

Electrical Play 101



Eibon

What Is Electrical Play?

“Electrical play” can refer to TENS (Transcutaneous electrical nerve stimulation) units, violet wands, even stun guns. For our purposes today we will focus on what is known as “e-stim” “TENS play,” or at times “electro-torture.”

Electrical play can deliver pleasure, pain, or something in between depending on the desires of the operator and their partner.

How Does It Work?

The TENS unit (or “power box” as ErosTek and similar devices are called) takes a 9 volt DC charge and amplifies the output while also boosting the voltage. This gives it the ability to penetrate beyond the tertiary layer of the skin. The current flows between two places on the body. The articles placed on the body where current is exchanged are called electrodes, and the current passing between the electrodes creates the sensations felt.

Who Shouldn't Try Electrical Play?

This statement from the ErosTek 232 user manual sums it up well: *“E-stim devices are NOT for use by or on anyone with implanted electronic devices (i.e. pacemakers, defibrillators, drug pumps, etc.), heart problems, heart disease, epilepsy, brain disorders, nervous system disorders, a history of strokes or seizures, serious skin problems or similar medical conditions. Not for use by pregnant women, women who might be pregnant, or anyone under the age of 18. Keep away from children. Current passed through the through the heart, neck or head can be fatal.”*

Other Safety Considerations

The “never play above the waist” rule has been challenged more in recent years but it should still be observed by beginners: **Do not use any sort of TENS device across the chest or near the head.** You may have seen this

done in videos but if you try it with someone who has an undiagnosed heart condition the results could be disastrous. The last sentence in the previous paragraph bears repeating: **“Current passed through the heart, neck or head can be fatal.”**

Also **watch out for piercings**—the smaller the conductive area of the electrode the more intense the sensation will be, so attaching electrodes to piercings should be avoided.

Setting Up Your First Scene

A good first time can be had by using one channel of your device to connect electrodes to the outside of the skin (TENS pads like the one to the above right) and the other channel to one inside the vagina (in this example a bipolar probe, to the lower right). Conductive gel can help lower the skin’s resistance to electricity and enhance the experience. **Avoid placing pads on broken skin.**



It’s always important to make sure all power is turned **OFF** before applying pads or inserting anything into anybody. If the power is on while you do this “scorching” is likely to occur. When an electrode is inserted or removed (or begins to slide out due to wetness) and touches the edges of the vagina or anus it can cause a very unpleasant feeling and kill a scene quickly.

2 TENS pads must be applied to complete the circuit. If you only attach one you can turn the power all the way up but nothing will be felt. The insertable pictured on the previous page, like almost all insertables, is “bipolar” – it has two separate contact areas so all you have to do is connect it to a channel and insert it.

Once everything is applied/inserted and with the power levels set zero the box can be turned on and the power **slowly** turned up until they begin to feel the sensations. Always watch their breathing as this will tell you when they can feel it – but it doesn't hurt to have them tell you, or have them hold your arm and squeeze when they can feel it.

From here you can slowly adjust the power up and experiment with the different programs each unit has. If using a SensaVox the “Boost” button is a great way to test limits. If using an ErosTek 232 the built-in microphone offers all sorts of possibilities for electrical play driven by talk, hypnosis, spanking, music, the sound of another scene, etc.

A Word About Connections

The Electrastim SensaVox uses standard TENS connectors (2mm) like the ones pictured in the left image. The ErosTek line of units uses 4mm banana plugs (right image) that connect to the unit via a 3.5mm plug - the same size frequently used on headphones or earbuds.



Depending on what you're using you may need to convert banana -> TENS or vice versa. Adapters are available to do this – you can often find them at better prices in online medical stores or Chinese wholesale websites than you will at fetish or BDSM-oriented stores.

Entry-level Power Boxes:

There are two primary types of boxes: **analog** and **digital**.

Analog boxes (PES and Folsom) allow you to adjust parameters like intensity, pulse rate, and frequency. They don't contain programs, and cannot process audio.

Digital boxes (Erosteck and Electrastim) use a microprocessor that contains “routines” or programs. Sometimes they can also stimulate using audio from a microphone or music.

Folsom PSG-202

According to the Folsom website, “The output of this box is intended for sensual stimulation in the lower power ranges.”

I’ve heard some users say the power levels don’t go high enough, so those seeking higher output levels may want to look elsewhere.

The PSG-202 has two outputs with independent intensity control, two “Quick Disable” buttons that can immediately cut off the output to either channel, a “Pulse Rate” knob to adjust the cycle rate (speed) of the pulse, and a “Frequency” knob that allows you to adjust the AC frequency from 15-200 Hz.



Paradise Electro Stimulations

(PES)

The PES box is similar to the Folsom PSG-202, however it does not have independent control for both outputs—both outputs will be at the same level of intensity.

The intensity is split into “Coarse” and “Fine” to give the user a high degree of control over the output, and it also has “Pulse” and “Frequency” control with power cut-off buttons.



ErosTek 232

In my opinion the 232 is the best bargain among the smaller boxes.

It has 14 routines that range from “Throb” to “Thrust,” two output channels with independent control, a “Multi-Adjust” knob that will adjust the speed/intensity of the routines, an audio jack to stim with music, and a built-in microphone that lets you play with whatever sounds are available.

The 232 doesn’t process music in stereo like the larger and more expensive ErosTek 312, but it still does a great job and the built-in microphone is great for scening someone with the sounds of other scenes, conductive impact play, etc. If it had a LED readout to let you know the exact power level it would be close to perfect.



ElectraStim SensaVox EM140

The SensaVox features two independent outputs with LED indicators to let you know exactly where you are as far as power is concerned. It’s “Boost” button increases the output by 25% while it’s pressed down, it has inputs for a microphone and music, and also has ten built-in routines like “Swinger,” “Climax,” and “Alternate.”

The “Modify” knob functions like “Multi-Adjust” on the ErosTek 232, letting you change the parameters of the routines. An interesting safety feature on the SensaVox is it’s ability to reset the power level to zero when the unit is turned off or the routine is changed.



Resources:

ElectraStim - electrastim.com

ErosTek - erostek.com

Folsom Electric Company - folsomelectriccompany.com

Huse - huse.com—Some of the best insertables on the market

Paradise Electrical Stimulation - peselectro.com

SmartStim forums - smartstim.com—Massive knowledge base here

FetLife Groups:

****SAFE** Electro Play**—<https://fetlife.com/groups/11210>

Electrical play—<https://fetlife.com/groups/210>

Tens Unit, Violet Wands and all things electric—

<https://fetlife.com/groups/278>

\$10 bipolar insertable (note this will require an adapter than can take a male 2.5mm plug) - <http://tinyurl.com/l2wt2ze>

40 TENS pads for \$17.12—<http://tinyurl.com/pyk6xp9>

The book *“Juice—Electricity for Pleasure and Pain”* by **Uncle Abdul** is considered the bible of electrical play. Unfortunately it is out of print but used copies may be found online.

Thanks for attending today!

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