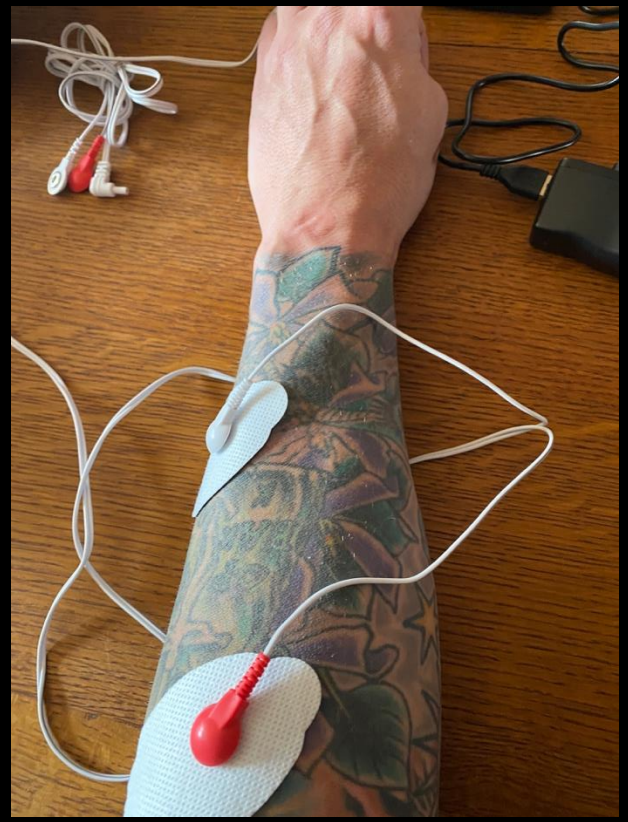
More on Playtime

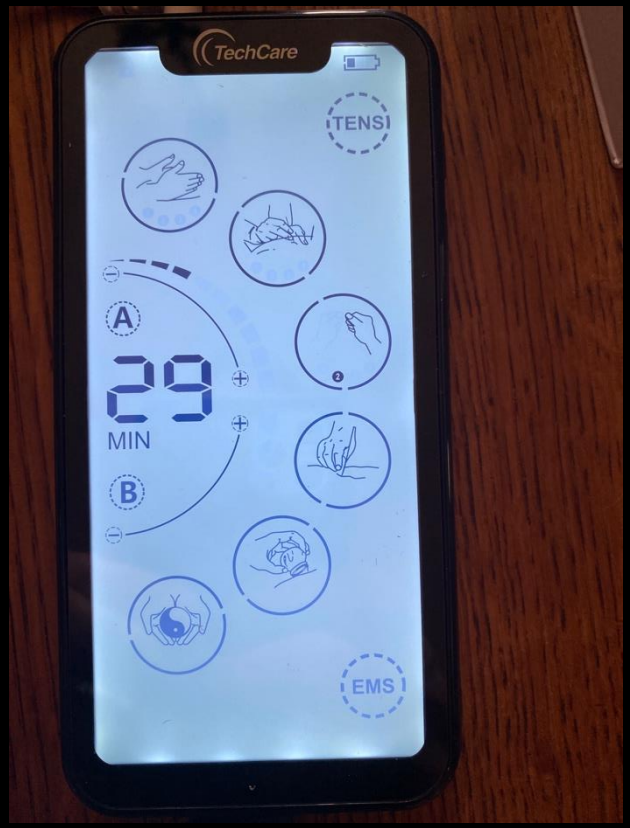
- Power Unit
  - Most have a gain – to make the feeling stronger
  - Most have a control to change speed, some on depth, etc.
  - Most have different pre-programmed patterns
  - If play results in orgasm, some people need the power to go down – lower slowly but quickly. Some don't respond well to just cutting power off, some need it – you guessed it – communication
- Electrodes
  - If lubrication is used – it can dry out (water based) and get hot spots – re-apply
  - Moving an electrode changes the electrical path – this can be good or bad

