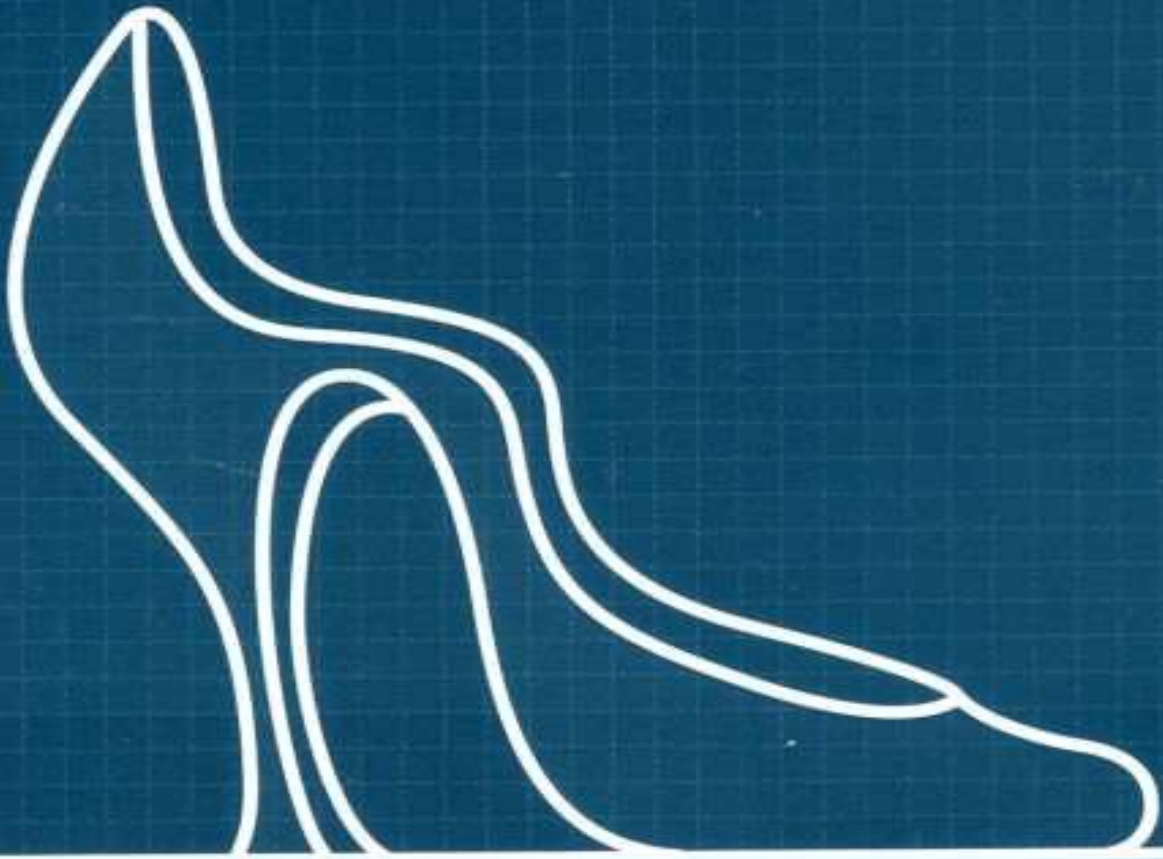


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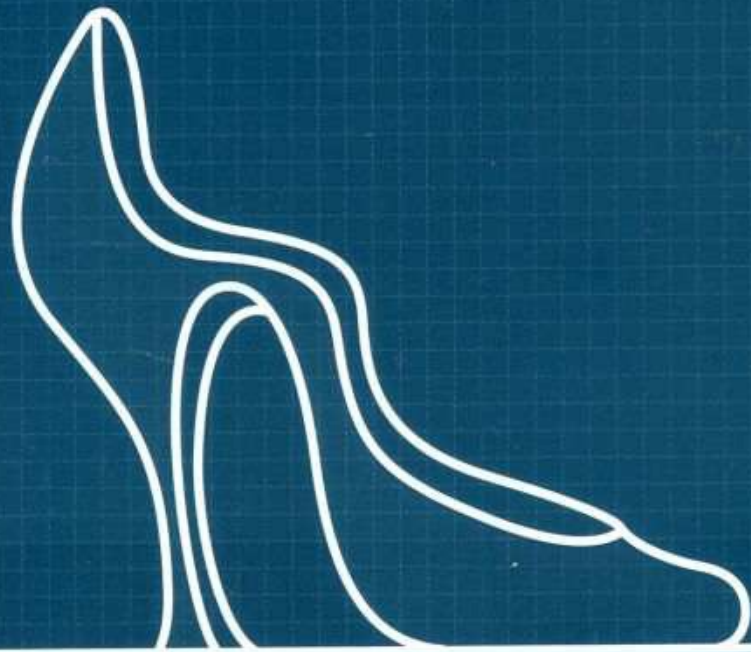
Foot and Shoe Worship



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THE TOYBAG GUIDE TO

FOOT AND SHOE WORSHIP

BY MIDORI



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CHAPTER 1. CONFESSION OF A FOOT FETISHIST.

Yes, I love feet, shoes and boots. They occupy a special place in my sex life. They're also a lovely part of the overall sensual pleasures I take from life. I luxuriate in my fetishistic pleasures. I consume them in their singular, rarefied and focused joy like a sip of the rarest cognac. Or I'll lavish them in layers with other erotic activities, adding them to rope bondage, extended oral sex, and the many other pleasures that I partake in. It's like pouring velvety warm chocolate sauce over the already-yummiest ice cream and strawberries.

Knowing that such pleasures exist, how could I not share this joy with you? In my little book I hope to open the door for you on new ways to feel sexy about yourself and your body, and with your partner. I want to lead you to new and thrilling ways to heighten your pleasure and arousal.

Perhaps you're reading this book because you know you are a foot and shoe fetishist. Here you'll find another voice echoing some of your feelings.

Perhaps you're reading this book to better understand a seemingly unusual pleasure that your lover is into. In this booklet, you just might get a bit of insight into what makes your partner tick.

Perhaps you're searching for ways to introduce this style of play to your relationship and you're full of hopes and trepidations. I'll share some approaches that have worked for me, my lovers and some of my friends.

Perhaps you want some specific tips on how to finesse the skills in the pleasures you already enjoy? For you I will give some tips and secrets I've gathered along the way.

I'm not sure when my fascination with feet and shoes started. As a little child the first piece of clothing my family let me select on my own was shoes. Perhaps the shoe became a symbol of my free will and receptacle of hopes of autonomy. I fondly remember the tiny pair of black patent leather Mary-Janes I loved so much at age five. By the age of fourteen, I was allowed to buy my own pair of high heels for the school dance. They were black faux snakeskin 3-inch stilettos that I wore with a full length, vintage black satin gown. (Ah, a little fetish diva even back then!) When most parents might have chided their barely-teenage girl, telling them to dress more "age appropriately," my grandmother simply smiled approvingly. The shoes, once again, turned into my very own means of transportation to a new place, a place called adulthood. Like Dorothy's ruby slippers and Mercury's winged sandals, great shoes, I intuitively knew, could take me to wondrous places. I began my journey into adulthood and womanhood on shoes (and paths) of my own choosing.



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The woman is lovely, the bondage is lovely, but it's the shoes that really make this pose special!

