

# Vulvapop!

## DIY VULVA KIT INSTRUCTIONS

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## RECOMENDATIONS FOR USE

Hello! I'm glad I landed in your hands and you are able to read me and follow my instructions (note that not everyone will have this great opportunity of self-discovery; not even everyone can buy, read, move or see).

This experience of **self love** and **fun** (which is in some countries forbidden, persecuted and punished) needs the **awareness of your privilege**. **BEFORE DOING VULVAPOP READ THE FULL MANUAL!**



### ABOUT THE PROJECT

Before getting into the 'How To' of this magical DIY kit, I would like to tell you why this project exists: Vulvapop stands for an unfettered sex education, for celebrating the diversity and inclusion of all identities.

Vulvapop seeks to normalise, raise awareness and de-objectifying genitalia. The kit is intended for any vulva-owner regardless of gender. If you want to read more, visit our website [www.vulvapop.com](http://www.vulvapop.com).

### IMPORTANT

Always remember it is your decision to choose when, where and with whom you want to establish this or any other intimate experiences related to the use of your body. If you are not sure about doing this, please first take your time. You can see some testimonials on our website that may encourage you.

**Doing Vulvapop must be a self-determined decision.**

### WARNINGS!

If after reading the instructions you are still not sure about the hole process, have a look to our **How to do video** on our website!

**The moulding material is skin safe**, in any case, if you have hypersensitive skin or some kind of skin disorder, please first ask your gynaecologist if you can use it.

If you have long or curly pubic hair on your outer labia trim it shorter (max 1 cm stretched) and apply coconut oil or some intimate lubricant for a better and comfortable unmoulding.

Please take into consideration that it is your responsibility to not burn yourself when cooking the sugar, as it will reach over 100 degrees celcius.

### CONTENTS

You will find inside the Kit the following items:

- Me, the leaflet on your hands
- Mirror
- Mould Support

- 90g of Silicone in two components
- 2 wooden spatulas
- 60 g of Isomalt Sugar & 2 ml of plant-based Flavour / 65 g of high quality Chocolate
- 1 wooden lollipop stick
- A tie and transparent bag.
- **You will also need a heat source, a little cooking pot, water, coconut oil/lubricant and scissors.**

### HOW TO DO

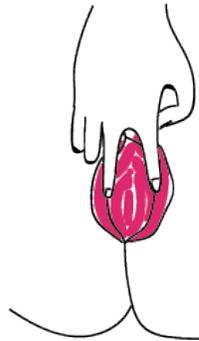
**1-** Undress yourself as when you visit your gynaecologist: Socks on, vulva out, T-shirt on!

**2-** Clean your Vulva with water and dry it.

**3-** Look at your vulva, it is an integral part of your body that is worthy to be admired.

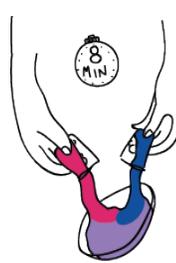
**4-** Search for the best place where you want to do the mould, warm and cozy, usually this is on a carpet.

**5-** Make sure that you can hold your chosen position for 15 mins, as it is important to not move during this time. We have some recommendations in our How To video and website. This is very important if you want to have a good copy of your vulva. So important that if you move during the moulding, you can ruin your Vulvapop!



It is also good to test with the empty mould support the copy you will make. For example, if your inner labia covers your outer labia, you can spread the outer labia with your fingers to make a copy of your inner labia. The mould should contain your clitoris, inner and part of your outer labia; and it should be placed from back to front (butt to vulva).

**6-** Once you have done that, breathe and relax. Put a timer for 8 mins and let it run.



**7-** Take the silicone packages and cut the top, pour the mixing material in the mould support and mix it thoroughly with the spatula until it is completely homogeneous.



**8-** After the 8 mins had passed; set the timer to 15 mins, let it run and place the mould where you have already checked. You will now feel how the silicone caresses your vulva, press the mould against it so that you get a good copy.



