



# Willful Suspension of Disbelief: plastic wrap and suspension

w/ MxBliss

# What to expect

- Overall safety concerns
- Equipment/gear needed
- Negotiation
- Mummification Demo
- Suspension Demo
- Q&A

# Before we get started...

- BDSM trigger warning
- Bodies and bodies in motion
- Language
- Pre-negotiation
- Email [MxBlissMx@gmail.com](mailto:MxBlissMx@gmail.com) for slides or links
- I am not a physicist, chemist, doctor, or mental health professional...just a Top that plays and experiments...your mileage may vary

# Why plastic wrap

- Great for sensory depo or sensation play
- Safer than most forms of suspension
- Wonderful for objectification
- Safer in many ways than rope for bondage and suspension (but also more dangerous in others)
- Great for bottoms that don't like bondage specific pain but like restraint
- It's not the same ol' thing; it's whimsical and demands attention

# Equipment

- Safety shears or plastic wrap safety cutters
- Sanitary napkins, cotton balls, paper towels or rags
- Duct tape
- A hood/pillow case/etc.
- Googly eyes or other ways to amuse yourself and your bottom
- Vibrators, electricity, weVibes, ice, impact implements
- A way to cool down a body quickly (ice pack, ice water, wet wash cloth, bath/shower)
- Headphones, earplugs, or blindfolds/hoods--the magic is sensory deprivation
- For suspension:
  - Vertical or horizontal stationary point w/ smooth surfaces
  - Chair, stools, ladders
  - Bliss's suspension bar bought at: <https://www.ballisticmetal.com/Suspension-Bar-7008.htm>

# Plastic/Shrink Wrap Choices

- [www.uline.com](http://www.uline.com), uHaul, Amazon
- Plastic wrap versus shrink wrap versus saran wrap
  - No saran wrap or decorative wrap—gauge rating matters
  - Handle versus no handle
- 5 inch, 80 gauge, 1000ft (x2)
- 15 inch, 80 gauge
- Color choices
- For mummification—can also use athletic wrap (not K-tape)
- Plastic elasticity and tensile strength degrade with time and heat

# Negotiation

- Goal of negotiation is informed consent based in inquiry leading to hotter scenes
- We've all negotiated in advance for the demos offline but will do a short form demo negotiation
- Free negotiation worksheet is here: <https://mxbliss.home.blog/negotiation-questions/>
- Negotiation is a two way engagement where all parties should be asking questions of one another
- NO negotiating up midscene
- Consent is always revocable
- Sexual and sensual contact should always be discussed expressly OR otherwise, assume sexy touch is completely off the table [specific and inclusive not exclusive]
- For plastic wrap play ask also inquire about the following:
  - Verbal and non-verbal safewords/yellows
  - Phobias and history with bondage
  - Hydration and blood sugar
  - Ability to regulate body temperature
  - Peepee and boombooms

# Model negotiation questions

- We are negotiating for mummification, suspension, impact, and sexual contact today.
- How do you like to feel when you engage in this sort of play?
- Have you bottomed for this before?
- What did you like or dislike about it?
- What does your body do when you are having a great time? Bad time?
- As a bottom, have you ever gone non-verbal and can you advocate for yourself during play
- Talk to me about your body today. Any soreness, pre-existing injury, or areas you DO NOT want us to touch?
- I want to talk about sexy-time...
  - Ok to touch all areas of your body incidentally and intentionally?
  - What about genital touch? What about penetration?
  - What about contact with my lady bits and oral sex?
  - What about vibration and toys?
- Verbal and non-verbal safewords/yellows—will you shake your head NO if you need a check in or for activities to stop?
- When did you last eat and are you hydrated?
- Ability to regulate body temperature?
- Any emotional issues or reoccurring traumas relevant to our scope of play today?
- Peepee and boombooms
- What sort of aftercare do you wish your dominant would give you?
- What else should I have asked or should I know?



# Safety for mummification (and suspension)

- Failure to negotiate properly
- Hydration/Blood Sugar
- Body temperature regulation
- Trauma and phobias
- Breathing constriction or blocking
  - Mouth or Nose blocked?
  - Feet and head?
  - Wrap against the roll
- Safewords and Safe Signals--make sure there is a way to communicate
- Adequate hydration
- Duct tape on the skin
- Anticipate the worst

# Additional safety considerations for suspension or anchored play

- RACK
- Adequacy of suspension/tension points
  - Weight loading and load spreading (demo)
  - Risk of fall
  - Risk of furniture tipping
  - Static versus transitions
- Strength of wrap
  - Quality and degradation of elasticity over time
  - Tensile strength
- Rolling wrap
- Clear versus opaque