My love affair with feet began more tentatively and was full of awkward self-consciousness. In my fumbling pubescent years, when most girls were worried about their breasts, bras and the shape of their bodies, I worried more if I had pretty feet. Were my toes too long or too short? Were my arches too high or too low? I would look at them from all possible angles and obsess about them while never once showing any concern for the generous breasts sprouting out of me. If my shoes stood for my growing power and erotic potential, my feet embodied tender self-awareness and soft, shy sensuality. All this, before the dawning of my own sexual self-awareness!

Almost simultaneously as I claimed my sexuality (translated: had sex), feet and shoes joined my adventurous sex life in bed. My first lover gently bathed and kissed my feet on our first night. Long before I knew the words "foot worship" I enjoyed the sense of graceful power surging through my body as he delicately lavished his kisses upon my feet. In my bottom space I loved the feel of my leather daddy's potent authority and protection as I curled around one of her motorcycle boots, kissing it while feeling the weight of the other boot sinking into my pussy. I learned the sensual power of the

leathermen bootblacks and their service to the leather community with each strong kneading of powerful hands that reverberated through my riding boots and up my spine.

I'll also admit to being a greedy pig. My shoe/feet love affair comes in many forms and directions. Receiving attention to my feet and shoes turns me on, at times, even to orgasm. I have discovered that by pampering my own feet I can find a similar erotic satisfaction with shoes all by my lonesome. At other times I delight in playing with the feet and shoes of my lover, whether top or bottom.

Are you a bit confused now? I hope not. Just to clear things up, taking erotic pleasure from or with feet and shoes is not linked to whether you are top, bottom, dominant, submissive, kinky, vanilla, male, female, trans, queer, het, pan or any other permutation of identification or orientation, whether permanent or in the moment. The lust can exist in any demographic or combination.

As a fetishist, I can say this with certainty. We can be very picky people when it comes to the objects of our desire and sex style. For one person, the open toe sling back stiletto is the only proper shoe to be eroticized. For another it can only be the sweaty feet from a pair of riding boots fresh off the motorcycle that has the power to arouse them. For another, the wrong color of nail polish or gym socks could ruin the thrill. This means that there is no way in heaven or hell that I could write a book that can encompass the nearly infinite variety and degree of foot and shoe fetishists.

Instead, I will lead you on a journey and speak of generalities, of tips and tools that you can use with your sweetie to find out exactly what their thrill and favorites are. All of this while ensuring that your own needs and pleasures are actualized as well!

Now, on to our first step...

CHAPTER 2. BARING OUR SOLES: THE LOVE OF FEET & SHOES (OR, AN ATTEMPT AT A BRIEF EXPLANATION OF WHAT TURNS US ON)

How did we become feet and shoe fetishists?

There's no single way that we come to our passion. But I do have some ideas. During our toddlerhood and early childhood, some of us found a strong fascination, sense of safety, and an innate sensuality in shoes or feet. Maybe we associated the power and happiness that was mom or dad with the feet we saw while crawling around the floor. Perhaps in our pre-teen years, where we experienced our early sexual self-awareness, we liked how certain shoes made us feel as we stepped forward wearing adult footwear. For others the fetish buzz came with the sexual explorations and "literature" we experienced in puberty and young adulthood. There are those who acquired the passion later in life as they began exploring their dormant desires or in the course of exploring their lover's interests. Then there are people who are simply sensual and discovered that the feet are highly innervated and very sensitive to touch and erotic attention.

I am frequently asked, "Isn't this interest wrong, sick or somehow indicative of stunted emotional growth?"

Perhaps if you adhere to the beliefs of analytical theorists from a century or two back, then you could come to this conclusion. But these are also the guys who believed that women experiencing clitoral orgasms and not vaginal orgasms were emotionally or sexually immature.

Is your fetish harming another person? Is it damaging your life and causing you to lose control? The answer is probably no. In all my travels in the kinky community (and that's a lot of travel time), I've actually never met a fetishist who's so wrapped up in their kink that they'd be considered mentally unhealthy and dysfunctional. (That's not to say there aren't dysfunctional people who are kinky. But they seem to exhibit dysfunction in all the regular ways that the general population exhibits their foibles.) The single real case that I heard of was from a clinical report shared by a mental health worker. Just the fact that you care enough to read this means that you or your partner are interested in mutual satisfaction and sensual intimacy. Not only is that not "sick," it's really lovely!

Just to put it into perspective, the fascination with feet and footwear as the focus of sensuality goes back literally thousands of years and across many cultures. It's said that Queen Hatshepsut, the female pharaoh of Egypt, had her feet pleased before sex. Chinese emperors and the whole civilization swooned for the woman with the perfect lotus feet. Cleopatra and Marc Anthony played sexy feet games. F. Scott Fitzgerald was a foot lover. Only in 19th century Europe did this become pathologized as an "illness." So if emperors, pharaohs and entire countries can be mad about feet and shoes, it's not so odd that you, me or our lovers might be also.

When problems in relationships arise around the love of feet/shoes, most often it's not really *about* the fetish but rather about other issues such as miscommunication and fears that get tagged on to and conveniently blamed on the kink.

WHAT KINDS OF PEOPLE ARE INTO FEET AND SHOES?

We seem to exist among all genders, orientation, age, looks, education, and other demographic divisions. I have noticed that the fetishists I've met are often people with very active minds and a strong affinity towards the visual and symbolic. Many find that their fetish object brings all of their senses into focus, into the here-and-now, and to fuller enjoyment of the shared erotic moment. My theory is that because our favorite fetish object triggers us to remember and revisit a happy and deeply pro-found pleasurable state, it's a shortcut switch to happiness. The fetish becomes, for some people, their way to find sexual focus. Without focus it's hard to fully share intimacy, much less enjoy great mind blowing sex!

“I'M A TOP/DOMINANT BUT I LIKE SEXY FEET AND SHOES AND WANT TO TOUCH AND PLAY WITH THEM. DOES THAT MAKE ME A BOTTOM?”

The word “worship” is misleading. Enjoying feet/shoes is not related to whether you're a dominant or a submissive. Your dominant or submissive identification will change how you approach and enjoy your partner's feet/shoes or how you'd like to have your own pleased. It's all in the symbolic power that we give to the object or action.

For the dominant who enjoys receiving pleasure to their feet, the act of foot worship associates sensual pleasure with the feet and a sense of power from the bottom's devotion to them. It is the physical manifestation of the mutually agreed-upon erotic hierarchy.

The submissive who enjoys playing with a dominant's sexy feet will imbue the dominant's feet as a manifestation of the dominant's power. This also tends to reinforce the submissive's feeling of submission and the pleasure that they derive from it.

The sadist who is a foot fetishist can get off on playing with feet while causing delicious discomforts with wicked toys such as a cane or a Wartenburg wheel. The masochistic bottom who likes receiving “foot worship” enjoys the attention and sensory overload brought forth by sexy little pains.

Consider the femme in the black stiletto high heels. Is she a dominant or a submissive? She might be the one towering over you, whip in hand and feeling strong upon two dagger-like platforms of femme-phallic power. Or the same shoes would make another feel demure in mincing gait and submissively feminine as her stilettos thrust her body forward for the dominant's gaze and access. Or, the lady in question may feel sexy and alluring, like some 1950's pin-up queen. Or perhaps she's physically hedonistic and highly aware of the changes in her body that accompany wearing the heels, as the tension from them creates a sense of tightness and arousal up her legs and directly into her pussy.



How many kinds of shoe lovers are there? Almost as many as there are kinds of shoes...

WHY CALL IT “WORSHIP”?