When 13 minutes have passed stop holding the mould support and within the last 2 minutes feel how the mould unmoulds carefully by itself from your vulva and if not, pull the mould away carefully. If you feel that your hair is "stuck" try pulling from different angles, this should not hurt but if it does cut the hair off carefully so you don't cut yourself ...or the mould.

**9-** Admire the negative copy of your vulva but don't touch it, it is still delicate until 20 minutes have passed after the moulding process!!

**10-** Pull the mould support away from the silicone mould.

**11 -** Now lay everything you need to make your lollipop on the kitchen surface:



#### CANDY KIT:

- Sugar and Flavour, second wooden spatula, lollipop stick and the mould you already made.

- Aside from what is in the kit, a little cooking pot and 20 ml water are also needed.

**12 -** Pour the sugar and 20ml water in the cooking pot and turn your heat source/stove to a high temperature. In about 2 and a half min the water should have evaporated and the sugar must be liquid, stir the mixture thoroughly with the spatula.

**13 -** When liquid, turn the heat source off and pour the contents of the little bottle (flavour) in the cooking pot with the liquid sugar, and mix

#### CHOCOLATE KIT:

- Chocolate, lollipop stick and the mould you already made.

- Aside from what is in the kit, a little cooking pot and water to fill it are also needed.

**12 -** Heat the water gently. Don't let it boil as you have to be able to put your hand in the water. Put the bag of chocolate in the water and let it melt in the bag for about 5 minutes. It will blow up like a balloon because of the air inside, but it will not explode! Take the Bag of chocolate out of the water and feel with your fingers if all the chocolate drops are melted, if so turn the heat source off and dry your hands and the bag.

**13 -** Cut a corner of the bag and pour

thoroughly with the spatula.

**14 -** Once the sugar and colour are thoroughly mixed together, pour the prepared candy into the mould and cover the whole negative surface of the silicone. Then you can place the lollipop stick on the bottom end of the sugar mixture (end to the clitoris). You can rest something underneath the stick to help keep it horizontal and wait 30 mins. I recommend you to use this time to investigate yourself more and share your thoughts and impressions with whom you are with, if you are alone you can visit our website and have a look to the testimonials.

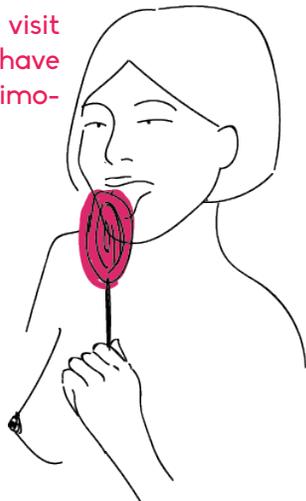
**15 -** You can check, if its completely solid by pressing the middle with your finger, if so, unmould **CAREFULLY** your Vulvapop!

Admire your vulva for the first time without the mirror effect and enjoy licking your vulva for the first time!

If you want to give it away, you will find in the kit a tie and a transparent bag to pack your Vulvapop!, give it away and make the coolest present for your partner or friend, for example.

the chocolate into the mould. After the hole negative is covered by the chocolate, place the lollipop stick so that it is stable and maybe help by putting something (wrapped paper or a book, for example) that holds the lollipop stick in a horizontal way.

**14 -** Let it dry in a cold dry room. While you wait about 3-4 hours you can use this time to investigate yourself more and share your thoughts and impressions with whom you are with, if you are alone you can visit our website and have a look to the testimonials.



**THANK YOU FOR SUPPORTING US,  
FOR LOVING YOURSELF AND  
HAVING FUN WITH YOURSELF...  
ALLWAYS REMEMBER:  
SELF-LOVE CAN BE SO DELICIOUS!**

**By sharing your feedback with us or by tagging us in social media (@vulvapop) you will help us spread the word!!**

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