

Bliss of Pain Suspension Crew

A Guide for People Planning to Suspend

This guide was created for people who are planning to suspend with us, are considering it, or want to support a friend through this unique moment. We understand that suspension—especially for the first time—can be an intimidating or stressful experience.

We're happy to answer any questions and ease any concerns you may have. There are no stupid questions, and we won't be offended if you ask about our practices.

Preparation

Here are a few things you can do before the event:

1. **Share important information** – Let us know your expectations, any worries you might have, and inform us about any medical conditions or allergies.
2. **Avoid alcohol on the day of your suspension** – Alcohol increases bleeding. We won't suspend anyone who appears to be under the influence of any substances.
3. **Take a bath or shower** – This is a special moment, so take care of yourself and feel good in your body.
4. **Shave or trim the area where the hooks will be placed** – This helps the dressings stick better.
5. **Eat a nutritious meal** – We recommend a meal rich in carbohydrates about 2 hours before your suspension. This is essential and can greatly affect your experience.
6. **Bring a sweet drink and snacks** – Suspension is physically demanding, and your body will appreciate the extra energy.
7. **Dress comfortably** – Make sure your clothing allows easy access to the areas where hooks will be placed and that you don't mind if it gets stained with blood. Bring something warm to wear afterwards.

What to Expect at the Event

Arrival and Conversation

Upon arrival, you'll be greeted by a crew member who will guide you to the space. We'll talk about your expectations and clear up any remaining questions or concerns.

Event Guidelines

- **This is your experience** – Our goal is to create a positive and comfortable environment.
- If at any point you want to pause or stop, let us know.
- Do not enter marked areas (e.g. piercing zone, suspension zone, aftercare area) unless invited.

- Do not touch anything without permission.
- Be quiet and respectful when others are preparing or suspended. It's their moment.
- Do not take photos without the prior consent of the person being suspended. Failing to follow this rule may result in removal from the event.

The Suspension Process

At the right time, you'll be invited into the piercing area. Your skin will be disinfected and the hook placements will be marked.

When you're ready, crew members will pierce your skin with sterile needles and insert sterile hooks.

In the suspension area, the hooks will be connected to ropes and prepared for lifting.

The tension on the ropes will gradually increase, and you'll feel resistance. When you're ready, you'll be slowly lifted off the ground. Congratulations – you did it!

Throughout the ceremony, at least one crew member will be carefully monitoring the condition of your piercings, the ropes, and other elements.

After Suspension

When you're ready to come down, let us know. The crew will help you return to the ground safely.

In the **aftercare area**, your wounds will be cleaned, the hooks removed, and the sites bandaged.

Post-Suspension Care

1. You might feel mild soreness at the hook sites for 1–2 days.
2. Once the adrenaline wears off, you may feel tired – take time to rest.
3. Your wounds may bleed – wear clothing that you don't mind staining while you sleep.
4. Once bleeding stops and scabs form, you can stop using bandages. Keep the wounds clean and avoid soaking them.
5. Scars in the form of small circles or crescents will fade with time.

Summary

We hope this guide helps you understand what to expect. Suspension can be intense, but it can also be a deeply transformative experience – each one is unique.

Got questions? Reach out to us! We can't wait to share this journey with you.

**Love & Light,
Bliss of Pain Suspension Crew**