Think of the term as really meaning to “lavish with attention with total focus.” The feet/shoes become the symbolic object around which the person summons focus. For many the feet/shoes also become the symbolic manifestation of the power that they gift the other or imbue in the erotic interaction and role-play. The feet/ shoes have transcended mere clothing and have become the “power object.” The partners mutually agree to suspend disbelief in the framework of that particular erotic interlude.

Power objects, like many religious icons, can be a way to inspire awe and happiness. Still, this should not be confused with religion. It’s about the sense of wonder and connectedness — it can give us many good things: in this case, the potential for great sex and even intimacy. How we react to, and act upon, that sense of awe and potential may be described as worshipful, whether the person is top, bottom or neutral.

Granted, for some people who identify as submissive or slave, their interaction with feet or shoes truly has a devotional quality. These folks take that sense of awe to another level of deep personal affection and adoration.

CHAPTER 3. HOW TO LAVISH ATTENTION: THE ART OF GIVING

This section is for those who enjoy the feet, shoes or boots of the other person.

Rule 1. If you enjoy another person's feet, shoes or boots, whether you're the bottom or the top, here's the big secret. Communicate. Talk! Ask them what they like and don't like before you touch them. Once you've begun to play, while you're enjoying giving them attention, check in with them and encourage active feedback. Everyone is different as to how they like to be touched, and that's particularly true for feet. For many individuals and cultures, feet are very intimate or even considered parts not to be shown to society. Some folks are really shy or particular about their feet. Others have minor or major medical conditions that require you to be an attentive and careful worshipper. These range from corns, fungus, overpronation from pregnancy, diabetic neuropathy, HIV and other assorted conditions. Respect their preferences and limits and learn from them about what gives them pleasure.

Rule 2. It's paramount to let your partner know that you're interested in the whole person and don't just consider them a "life support system" for feet/shoes. Those receiving foot/shoe attention hate feeling like they're the ignored appendage to the object of your desire. Sometimes the excitement of foot fetish pleasure can be so overwhelming that the worshipper can get too focused, appearing rude to the partner. This is particularly true if they've had to suppress their desires or fantasize alone for a long time. Such a focus may be fine for solo fetish but not for partnered kink. A gentle, loving reminder should suffice to remind the passionately focused one.

IF YOU'RE THE SENSUAL FETISHIST...

Maybe dominance, submission and sensation play isn't your thing. You love the sensual and erotic arousal of your lover's feet and footwear. It's the old pin-up or Tom of Finland images that get you going. I think that's fantastic!

Incorporate sensual touch of your lover's feet and shod foot into your pre-existing sex life. Use it as foreplay! Make a sexy date out of shoe shopping together for those special shoes just for both of your bedroom pleasures. Use the tips in the "Well Heeled!" chapter to pamper, touch and pleasure their feet before, during and/or after hot sex. Consider giving a new kind of erotic massage in the form of polishing the shoes or boots while they're wearing them. The sensation can be novel and very sensual. Remember Rules #1 and #2!

Sex and foot/shoe worship? Sure! Many sexual positions easily lend their self to simultaneous foot/shoe licking during nice deep penetration. The mouth is highly sensual. Explore their foot with all parts of your lips, mouth and tongue.

It's a big bonus if you're also giving them other sexual stimulation during this. Why not alternate mutual 69-sex with feet 69? Great fun for mutual foot pleasure! Have your lover play with your pussy or cock and balls with their bare, stocking-clad or booted feet.

The hollow formed by the arch of two soles pressed together makes a lovely, tight cavern for a questing tongue or cock.

Ask for some special touches! Skilled feet can be quite good at masturbating your lover's wet and hard bits. They also make lovely instruments of penetration.

Fancy football? Get fucked with a bare foot (with nicely trimmed nails and no jewelry) wrapped in a couple of layers of large size condoms plus a generous amount of lube. The angle of the foot, the movement and wiggles of the toes can create whole new sensations previously unexperienced for the "fuckee." For the "fucker" it's a new world of tight foot pleasure and feel of a new muscular embrace. You can do the same with pointy-toed shoes and boots.

If you like the attention of your stiletto-heel-wearing lover, consider taking a dildo of your preferred size and coring out a hole just large enough to fit their heel into. With just a flex of their ankle, the dildo and their heel dives deep into and out of you.

Enhance orgasms or prepare the body for an orgasm using feet. Take a look at which way your lover's feet and toes curl during orgasm. The next time the two of you build towards orgasm, take their feet and with your hands or even with soft scarves, form the feet and toes into their orgasm position. For many this technique taps into their muscle memory and specific sexual tension formed in the leg through the pelvic region. This enhances or makes it easier for them to achieve orgasm. What a wonderful erotic gift, especially for those who don't always orgasm easily!

Like so much else in sex, sometimes your feet and shoes will get messy with lube and body fluids. It's the gracious and considerate (read: "will get laid again") lover who takes the time to clean, neaten and pamper after making a debauched mess together.

IF YOU'RE THE SUBMISSIVE...

How do you feel towards your dominant? Let those feelings show by how you shower your attention upon your dominant. Don't forget that Rule #1 and #2 are particularly important for you.

With each touch, caress and kiss of the feet and footwear, be focused on the pleasure of your surrender. Think as if all of your dominant's powers and your joy of submission were distilled into the foot and footwear. The term "worship" often seems appropriate to describe the submissive's attention to feet — the foot or shoes have become the symbolic representation of the bliss and transformative effect that the dominant has on the submissive. It's not some crazy religious farce, but a show of profound devotion and gratitude.

Some people find an emotional and spiritual calm in their submission. For you, the humble and repetitive act of attending to feet and shoes may be the ritual that leads towards humility (as distinguished from humiliation) and spirituality. It is not surprising that many non-sexual spiritual traditions also contain the symbolic use of feet touching, washing and special footwear.

What if you *are* into humiliation play? Fantasies of being trampled, crushed, squished, walked on or made small by the sexy feet and shoes of a powerful "other"

abound across gender and orientation. Some find playing with the taboo of “dirty” and “foul” things really exciting. As Joseph Bean put it, so much of SM is about doing and sexualizing things your parents said “no” to. (“That’s dirty,” “don’t put that in your mouth!”) Feet, shoes, bottoms of shoes, foot odor, etc., are considered “dirty” in many cultures. So this feeds into the humiliation fantasy.

If your relationship has a service element to it, then care and maintenance of feet and footwear during or outside of a sexualized context may be well received and give you a great sense of pleasure and fulfillment. If you feel a particular charge from caring for shoes and boots, on and off of your dominant, do some reading on the philosophy and methods of the American leather community *bootblacks* (see Chapter 8).

A highly sexy variation on service is to provide leather care or footwear while your dominant is wearing them. It’s also sexy to assist with putting on of the footwear, especially ones with a lot of lacing, grommets, buckles, etc.

So, as you can see, being underfoot for some may be an expression of submission, for another a path towards spiritual bliss, and for others still a fun way to explore arousing humiliation.

If particular acts of being “under foot” enhance your sense of surrender to your dominant, you must communicate these to him or her. Share what makes you tick (as dominants don’t read minds) but never dictate what they are to do. Then you are denying them their dominance and you appear manipulative.

A common mistake that I see often is the fetishist submissive flinging them-selves at the feet or shoes/boots of the person they desire — without asking for consent, permission, instruction, preferences or feedback. This is very poor form of foot fetish execution and much looked down upon by aficionados and dominants.

IF YOU ’RE THE DOMINANT...