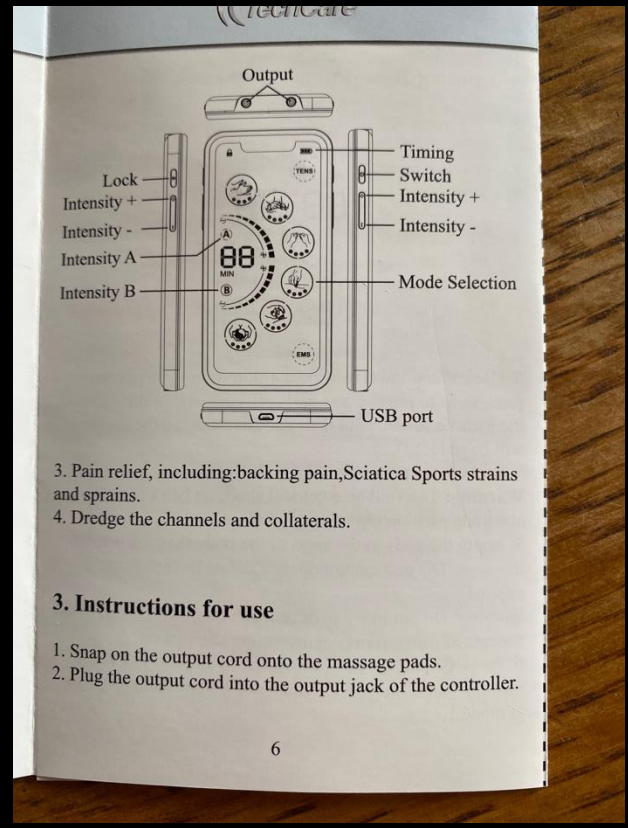
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Try It Yourself









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Power Box Compare

Brand and model	Main features	Listed price	Seller and availability
Zeus Electrosex Handheld Power Box, 8-mode digital	Eight preset modes; 15 intensity levels; digital display; includes two silicone electrode pads and batteries.	$99 USD	Fetish Factory. Listing exists, but its stock indicators are inconsistent, so confirm availability. (Fetish Factory)
Folsom Electric PSG-MAX	Two independent, isolated outputs that alternate; adjustable frequency and pulse grouping; separate channel disable buttons; output indicator LEDs.	$355.99 USD listed	Dallas Novelty. Availability unverified: page still carries a January 2023 back-order notice. Treat this as a legacy listing, not a confirmed purchase offer. (Folsom Electric Company)
PES Original Power Box, PES001	Two non-isolated channels sharing a ground; coarse/fine intensity knobs; frequency and pulse controls; two interrupt buttons; 9V battery or supplied adapter.	$242.96 USD displayed, previously $340.90	PES direct. Explicitly discontinued and out of stock. Displayed price is a legacy price. (peselectro.com)
DG-Lab / Dungeon Lab Coyote 3.0	App-controlled controller; customizable pulse patterns; supports optional wireless sensors and buttons for triggers and output changes. Accessories sold separately.	£112.95 GBP; another retailer lists €118 EUR	Joanne's E-Stim Emporium, listed with add-to-cart; Toy-Versand, listed in stock. (Joanne's E-Stim Emporium)
Rimba Electro Play 7880, LCD Powerbox Set	Two channels operated together; seven programs; 16 intensity levels; LCD; three AAA batteries. Includes four adhesive pads and two cables. Channels do not have independent intensity control.	€109 EUR	Rimbastore, Netherlands. Store advertises dispatch within 24 hours. (Rimbastore – Rimba Winkel)
E-Stim Systems 2B	Two isolated channels; independent intensity knobs; 17 modes; backlit LCD; microphone and stereo audio input; optional computer/internet control; replaceable 9V battery or optional power supply; lifetime guarantee.	£349 GBP	E-Stim Systems direct, listed in stock. Digital Link interface for computer control costs extra. (estim.store)
E-Stim Systems ElectroHelix	Single channel; five modes; physical intensity, speed, and "feel" knobs; manual Fire button; replaceable 9V battery; lifetime guarantee. No audio or external control. Includes cable, pads, battery, and case.	£129 GBP	E-Stim Systems direct, listed in stock. This price is for the standard kit, rather than a Blue or Red accessory bundle. (E-Stim Systems Ltd)
Mystim Tension Lover 2	Two independently adjustable channels; preset programs and manual settings; large display; key lock; USB charging. Includes two electrode cables and four adhesive electrodes.	€149.80 EUR	Mystim direct. Be sure to distinguish the current Tension Lover 2 from older Tension Lover listings. (mystim.com)
MOD Designs E/S Control Box, SKU 20555	Two outputs with separate intensity adjustment; adjustable speed; three stimulation modes; belt clip; 9V battery. Includes two lead wires and battery.	$49.50 USD clearance, normally $99	665 Leather. Currently unavailable: product page asks customers to sign up for a restock notification. (665leather.com)

