

## Mummification and Medical Bondage

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<http://www.medicaltoys.com/mummification.html>



This is a specialized version of bondage, in which the whole body, including the head (usually a breathing tube is used or the mouth/nose areas left open) is wrapped tightly.

The materials used for this are usually specifically designed for wrapping, such as cling film (saran wrap or pallet wrap).

Other materials used are duct or gaffer's tape (also called gaffa tape in UK), cloth, [vet wrap](#), [medical bandages](#), elastic or latex bandages.

The important points to cover before a scene includes:

1. Any phobias about restriction or tight spaces?
2. Any problems with breathing?
3. Any issues around sense deprivation?
4. Is he/she comfortable with a "full" mummification, which includes pallet wrap and duct tape from head to foot? A partial can also be done, especially for first timers, that leaves out the head or uses just a stretchy cloth hood.

Again, the concept is to wrap the material of choice around and around the entire body, until the bottom is completely immobilized. Holes may be made for access to genitals and other areas, as preferred.

Mummy - the spelling 'mummee' is usually preferred.

It isn't really like most other types of bondage. It provides the immobility and feeling of submission that other bondage techniques do, but there are added physical and emotional elements that are hard to duplicate any other way. While mummified, you will experience sensory deprivation, as you would in a sensory deprivation tank, although on a somewhat lower level. You feel not restrained, but taken completely out of your body, as though you are floating in some astral plane free from weight, feeling, sight, and sound. Only your essence remains, and you become intensely focused on the few small sensations that still remain -- your heartbeat, your breathing, your thoughts.

[Mummification](#) can be performed many ways, but the principle is the same. Instead of saran wrap, you can use cloth or latex bandages or even leather strips, or even pieces of cloth secured with duct tape or other tapes. You can also get something of the same effect by using sleepsacks and hoods. But since anyone can obtain saran wrap or pallet wrap inexpensively, I will describe that technique here. Adhesive tapes and wraps like cling film (saran wrap) are popular for mummification but can also be used in more general bondage, for example, in hand bindings.

[Duct tape](#) is convenient in some circumstances and is readily available in black or silver. However, be careful about applying it to bare skin: ripping it off will remove hairs and possibly even skin and can be painful, and irritation may result from contact with the adhesive. Go easy, or apply it over a barrier material such as [vet wrap](#) or [pallet wrap](#).

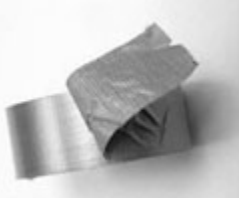
You'll want to have plenty of wrap available, because it takes more than you might think. It works out to somewhere around 75-100m (yards), which is three or four regular sized rolls of wrap. Placing a blindfold first will

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ensure complete darkness under the wrap, and will prevent the eyes from opening. If you don't have a blindfold, place a few cotton balls on top of each closed eye, and secure with a little medical tape if you wish.

Remember throughout the wrapping, that absolute comfort is important in creating the headspace, which is required to maximize the experience. If you are looking for a sexually oriented adventure this probably won't do it for you! As part of a scene, however, it can be extremely effective, so don't rule it out until you've tried it. A bottom's headspace is not quite the same after being released from a good mummification as it was going in, and a good top will use this fact to his or her advantage -- and of course to create an intense experience for the bottom.



You should try to have at least one helper, also, who could be either another top or a bottom. The assistant will be responsible for maintaining the bottom in an upright position while you work with the wrapping material. The assistant must also maintain close communication with the bottom, to make sure the experience remains an enjoyable one for all concerned. The emotional high that this form of bondage produces can become scary if the environment is not comforting and safe.

Another good reason not to attempt mummification alone is that you may need the assistant to help steady the bottom. One very basic (but still very real) danger is that the bottom will fall over. The process of wrapping will cause disorientation, and the loss of all sense of direction; they will often attempt to push themselves over, wrongly thinking that they are already falling, so you must be prepared to hold them upright, especially if the bottom is not experienced in this area. In order to minimize the danger of this happening, make sure the bottom understands the potential for this phenomenon, and will trust you enough to allow the falsely detected fall to happen -- which ironically will prevent a real fall from happening.

You must also provide ahead of time for safety precautions in case of emergency - whether it is physical danger or emotional overload. [Surgical \(bandage\) scissors](#) are ideal for cutting off the wrap quickly, since they are rounded on the bottom so they will not cut the skin.

If you want to wrap the head too, you will need to have a system to facilitate breathing. One useful piece of apparatus is a piss gag, either with a firmly attached tube at least 25mm (1") wide that extends out in front or with a hole to which you can attach such a tube. The tubing will extend beyond the mummifying layers, allowing complete bondage while maintaining safety. Most people also prefer to wrap the head in muslin or some other form of light cloth before adding the [pallet wrap](#).

### Ways to Play

The bottom should stand in a location that allows plenty of room for free movement all around. Start applying the wrap by wrapping the arms. The bottom should hold them perpendicular to the body in order to allow this. Wrap from the armpit all the way down to the hand, and allow the wrap to extend beyond the ends of the fingers. This will be neaten up later, so just lay the wrap on liberally.

When the arms are well wrapped, wrap the chest. Do not simply wrap around the chest itself, but rather, crisscross the chest and shoulders. Wrap over one shoulder, down across the chest and under the armpit, straight across the back and under the other armpit, up across the chest, over the other shoulder, etc. Occasionally you should overlap the wrappings that were previously laid around the arms. There should be no gaps. Continue until you have laid several complete layers.

Proceed to wrap the rest of the body in the same manner. Wrap the legs separately before binding them together. As the wrappings go on, the subject will begin to look very much like an Egyptian mummy, hence the term mummification.