How do you reconcile the word “worship” and your dominance when you’re into others’ feet or footwear? Do you worry that enjoying your submissive’s feet or footwear might diminish your top mindset or reduce your authority in your submissive’s heart and mind? You’re not alone; it’s a common concern. Many tops and dominants are feet/shoe fetishists but they often deny themselves their well-deserved pleasure, hindered by the myth of “proper dominant behavior” held by many in our kinky community.

As discussed before, fetish pleasure is independent from the desire for dominance or submission. We just combine it as it suits our other sexual tastes. So, if you’re the dominant for a scene, then why not take pleasure with your submissive’s feet or shoes as you would with other aspects of their body, behavior or devotion? Here’s another way to think about it. Worship not the person, for that is not dominance, but worship the state of bliss in the moment. If your submissive partner is feeling uncomfortable with you kissing or caressing their peds, then it might be helpful for them if you, the dominant, explained this to them so that they may serve your fetish needs as they would serve your other needs.

Here are some ideas for D/S scenes to inspire your deviously dominant mind:

- **Dressed for Your Pleasure:** If you like your sub to dress in particular ways, include in your attire / uniform regulation the type of shoes they are to wear, how they will care for them and how they shall care and present their feet. Teach them to take pride in their appearance, including feet and footwear. This may also be incorporated into more regimented D/S relationships and contracts. You may also set standards or achievement goals by which they can “earn” their footwear. If you are to set such rules you must give them instructions, resources and regular inspections with rewards, corrections and punishment as appropriate. In less regimented D/S relationships and fantasies, such as Daddy/Mommy/boy/girl scenes, the feet care and shoes may be treats and attention that are gifted to good boys and girls.

- **Erotic Humiliation:** Feet/shoe play can be incorporated into the scene if you and your sub enjoy erotic humiliation play. Masculine subs in feminine footwear, or vice versa, can create delicious squirming in those who like to play with gender identities. “Forced” foot pleasure on the sub who’s told to hold perfectly still can be fun for playing on obedience and embarrassment of sexual pleasure.

- **Objectification:** This is another category of humiliation play. In many kinky sex games the submissive may be consensually “reduced” to being sexually objectified... made to be a “sex slave,” identified by their body parts (cock, cunt, ass, etc.), made into furniture, etc. You can include their feet, bare or shod, into this scenario. Make them into your object of foot/shoe pleasure. This may seem to contradict Rule #2 but it really doesn’t. In objectification scenes the agreed-upon fantasy *is* the objectification. The key is to find out before you begin what works and what doesn’t so that the suspension of disbelief isn’t blown during the scene. Then after the scene ditch the objectification and honor the whole person that you’re playing with. Make sure that they enjoyed it!

IF YOU ’RE THE SADIST...

Ah! All the ways that you can create erotically intense sensations in your partner through attention to their feet and footwear! Here are some fun ideas to get you started.

- Create sensational torment using your fingernails and fingertips. There are many exquisite pressure points on the feet. End of the toe, around the toenails, various points along the sole, and toe webbing are good places to poke around and explore in your quest for just the right points. Don’t forget to drag your fingernails down the length of their soles as well.

- Inquisition minded? Borrow from the Spanish Inquisition with the “bastinado”! Using a single or double cane, tap the soles of the feet with varying degrees of intensity and pacing. It’s good to start out light with this one. Don’t do this on the top of the foot, as broken bones are no fun. Depending on the bottom this may be a massage or sweet suffering. Replace the cane with different types of floggers for varied sensations.

- Use different tools to scratch, drag, poke, rub and otherwise create interesting sensations — electric toothbrushes, snapping of rubber bands, ice cubes, candle wax, “vampire” gloves with spikes, etc — can all be perverted into foot torment devices. Let’s not forget biting, nibbling and other creative use of your mouth. Indulge your oral, fetish

and sadistic pleasures all at once!



Appearance and sensation combine in this attention-getting foot harness — silk cord and pearl beads intertwined. Photo by Michael Blue, © 2002; bondage by Midori.

- Foot bondage and foot binding: Wrap the tootsies tightly for bound, embraced, controlled, sexual or uncomfortable sensations. Bind feet with all sorts of things. You can do simple foot binding with bandages or leather straps. You can do elaborate rope harnesses with wicked knots along the pressure points of the soles. Use the same technique as a rope body harness by using cotton butcher's twine or parachute cord. Be decoratively cruel with beads, pearls, ribbon or florist's wire. Slip a small vibrator between the sole and the binding for an added level of pleasure-pain.



Homemade torture sandals. Oww!

- The cruel shoes: Fit your beloved masochist with beautiful shoes that make your heart race while creating sweet pain for them. Some extreme high heels and butch boots are uncomfortable all by themselves. Other shoes can be made more uncomfortable by inserting handcrafted erotic insoles. Plastic carpet protectors have knobby spikes on the underside. Cut them to fit inside the shoes with the points facing the foot. Any leather crafty person can also make a pair of torture sandals. Simply make a basic leather sandal with padlocking straps with the soles full of blunt points facing the foot. Or bolt combat boots to a board and then lace the person into the boots, creating an effective boot bondage frame.

- Orgasm control: Take the toe-direction and orgasm discussion from the “*If you’re the fetishist...*” section above and reverse the directions. Often times this will make it harder to get to that big O. So close yet....

- Tickling: This is a whole category unto itself; in fact, Greenery Press has a book on it. Some people love, love/hate or simply hate being tickled. Depending on their preference, tickling may be received as sensual or sadistic. Try everything from feather to light touches to fingernail tickling!

IF YOU ’RE THE MASOCHIST...

Pain and pleasure may lie beneath your beloved sadist’s feet! Sad but true, the use of feet and shoes as implements of sadism isn’t commonly taught in many parts of the kink/BDSM community. So if your sadist isn’t certain on what they might be able to do, suggest some of the ideas that you have, or the ideas presented in the next chapter under the section of “*if you’re the sadist.*” It’s in good form to suggest, not demand. Get creative with your suggestions and bounce ideas around with your partner!

CHAPTER 4. KICK UP YOUR HEELS! THE ART OF RECEIVING

This section is for those who enjoy receiving the attention to your own feet, shoes and boots, by the other person. Flex your mind, take some time and read the suggestions in the previous chapters for the mindset and techniques for the “giver.” The following are some more specific ideas.

IF YOU'RE THE SENSUAL FETISHIST...

The feet are one of your treasured sex organs, and shoes are comparable to sultry lingerie. It's perfectly natural that you'd want them pleased as you would want your nipples stroked or your genitals lovingly mouthed. It's not surprising then that a particular pair of shoes or boots makes you feel sexy, just as that particular piece of clothing, lingerie, leather, rubber or anything else can turn on others. Share some of the ideas from the sensual fetishist section of the previous chapter with your partner and find out what interests them. Lots of positive feedback during sex with loads of genuine ooooh's and aaaaah's is a great way to encourage them to pleasure your feet before, during and after sex!

Don't be shy giving specific instructions of what you like and don't like. If you don't know when you start, then you'll know when you get the sensations. Let them know on the spot. It's terribly unfair of you to expect them to just know how to please you. You're also a poor lover if you simply passively accept what they share without proper participation through encouraging feedback and guidance. If there's a sensation you don't like, telling them nicely won't hurt their feelings. Trust me, they want you to feel wonderful!

IF YOU'RE THE SUBMISSIVE...