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Some Sites

- https://www.youtube.com/@EStimSystems
- https://www.youtube.com/watch?v=u6jaMh5llHk
- https://youtu.be/-Zg8gjSFjPw?si=9eTQlmL-NE3MGOi8
- https://happystim-usa.com/shop-now/

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The Future of E-Stim











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DUNGEON-LAB PRODUCTS
"Pawprints" ButtonSensor

DUNGEON-LAB PRODUCTS
"COYOTE" Powerbox 3.0



DG-LAB

A Sampling of Electrodes

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Insertables

- Unipolar
  - Conductive Rubber



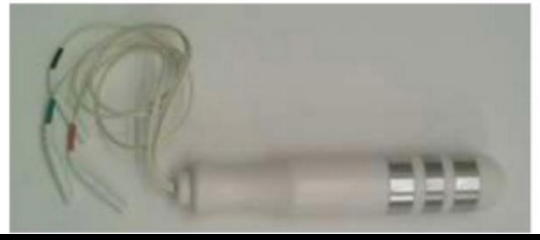
- Bipolar
  - Plastic vs silicone







- Triphase
  - Pair with outside ring or pad
    (or anal on female)



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Combination Sensations



- +Suction +vibration +compression

















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For Him













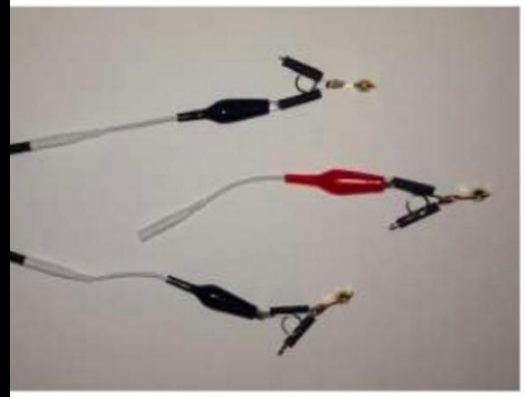






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For Her













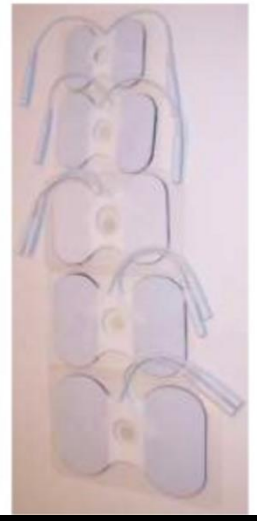












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Adapter Kits







Leadwire Kits

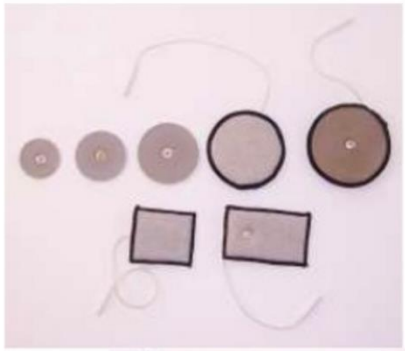




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Conductive Cloth

- Therapeutic to erotic….
  use when damp













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Conductive Carbon Rubber

- Use water-based lubricant

















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Clamps





- Unipolar

Bipolar

Adjustable



















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Stainless Steel, Urethral Sounds















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Violet Wand



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