

Lady Fatale – Chastity Guide

Hello slave, sissy,

In this guide I help you to wear a chastity device for more than a day or two.

Contents:

- What are good chastity devices?
- How to determine the correct size
- Wearing a chastity for weeks, months
- Handing over the keys
- Cleaning the cage while in chastity
- Extra Possibilities

What are good chastity devices

I have good experiences with the following devices.

	<p>Bon4M Plus:</p> <ul style="list-style-type: none">• multiple rings, so no worries about the right size of the ring• stainless steel
	<p>Holy Trainer:</p> <ul style="list-style-type: none">• various colors, including pink• very comfortable• choose out of 5 sizes of tubes and 5 sizes of rings, so choose wisely
	<p>The Vice:</p> <ul style="list-style-type: none">• multiple rings, so no worries about the right size of the ring• various colors

For a first experience you may consider buying a cheap chastity. Often you can buy them for less than \$20 at Amazon or Aliexpress. In case of doubt you may choose to purchase an additional ring size.

Lady Fatale – Chastity Guide

How to determine the correct size

The brands that I recommend all have good advice for determining the right size of the cage and the rings.

Rule of thumb for the rings: Not too loose, not too tight.

Measure with a cord or shoestring the circumference of the penis right behind the ballsack. Divide your measurement by 3.14 (pi). To make sure the cockring will have good effect, reduce the diameter with 3 tot 4 milimeter.

That's the diameter for your perfect fit cockring.

A general rule of thumb for the cage cannot be given. Every chastity device has its own characteristics and measuring instructions are usually given on the webpage of the cage itself.

Wearing a chastity for weeks, months

- Shave your cock and balls before locking. Use aftershave or skin repair crème to avoid irritation of the skin. If you prefer locking on a dry skin, use baby powder instead of the skin repair crème. Avoid locking on a skin that's still wet of water.
- Keep hairs cut short. Use a pair of epilation tweezers to take out growing hairs when in chastity.
- Take a shower daily. Clean well around your cock – and if possible inside the cage - once a week with an old toothbrush and skincare soap. Rinse well afterwards.
- Take off the cage for intensive cleaning once a month. Also clean the glance of your cock well.
- If the skin gets irritated or possibly even a wound, use a disinfection spray. If it happens under the ring, use a small band-aid.
- With cold weather better use thicker / warmer underpants.
- If you haven't had an orgasm for a long time, your balls may get blue and swollen, which may lead to serious pain. You can go for a prostate orgasm or do muscle exercises. Muscle exercises can be done with dumbbells or weights and are helping to rotate the blood to the muscles, away from your balls.

Lady Fatale – Chastity Guide

Handing over the keys

What's the fun of chastity if the keys stay with you? Well, it's safe, just in case...

I love to wear your key around My neck or ankle, but if you live remote from Me, that's not really an option. And... safety first, so at least one key must remain accessible for you for emergency cases. And admit it, how erotic is it if the key remains visible to you, but inaccessible?

So this is what you're going to do:

- Take a jar, a sticker and glue.
- Put both the keys in the jar, and glue the lid firmly on the jar. Put the sticker on the jar.
- Every Sunday you write the date on the sticker, and you send a photo of the jar and your cock to Me via DM.

Next to every Sunday I may instruct you at any moment in time to send Me this picture as well -Chastity checkup time!

Cleaning the cage while in chastity

Hygiene is important, so cleaning must be taken care of. I have given cleaning instructions earlier in this guide.

To clean the cage and your cock properly the cage must be taken off once a month.

How to avoid that you start jerking off?

You will make a video of the cleaning ritual, from taking off the cage to putting it back on and putting the keys back in the jar.

Send Me the video using wetransfer.com: upload it to wetransfer.com, create a link, and send Me the link via DM.

For each cleaning you will need a new jar and sticker.

Extra Possibilities

You may consider adding some extra flavor to the chastity, like teasing through sexting or webcam, or with a remote controlled butt plug. Ask Me for the options.