You're in a similar quandary as the dominant that fetishizes the other's feet and shoes. Your desires don't seem to fit into the narrow little boxes of the kink community. The dominant can order the submissive to surrender to their foot pleasure but that's not your lot. What's a submissive fetishist to do? Find a way to help make your fetish appealing and entertaining to your dominant. This requires you to 1) express how your fetish affects your sexual and submissive space and 2) know what makes your dominant tick.

For example, let's say you want your feet kissed. Not only that but you know that having your feet touched or kissed makes you totally sexually charged and weak in the knees, unable to focus on anything else. Let's assume that you know your dominant enjoys sexual control and psychological dominance. At first glance it may seem like your desire to receive foot worship is incongruent to your need for erotic submission. At second glance, however, it's apparent that this may be a great match, assuming that the

dominant does not feel negatively about feet. Explain to your dominant that your feet are your sexual “Achilles Heel.” It’s your very own Kryptonite of obedience. It’s Samson’s hair tumbling the mighty man into the Delilah’s loving arms. Your dominant’s control and ministrations of your feet is as, or perhaps even more, powerful then the demanding tugs on the collar and leash.



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The humiliation of exposure in a public (yet secluded) place... the confinement of firm bondage... and the fetish appeal of ultra-high platform heels. A perfect combination for the adventurous foot-lover.

So, take the time to figure out what your dominant gets off on and figure out how your interest feeds their dominant flame! Read the section in the previous chapter about dominants playing with submissive’s feet/shoes. Do any of these scenarios appeal to you or your top? It’s a good place to open the discussion.

IF YOU’RE THE DOMINANT...

This is the quintessential fetish and D/S scenario, isn’t it? The dominant’s feet, shoes or boots being kissed, caressed and worshiped, with an emphasis on the term “worship” to render the agreed upon power gap between the two parties even greater, deepening the fantasy for both. So it should be easy and intuitive, right? Not necessarily. It does take some practice and, surprisingly, a good deal of inventory-taking of your own desires. Like the submissive who likes to have his or her feet touched, it’s fundamentally important for you to be able to express how it feels for you and how it moves you to have your feet or footwear attended to by your submissive. Once you figure this out,

you'll be able to give more effective commands on how your feet and footwear are to be treated. Without this knowledge your scene is likely to feel unfocused and unfulfilling.

A sight, not so uncommon, of some-one new to their dominant space may look like this: A slightly bewildered looking dominant accepting the submissive's eager attention. In the absence of instructions from her, the submissive does what he wants or he thinks the dominant will want, whether projecting their own desires or community myths about dominants. She feels put-upon and frustrated. He feels unappreciated and frustrated. I used the female and male pronouns intentionally here as I most frequently hear this from women new to their dominant space. Why? Probably because in so many cultures, ours included, women have not been taught to own their own pleasure and participate in the creation of it, especially when it involved erotic dominance. However, do keep in mind that the above situation can happen to either gender or orientation.

If you know one thing that you like on your feet/shoes and one thing you do not, start the scene by giving instructions on that. Let them execute that task. Then refine their technique by one step and give them another instruction on what you do not like. Allow them a chance to successfully accomplish one instruction at a time before issuing any new ones. This is a great way to establish power dynamics. It allows you to get used to giving firm directions and commands and lets the sub learn how to best serve you.

Take a look at the *"if you're the submissive"* section in the previous chapter for ideas on how your submissive might be able to serve your needs. Or find inspiration in the *"Well Heeled"* chapter on how they can pamper you. If you like sex with your service, then check out *"if you're a sensual fetishist"* in the previous chapter. Both spa pampering and sexual touch can be made into moments of power exchange. All it takes is your commanding presence and a clearly expressed desire to define the interaction as an expression of dominance and submission.

"Attitude is a little thing that makes a big difference."— Winston Churchill

IF YOU'RE THE SADIST...

Ah! All the loving cruelty that you can create using your wicked feet or sexy footwear! It's easy to combine your love of ped attention and lust for erotic cruelty. Your feet and shoes are the implements of your wickedness! Here are some ideas:

- **Trampling or Crushing:** Using feet, bare or shod, to step or walk upon your partner. The amount of force or weight you put on them can vary from light and merely symbolic to heavy and intense — but never to a point that would cause damage. You can do this on many different parts of the person, from a light toe tap on their fingers or extended tongue, to fully stepping on a person's back or buttocks. A lot depends on how delicate or strong the part in question is, how much you weigh, how fit they are, the construction of your shoes/heels, your balance, etc. You can "trample" as you are seated on a chair or the edge of the bed. You can gently "walk" on a person as you support your weight and balance on handrails. Be careful with stilettos or cleated shoes, and avoid putting your full weight on potentially lethal spikes.

- **Tapping and Kicking:** From light to intense, tap or kick your dear masochist. Don't kick with the end of the toes or the end of shoes as the former is painful for the top and the latter can be damaging to the bottom's flesh and/or the shoes themselves. The easiest part of the foot to strike with, with the greatest control, is the inner side of the feet. Vary the intensity according to the durability of the parts you are striking and, of course, the pain preference of your bottom. For a variation take the shoe off and use it like a paddle!

- **Nimble Toes?** Use your toes to pinch tender bits such as nipples, inner thighs and genitals.

- **Foot Gag & Mouth Fucking:** The entire foot can be stuffed into the mouth as a gag that will please you and torment the masochist. "Force" them to fellate your foot or shoes. If the shoes have been worn outside, you may want to make sure that they are cleaned and covered with a condom or two. Have them do that. Or take a shoe or boot off your foot, insert into their mouth and then tie it to their head as a gag.

- **Tease & Denial:** Do they go nuts for your feet or shoes in a certain state? Is it a sandal dangling from bare feet, the smell of feet fresh from a workout at the gym, or boots just off the Harley? Is it the sight, smell or touch of your feet, shoes or boots? Figure this out and use it to your advantage! Bind them and then let them just close enough so they can nearly have what they want, but not quite. Truly a sadistic treat!

- **Sex Your Feet:** Have them mount your foot, shoes or boots and rub their genitals to orgasm. Or, if you're really cruel, just to the point of orgasm and make them stop. Then make sure that they clean up their mess! Make the process fun by having them clean up with their tongue.

IF YOU'RE THE MASOCHIST...

You want to feel your sweet pain radiating up from your feet or in cruel shoes. Like the submissive, understand what it is that you delight in and how it makes you feel. Then figure out a way that your sadist can use your feet to fulfill their cruel lusts. Take a look at the previous chapter's section on "*If you're the sadist*" for some great ideas and suggest them to your top.

CHAPTER 5. UP BY YOUR OWN BOOT STRAPS: SELF PLEASURE

Just like people into other kinds of sex, fetishists like to play by themselves as well as with other people. Some like to play with others more than alone and vice versa. It's not a problem and it's a lot of fun, unless, of course, the passion interferes with normal functioning of life and participation in society.

Solo pleasure with feet, shoes or boots may be with something that reminds us of our lovers who can't join us for the moment. Their shoes, socks or stockings, imbued with memories, touch and scent, might double as the fetish object and symbolic presence of the lover. Sometimes the shoes or boots might be totally unassociated with another person but simply loved for what they are, sexy shoes and boots. Taking in the scent or enjoying the texture of the item during masturbation or using the item to masturbate with might be highly arousing for many, and might be a private pleasure enjoyed since the early years of their sexual lives. If you or your lover enjoys this, why not add to it by gifting them with a special foot or shoe related item of yours? Or lovingly ask your lover for such a thing for your own solo pleasure. It's very romantic when you think about it.

