

Does Using a Vibrator Often Make You Unable to Orgasm in Other Ways?

Dear Emily,

I really love my Magic Wand vibrator, but I've heard rumors about vibrators actually desensitizing the clitoris, and now I'm worried that I'm ruining my chances of having an orgasm with a partner. In fact, whenever I go back to using my hands, it takes SO long to get there. Should I stop using my vibrator?

I'm so happy to hear that you've ventured into the magical, orgasmic world of sex toys! Learning how to effectively please yourself is one of the keys to a happy and healthy sex life. But now that you've found this surefire way to reach orgasm, you're wondering, will you ever be able to do it again without your trusty vibrator?

As the popularity of vibrators and other sex toys continues to soar, there is a growing concern that vibrators may desensitize you, making it more difficult (or even impossible) to reach climax without the help of an electric friend.

First off, you aren't *addicted* to your vibrator—at least not chemically. Using it won't render you incapable of manually generated orgasms, but it might make them seem like they require more time and effort in comparison. The Magic Wand also puts you on a fast track to the *end* of your orgasmic journey, shortening the time you spend in the beginning phases of orgasm known as arousal and orgasmic plateau. These two stages occur before climax and are characterized by increased vaginal lubrication, swelling of the clitoris, increased blood flow, and the release of feel-good hormones like oxytocin and nitric oxide. A strong vibrator like the Magic Wand can condense all of that into a very short amount of time, and you might even bypass the plateau phase altogether. If that's happening to you, it's good to remind yourself (and your body) what the slow and scenic route to orgasm feels like.

Just like with sex, it is important to try new methods and new techniques to discover the most effective way(s) to get yourself off. For that reason, I do think you should experiment (though if you're happy relying on a vibrator, to each her own!). But if you don't want to get rusty at other methods of having an orgasm, you have to practice. And it's especially helpful to use your hands directly on your lady parts once in a while because you can better direct someone else's fingers if you know what to do with them.

So, to sum this all up, I recommend finding a balance between your hands and your vibrator. You can even integrate the two—start off with a low vibration, tease yourself a little through the arousal phase, get yourself revved up again with the vibrator, and then switch to your fingers to bring it home. The best of both worlds!

XO,
Emily