

Plaster Body Casting: Helpful Hints & Safety Guidelines

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Helpful Hints

If you are doing face or arm/body casting, make sure you cover the person's hair and genital area with Vaseline or Nivea. To protect the person's hair, I use a rubber swim cap. It is tight and does not easily shift under the plaster. A spandex hood also works well for protecting the head and adding to the overall sensory control. You may use gauze for both of the above as well.

Plaster is easier to work with in small amounts than large globs. Cut small pieces of fiberglass matting (drywall tape works too) into squares and dunk it into the plaster, and then apply that to your sub's body. Plaster bandages are among the easiest to use for our type of play.

Definitely have canvas gloves on hand for removing your sub from the cast. Also, safety scissors and a rubber mallet to break up any tough areas.

When your sub is released, they will most likely receive a chill immediately. Have a robe or other warm wear ready for them. Also, they will be sweaty from perspiring under the wrapping, so have towels ready too.

If you are planning a prolonged mummification, give the mummy a bathroom break prior to beginning.

If this is your sub's first time being mummified, keep the time to a minimum. 90 minutes or less.

Safety Guidelines

Remember it is very important to protect your partner from heat in this type of scene. Plaster can cause burns on the body if proper precautions are not taken. It heats up as it dries. The thicker you put it on, the hotter it will be for your sub.

Sharp edges can cut you and your sub. Try to smooth out all rough areas and edges.

Use stockinet or a similar material on the area you plan to cast **BEFORE** applying the cast to the person's skin. I have used vet wrap, gauze, ace bandages and Hyginet. Most of these are available at medical supply stores or Farm and Fleet.

In these types of scenes, padding is optional. I do not waste time with it as the scenes I normally do are short term only (less than a day). However, if you plan on wearing the cast for longer, I highly suggest padding over the first layer and prior to the plaster. You can buy cotton padding at both medical and beauty supply stores.

If possible, have a third person assisting you in the scene. A sub's dead weight can be heavy to lift and awkward to maneuver. Safety in moving the mummy increases when there are more pairs of hands involved.

Cool ideas

To do a slight sensory deprivation scene without a full body cast, just do the face. Use a piece of cardboard, cut out the face and place it around the person's head in front of the ears. Insert ear plugs in the ears. You can then plaster just the face.

Use different colors of plasters and design your own submissive piece of art. Or paint designs on the plaster, such as "My owner told me not to move, and I did. Now I'm learning!"

Put them in interesting positions using braces and rods. But remember if you plan on leaving them for an extended time period, they are more susceptible to cramping.

Just do one body part such as the feet, toes, fingers and hands. It is a great technique for partial bondage. The bandages work very well for this.

For more information:

www.castcentral.org

<http://no.place.like.home.mindspring.com/abbot/articles/jl990104.htm>

www.castfetish.org