You can also enjoy autoerotic foot stimulation. Give yourself a good foot soak and a shiatsu rub. Wear sexy shoes when you're masturbating or find fun and sensual materials to stimulate your feet with before or during self-pleasure.

CHAPTER 6. WELL HEELED! FOOT CARE & MAINTENANCE

According to The American Podiatric Medical Association, each foot contains the bio-architectural marvel of 26 bones, 33 joints, 107 ligaments, and 19 muscles and tendons to keep us moving and dancing. After a full day and a life well lived atop these complex peds, especially if they've been in sexy but not necessarily comfortable shoes, they could use some serious pampering! If you have skin problems of the feet that could spread with contact, get them treated medically before proceeding. Some things just aren't nice to share. And if you are pregnant, have diabetes or any other foot-related issue, you may experience complications related to basic foot care, pedicures or other foot products. Please consult with your physician first. You can also find good information at www.apma.org.

Here are some ideas on pampering the tootsies. There are many more wonderful variations you can find in skin-care/ spa books and other resources, but these are a few nice ideas just to get you started with. Don't let some of the prettier ingredients prejudice you. The fellows and butches will love these too!

SOAK.

Soaking offers relaxation, increased circulation, moisture, warmth and sensuality. Many enjoy the commonly available electric footbaths. They're not bad for solo soaking but they're hardly romantic or sensual for coupled pampering and they can be a hassle to clean and store. Instead, why not create your own amazing erotic home foot spa? Soaks are also a great way to reduce anxiety for the lover who might be self conscious of foot odor.



The home foot spa

You will need:

- A very large bowl. I've had luck finding wonderful stoneware from Chinatown knick knack shops and Asian garden supply stores. Stainless steel mixing bowls work well too.

- Smooth pebbles or marbles.

- Fluffy cotton towels.

- One of the following sets of ingredients:

Powdered whole milk and almond oil

Red wine and grape seed oil

Epsom salt and a few drops of eucalyptus oil

Grape seed oil, rose water, fresh roses, few drops of rose oil or lavender oil

Sea salt, lime slices, mint leaves, a few drops of essential lime oil

Jobba oil, few drops each of essential oils of rose, lavender, geranium and ylang-ylang

- Shea butter, or if you prefer, edible moisturizing agents such as olive oil, honey, mashed avocado or even butter.

- Very warm water. Have some extra on standby too, just in case — an electric kettle will make this easy.

- Foot brush

Set your pamperee, snugly or sensually attired, in a comfy chair in a warm area with mood lighting. (Why the mood light, wardrobe and comfy sit? Because in the glaring

overhead light of your everyday bathroom, seeing you dressed in sweats and perched on a hard stool commonly conjures up to-do lists in your lover's mind, not thoughts of shagging you.) Line the bowl with some stones or marbles. Fill it a third to halfway with warm water, add the ingredients of your choosing, and have them test the water temperature. Adjust it as necessary. Keep adding warm water during the pampering process to keep the desired temperature. Use a brush along with your hands to gently stimulate the skin while soaking. The marbles give fun texture and massage points for the feet to play with. After the soak, pat dry with towels and moisturize while still damp. The edible moisturizers can be cleaned off with loving lips if so desired! The soak can be done alone or in conjunction with scrub, massage or pedicure. Such a delicious pampering is itself foreplay for foot worship or a sweet transition from the hassle of every day to you and your honey's favorite sex play!

SCRUB

Scrubs exfoliate dull and dead skin, promote circulation and moisturize the skin. Those who are very sensitive to touch may not enjoy this as much. Some choose scrubs instead of harsh or heavy abrasives such as pumice stones and foot files.

Here are some recipes to get you started:

- "Key Lime Fantasy"
 - 3-5 chopped limes
 - 2 tablespoons sugar
 - 1 tablespoon sweet almond oil
 - Bunch of chopped fresh mint leaves
 - Several drops essential lime oil
- "MexiCali Glow"
 - 3 tablespoons cornmeal
 - 2 tablespoons avocado mash or avocado oil
- "Sensitive Skin Special"
 - Sugar
 - Extra virgin olive oil
- "Salt Glow"
 - Kosher salt
 - Extra virgin olive oil

General direction for scrub use: After the soak, place the pamperee's feet on a towel in your lap. You can also scrub while sharing a bath. Rub a generous amount of your mixture in your hands and apply to one foot. Using massaging motions work all over the foot with focus on the rough and calloused areas. Let the pamperee tell you where to work and how. Finish each foot, rinse well and pat dry.

MASSAGE.

If you're going to master just one skill for foot care, it should be massage. If you are serious about making feet happy, take mini-massage and reflexology classes specifically

designed for amateurs and lovers offered by your local massage school or community college. There are also some fine books and videos that teach you how to massage feet and the rest of the body. A little study in this area will serve you well for many years to come!

You can also just get started and explore your lover's foot without the benefit of formal lessons. Start with a nice massage oil or light lotion. Setting the bottle in a bowl of warm water heats it up to a pleasing temperature — a very loving detail! The human foot has something like 7,000 nerve endings per foot. It's a super sensuous and highly sensitive area. Don't just go kneading it like bread dough. If your sweetie has experience receiving foot massage, ask them how they like it and follow their directions. Watch and listen for the "oooooh" and "ahhhhh" as well as the grimaces and ouches. Approach foot massage as a slow and detailed exploration and pleasuring of a highly developed and discerning sex organ.

Here are some sensations you might want to try. See what your lover likes and dislikes.

- Cradle the foot in both hands and squeeze evenly and gently.
- Brush softly with the fingertips.
- Make circular motions with thumbs using different strengths, depth and speed.
- With the palm of the hands press all the toes forward for a stretch, hold and then press the other direction and hold.
- Scratch with the fingernails.
- Gently pull and stretch each toe.
- Kneading motion with the fingertips.
- Kneading motion with the knuckles of the fist.
- With the foot totally relaxed, rotate the foot at the ankle.
- What other variety of touch can the two of you come up with?



The gentle art of foot massage.

PEDICURE.

Ah, the art of painting and caring for the nails and tootsies! Professional nail technicians do all sorts of things with specialized tools to clean under the toenails and shape the nails. If you're not a professional you might not want to guess on this, as improper cleaning and cutting of toenails can create infections and in-grown nails. A visit to a spa or nail salon can be a treat that you can gift to your lover. It might be fun to go with them and learn a few tricks of the trade. They are quite used to lovers and friends coming along for the appointment. Frankly, sitting alone at a nail salon is really boring, so I've been known to call a whole bunch of my friends and make it an outing. It's also fun to get pedicured side-by-side. Make it a pampering date! Your lover will adore you for that gift.

More and more men and butches are sighted at salons getting their feet cared for. They're realizing that the sight of illcared for feet turn off many people. Well-cared gentlemanly feet are better for your sex life! Mostly the guys go for the natural-looking buff without the polish, but more then a few enjoy getting their toenails painted. Many of them have their nails painted with their lovers in attendance. For some it's about a shared secret, for others it may have elements of spicy erotic humiliation to it. And still for

others it's about self-expression and gender non-conformity.

To try a basic pedicure at home here's what you need. You can find all this at your local drugstore or beauty supply store.