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Holes can be left (or cut) in the wrapping at strategic points -- you can figure them out!

How long should you leave the bottom in mummification? It is a very intense experience so with a novice as short a time as 10-15 minutes may be enough. Some experienced players like to be left for hours on end but remember anyone so heavily restrained must be supervised at all times. In any case the subjective passing of time for the bottom will be very different from normal.

Follow the same rules as with any heavy bondage. Watch for circulation problems as with rope, but be especially careful to keep all bonding materials away from the subject's face unless you have arranged a breathing mechanism. Materials such as saran wrap can easily cause suffocation if not used with extreme caution.

<http://www.nybondageclub.com/gay-male-bdsm-practice-mummification.html>

**Mummification** as a BDSM bondage practice involves restraining a living person's body in a non-damaging way by wrapping it head to toe, or neck to toe, in materials like saran wrap, clingfilm, cloth, bandages, rubber strips, duct tape, plaster bandages, bodybags, or straitjackets. The end result is a person completely immobilized and looking like an Egyptian mummy. They may then either be left bound in a state of effective sensory deprivation for a period of time, or sensually stimulated in their state of bondage, before being released from their wrappings.

Mummification is often used to enhance a feeling of total bodily helplessness, and incorporated with sensation play.

## Essential safety

Partial mummification. When wrapping with PVC tape, stretch and relax the tape before wrapping on the body, or it will contract after application, making it difficult for the subject to breathe.

First and foremost, breathing and other safety measures must be appropriately taken care of, usually by leaving the face (or at least the mouth and nose) open.

As with all bondage practices, there should be a means for the bound person to communicate in an emergency, and a way to release them quickly if necessary (for example, using trauma shears to cut their bonds). A bound person should never be left alone. In many cases, as with other BDSM practices, a safety word should be provided - especially in practices involving restraints.

Using clingfilm also brings up the issue of hydration in the body. When the body is tightly wrapped in clingfilm, sweating occurs more than usual (as the body is overheating to its new closed surroundings). The bound person should be (at least) aware of their own hydration and remember that if sweating occurs to an extreme, rehydration should take place.

## Best practices

Partial mummification with black duct tape. Applying tape over clothing protects the skin.

Mummification is best done on the arms and torso first, leaving the legs free so the bottom can stand steadily. When the legs are being wrapped, the top should insure the bottom will not fall, and see that he or she is safely lowered to the floor or bed. If the bottom's legs are mummified together, this may make the ankles or knees rub together, causing discomfort. A small amount of padding, such as a folded towel, solves this problem.

Prolonged mummification, particularly with materials like saran wrap or latex, can cause sweating and consequent dehydration in the bottom.

Body temperature (maintained to an extent by movement) may also be affected (some wrappings reflect warmth and others reduce it) so a suitably warm environment and possibly warmth (by blankets or similar) during Aftercare may be important.

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**Total enclosure fetishism** is a form of sexual fetishism whereby a person becomes aroused when having entire body enclosed in a certain way, hence the name.

Examples

Some total enclosure activities include:

- In rubber fetishism , rubber suits , gas masks and similar garments and accessories are used for total enclosure.
- Vacuum beds rigidly enclose the entire body under a rubber sheet with a small breathing tube.
- Sleepsacks and body bags are also used as less rigid enclosure alternative to the vacuum beds.
- In spandex fetishism , zentai suits are used for total enclosure in skintight fabric from head to toe. In the case of zentai, the wearer breathes through the loose-woven fabric itself, the garment is not as tight as a rubber or PVC garment would be, and the costume generally comes off with a zipper that can be operated by the wearer.

Although experiences of these activities are regarded as claustrophobic , total enclosure fetishists like to practice these activities, sometimes combining them with bondage

[http://en.wikipedia.org/wiki/Sleepsack\\_\(BDSM\)](http://en.wikipedia.org/wiki/Sleepsack_(BDSM))

[http://en.wikipedia.org/wiki/Body\\_bag](http://en.wikipedia.org/wiki/Body_bag)

[http://en.wikipedia.org/w/index.php?title=Vacuum\\_bed&action=edit](http://en.wikipedia.org/w/index.php?title=Vacuum_bed&action=edit)

[http://en.wikipedia.org/wiki/Latex\\_and\\_PVC\\_fetishism](http://en.wikipedia.org/wiki/Latex_and_PVC_fetishism)

[http://en.wikipedia.org/wiki/Gas\\_mask](http://en.wikipedia.org/wiki/Gas_mask)

[http://en.wikipedia.org/wiki/Sexual\\_fetishism](http://en.wikipedia.org/wiki/Sexual_fetishism)

[http://en.wikipedia.org/wiki/Sensory\\_deprivation](http://en.wikipedia.org/wiki/Sensory_deprivation)

[http://en.wikipedia.org/wiki/Duct\\_tape](http://en.wikipedia.org/wiki/Duct_tape)

[http://en.wikipedia.org/wiki/Sensation\\_play](http://en.wikipedia.org/wiki/Sensation_play)

## *Sources of materials:*

### **Pallet wrap**

1. Office supply stores like Staples & Office Depot
2. Home Depot may also carry it
3. For a cheaper solution, just use dollar store cling wrap

### **Duct tape**

1. Hardware stores
2. Dollar stores

### **Vet Wrap**

1. Tackle or pet stores where horses are common, like Langley & points east
2. On line, e.g. <http://www.medicaltoys.com/mummification.html>

### **Medical bandages**

1. Regency Medical Supplies
2. Lancaster Medical Supplies
3. Any drug store
4. Dollar stores