- Nail polish remover
- Cotton balls
- Cotton swabs
- "Orange sticks" (beveled wooden sticks)
- Toe separators
- Clear base and top coat nail polish
- Nail polish, color of your sweetie's preference
- Toenail clippers
- Emery board or "diamond dust" nail file. (Avoid the metal nail files)
- Nail buffer
- Box or container to store all the above in

1. Start with the soak, scrub and massage. Dry the feet.

2. Trim the nails with the toenail clippers if they are too long for comfort. Keep the nail squared and don't dig down the sides.

3. File them with the emery board or file.

4. With the beveled end, not the pointy end, of the orange stick, clean out debris under the toenail. Don't dig or press too hard.

5. Buff the nail surface.

6. Weave the toe separators between the digits.

7. If there's old polish on the nails, remove it with cotton balls soaked with nail polish remover. Press down on the polish and hold the saturated cotton ball on there for a second or two. This works to loosen the polish. If there's polish around the edges you can use the cotton swabs.

8. Apply one layer of base coat. Think of the nail as three vertical strips. Paint the center strip from the nail base to the tip, then repeat on each side. Let dry.

9. Apply the color with the same pattern. Let dry. Apply another coat if desired. Let dry.

10. Apply a topcoat. Let dry. To keep from messing up your fine paint job, this last time you really need to let the nails dry for some time, so be prepared to get comfy and keep your honey entertained. I'm sure that the two of you will find sensuous ways to stay delighted while keeping them off their feet!

OTHER FOOT CARE IDEAS.

- If the feet are excessively dry, slather them in shae butter, donning fresh cotton socks before bed and sleeping the dryness away. Several nights of this routine will do wonders.

- Paraffin dips: At many better drugstores or beauty supply stores you can get a warm paraffin bath device, complete with paraffin and plastic. Slowly dip the foot (or hand) into the pleasingly warm bath, slowly pull out with the paraffin coating the skin. Wrap in plastic and let the heat saturate. Lovely for those with cold extremities, dry skin or arthritis.

- Massage with hand held shower massager. This is particularly fun in the bath!
- Don't like the hair on the feet? Try lotion hair remover.

SHOES AND BOOTS.

If you love those shoes, show them how much by taking good care of them. Find the best cobbler/shoe repair shop in town. These guys are proud of their craft. The best have seen their fair share of kinky footwear coming in for repairs, so your 6-inch fetish stilettos or custom-made riding boots are not going to raise an eyebrow. The only comments I've received were on how well-made certain custom shoes were. You may have a harder time finding qualified crafts-people for some extreme fetish shoes such as ballet boots.

Do you like to kiss, lick, suck or enjoy penetration with the footwear? You might want to have a special pair just for sex that won't be worn outside. Make the acquisition of these special fetish sex shoes into a whole scene, whether shopping in person or in a catalogue. (Just remember that the store clerk, even if in a fetish store, did not consent to a scene, so please don't involve them. To do so is inconsiderate.) For the enjoyment of penetrative sex with shoes, cover the action end with a large size condom to keep it all clean and smooth for both the shoes and the person.

Invest in a lovely shoehorn and use it for putting the shoes on. It'll keep from the spine (the stiff part up the back of the heel) getting crushed and losing its form. It's also a great spanking implement if you're so inclined.

CLEANING AND POLISHING.

Clean your shoes regularly of any debris. A quick brushing and soft cloth after going out will help to keep them pretty for a long time. Use soft cloths such as old t-shirts or new fabric diaper cloth. Nylon stockings are great for buffing. (How special it would be to shine up the shoes using stockings lovingly worn by your partner!)

Here are some common types of leather and cleaning tips.

Smooth Leather: If dirty, clean once using saddle soap, following the instructions on the package. If the leather is dry you might want to use leather conditioner. Regular polishing will reduce this need. Match the polish color to your shoes. Some people like blue-ish black polish for their black leather to give it a nice color tone. If your leather is colored then use a shade lighter than the leather, or a neutral polish. Cream polishes are great. Don't use synthetic or quick-dry polish because the alcohol it contains can be damaging to the leather. Thoroughly work the polish into the leather with a soft cloth. Wrap a fresh cloth around your finger, wet it and work it in with a circular motion onto the polish and leather. Let it dry for a moment and buff with a shoe brush, then a clean soft cloth and finish it off by buffing with a tautly held nylon stocking. If you want to spiff up the edges of the soles apply "edge dressing" to the parts of the sole that shows. Don't apply to the bottom. If the paint on the grommets is fading, cobblers have paint for these. I know some folks who use car paint touch-up pens.

Patent Leather: Rub in petroleum jelly, let it soak in and wipe off with a soft cloth.

Vinyl: Wipe with a damp cloth. For stubborn smudges use window cleaner.



Perfectly polished police boots. Yum!

Oiled or Waxed Leather: Don't use saddle soap on these! Use mink oil or special oil tanned leather cream. Buff with clean cloth.

Suede: Spray with non-silicone protective spray before wearing. Brush with a clean toothbrush or suede brush. Don't use water. If stained, use a specific stain remover available at shoe repair shops.

Fabric: With silks you can spray with satin guards. For canvas you can spot-clean with fabric stain remover. Don't machine wash.

Exotics: (Snake, alligator, ostrich, etc) These require regular brushing and cleaning, frequent thin conditioners and neutral cream. Specific reptile leather cleaners are also available. Make sure to check with the store or shoe repair for specifics.

STORAGE.

Cedar shoetrees are your friends. So are boot forms. These cool gizmos help your shoes and boots to keep their sexy firm shape. The wood sucks the moisture, thus reducing the leather damage and material distortions. The hanging boot forms are great for longer boots, such as thigh boots, from crumbling at the ankles. Reduce odors with anti-odor insoles and scented sachets of lavender or cedar.

BOOT BLACKING.

The American leather community has a long and loving relationship with its bootblacks. These are the guys who shine the footwear at leather bars and events. Originally from the gay male leather/SM community, this tradition has spilled over to the leather dyke community and slowly into the less queer pansexual arena. Boot blacking isn't simply about shining boots. It's developed into a whole philosophy around community service, fetish, devotion and more. As this subject deserves an entire book, I will simply refer you to an excellent web resource site created by David Hawks, Mr. Bootblack 2000, coordinator of the International Mr. Bootblack Competition and a dear friend of mine. The Resources section in this site is particularly useful for basic shoe/boot care as well as for information on the bootblack community.

CHAPTER 7. SOLE MATES: SEEKING ACCEPTANCE AND CELEBRATION

Whether you enjoy giving or receiving, however you may feel about D/S or sensation play, there's one common concern among fetishists: how to reveal, share and find mutual enjoyment of your particular fetish with your special someone. We all fear rejection and judgment, especially around sexual matters, making it challenging at times to share our interests or make that request for participation.

I'm often asked, "How do I get my partner to do xyz?" My first answer is, "You can't *make* another person do anything." There are no guaranteed ways to draw someone into your interest. But there are some ways to make it easier for both of you. Your first step is to understand what may make your partner uncomfortable. Some common feelings that come up are:

- Concern that you find them sexually unsatisfactory.
- Worry that if they don't do this you'll go away.
- Fear that you're hiding other intimate information.

Consider bringing up new sexual activity, such as your interest in feet/shoes, when the two of you are hanging out, are relaxed and feeling mutually happy — ideally when you've just shared sensual moments. In this positive place, bring up that which you think would be fun to add to your sex life. Make it that one small thing, not a whole complicated scenario. In a happy state a new request is less likely to be taken as criticism. Keep it light, undemanding and non-threatening. Answer questions that they may have with loving patience. If you get impatient you might turn them off.

Once it's discussed and it's time to incorporate new sexual playstyles, I like to use what I call the "Sandwich Method." Think of it as sandwiching a thin slice of new sexual activity in between hefty slices of erotic activities the two of you already like. Start off the rendezvous with your usual fun erotic repertoire, introduce one simple new element as known activities continue. Then finish off with all the old familiar fun. If it was well received then the two of you can add another new thing in the middle of your next play date.

This way the performance anxiety is reduced, you don't have to invent new ways to start the evening, and you always have familiar sexual comforts to end the scene with. Even if the new activity didn't thrill them, in the end there's fun for both of you.

CHAPTER 8. THE GUM SHOE : FINDING INFORMATION AND RESOURCES

Here are some interesting resources to get you started on snooping around for fun information. These are simply a few of my favorites. There are more out there! If you know of good ones, please drop me a line at info@fhp-inc.com.

- Books :

Erotic Tickling by Michael Moran © 2003 Greenery Press

Feet-Ishism (Temptation) by Hans-Jurgen Dopp © 2002

Continental Sales

Fetish: Fashion, Sex, and Power by Valerie Steele © 1995 Oxford University press

Foot: A Playful Biography by Kathy Vanderlinden © 2003, Greystone Books

The Foot Book by Dr. Seuss © 1968 Random House Books for Young Readers

The Foot Book: Relief for Over-used, Abused & Ailing Feet by Glenn Copeland ©

1997 Wiley

Foot Sucker by Geoff Nicholson © 1996 Overlook Press

Hand & Foot Massage by Mary Atkinson © 2002 Carlton Books

Handmade Shoes for Men by Lasz Vass © 2000 Konemann

Love Under Foot: An Erotic Celebration of Feet by Greg Wharton, M. Christian ©

2004 Southern Tier Editions Harrington Park Press

Natural Foot Care: Herbal Treatments, Massage, and Exercises for Healthy Feet

by Stephanie Tourles © 1998 Storey Books

Perfect Feet: Caring and Pampering by Stuart Mogul, Ericka McConnell (photography) © 2003 Stewart, Tabori and Chang Shoes by Lucy Pratt, Linda Wolley ©

1999 Victoria & Albert Museum

- Photography & Art Books *The Beauty of Fetish* by Steve Diet Goedde © 1998

Edition Stemmler

Elmer Batters © 1996 Benedikt Tascen Verlag

Manolo Blahnik by Colin McDowell © 2000 Harper Collins

Nylons: Girls Next Door in Erotic Nylons by Uwe Fulleborn © 2001 Goliath Corp.

Shoes: A Celebration of Pumps, Sandals, Slipper & More by Linda O'Keefe ©

1996 Work-man Publishing

Shoes, Shoes, Shoes by Andy Warhol © 1997 Bulfinch

Stiletto by Caroline Cox © 2004 Harper Design International

Tom of Finland: The Art of Pleasure by Micha Ramakers © 2002 Taschen

- Museums with related exhibits, museum stores with related goods.

Bata Shoe Museum, Toronto, Ontario, Canada

Fashion Institute of Technology, New York, NY, USA

German Leather Museum / Shoe Museum, Offenbach am Main, Germany

Leather Archives & Museum, Chicago, IL, USA

The Metropolitan Museum of Art, New York, NY, USA

Victoria & Albert Museum, London, UK

• Miscellaneous Goodies

Acupressure

and

Reflexology:

www.bionatural.com.au/upload/acupointscomplarge.jpg, skepdic.com/ reflex.html,
www.helpself.com/directory/reflexology.htm

“Boot Lovers Digest”: Magazine for those who love women in extreme boots.

Bootblacking

resources:

www.virginiabootboy.com/,

groups.yahoo.com/group/BootblackForum,

www.boondocksnet.com/labor/

cl_020222_newsboys.html

Shoe Care Supplies:

www.angelus-shoepolish.com,

www.lincoln-shoepolish.com,

www.pecard.com, www.madsens1.com/miscfoot.htm

“Skin Two Directory”: Pretty much the ultimate international fetish shopping guide. Large shoe resource. Reissued annually.

Stompers: Excellent purveyor of masculine boots. Many custom-made and off-the-rack boot styles. Motor officer boots, engineer boots, lumberjack lace up boots, etc. 323 Tenth St. San Francisco, California.

Midori’s education site for classes on this topic and others: www.FHP-Inc.com.

Photo on p. 42 of bound foot courtesy of www.BeautyBound.com and www.FolioBlue.com.

OTHER BOOKS FROM

<i>TOYBAG GUIDES: A Workshop In A Book</i>	<i>\$9.95 each</i>
Canes and Caning, by Janet Hardy	
Clips and Clamps, by Jack Rinella	
Dungeon Emergencies & Supplies, by Jay Wiseman	
Erotic Knifeplay, by Miranda Austin and Sam Atwood	
Foot and Shoe Worship, by Midori	
Hot Wax and Temperature Play, by Spectrum	
Medical Play, by Tempest	
Parties and Events, by Lucullus	
<i>BDSM/KINK</i>	
The Compleat Spanker	
Lady Green	\$12.95
Erotic Tickling	
Michael Moran	\$13.95
Family Jewels: A Guide to Male Genital Play and Torment	
Hardy Haberman	\$12.95
Flogging	
Joseph W. Bean	\$12.95
Intimate Invasions: The Ins and Outs of Erotic Enema Play	
M.R. Strict	\$13.95
Jay Wiseman's Erotic Bondage Handbook	
Jay Wiseman	\$16.95
The Kinky Girl's Guide to Dating	
Luna Grey	\$16.95
The Loving Dominant	
John Warren	\$16.95
Miss Abernathy's Concise Slave Training Manual	
Christina Abernathy	\$12.95
The Mistress Manual: The Good Girl's Guide to Female Dominance	
Mistress Lorelei	\$16.95
The New Bottoming Book <i>and</i> The New Topping Book	
both by Dossie Easton and Janet W. Hardy	\$14.95

Please include \$3 for first book and \$1 for each additional book with your order to cover shipping and handling costs, plus \$10 for overseas orders.

M GREENERY PRESS

Play Piercing Deborah Addington	\$13.95
Radical Ecstasy: SM Journeys to Transcendence Dossie Easton and Janet W. Hardy	\$16.95
The Sexually Dominant Woman: A Workbook for Nervous Beginners Lady Green	\$11.95
The Seductive Art of Japanese Bondage Midoii	\$27.95
SM 101: A Realistic Introduction Jay Wiseman	\$24.95

GENERAL SEXUALITY

... But I Know What You Want: 25 Sex Tales for the Different James Williams	\$13.95
The Ethical Slut: A Guide to Infinite Sexual Possibilities Dossie Easton & Catherine A. Liszt	\$16.95
Fantasy Made Flesh: The Essential Guide to Erotic Roleplay Deborah Addington	\$13.95
A Hand in the Bush: The Fine Art of Vaginal Fisting Deborah Addington	\$13.95
Paying For It: A Guide By Sex Workers for Their Clients edited by Greta Christina	\$13.95
Phone Sex: Oral Thrills and Aural Skills Miranda Austin	\$15.95
Photography for Perverts Charles Gatewood	\$27.95
Sex Disasters... And How to Survive Them Charles Moser, Ph.D., M.D. and Janet W. Hardy	\$16.95
Tricks... To Please a Man <i>and</i> Tricks... To Please a Woman both by Jay Wiseman	\$14.95 ea.
When Someone You Love Is Kinky Dossie Easton & Catherine A. Liszt	\$15.95

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