

# A Self-Mummification Technique

---

## Introduction

This document describes how to wrap your body up in a sensuously tight cocoon of plastic wrap. I've refined this technique through over a dozen self-mummification experiments with one goal in mind: to create in the privacy of my own home the safest and best mummification experience without the assistance of a top. I created this document to enable others to create the same experience.

## Legal Disclaimer

Use the information in this document at your own risk. By using this document you agree not to hold the author of this document liable for personal injury, death, damage to property, relationships or any other potential form of loss that may result from the use of this information. Do not perform any activities described in this document if you are not willing to accept these terms and the full responsibility for all risks involved.

## Safety First

As with any self bondage activity there are risks of injury and even death. I've gotten bumps and bruises and had a close call or two because I got carried away and went just a little too far. Before you engage in this activity make sure that you think through every possible contingency and take all safety precautions. Remember, you're on your own here. You need plenty of failsafe measures. If you can't do this safely, don't do it at all. No matter how enticing the prospect of mummifying yourself is, it's not worth risking your life.

Here are some safety tips:

- Do not engage in this activity for at least two hours after a meal. This process requires a considerable amount of physical exertion which will generate a considerable amount of body heat that has nowhere to go. You could get sick and vomit. Not a pleasant experience, especially if gagged (see the next bullet point).
- Don't wrap your head or use a gag. Your head is the only outlet your body has to expel excess heat. You'll likely need to breathe through your mouth because of the physical exertion involved. If you overheat you might get sick and vomit (I've done it) and if you're gagged you may choke to death on it. If your nose becomes congested you won't be able to breathe and could suffocate.
- Check your entire home for fire and safety hazards such as coffee makers, toasters, ovens, stovetops and space heaters that might be turned on. Make sure they are turned off and/or unplugged. A small fire doesn't take very long to spread and completely engulf a house. Once wrapped you won't be getting out quickly.

- Make sure your home is properly secured, but also make sure that help can reach you if you become trapped. If you have a home security system, turn it on.
- Do not run appliances (washing machine, dryer, dishwasher, etc) while you're indisposed. You never know when a hose, rubber seal or faulty control switch will fail and start a flood. You'd be amazed at how many gallons per minute can gush out of a ruptured hose. For added safety, turn off the water supply to your washing machine.
- Move any tripping hazards from around the area where you will cocoon yourself. Also move away any furniture or equipment that you might fall into, especially items with sharp corners. Don't do this in your basement where you could fall against your hot water heater or furnace.
- If possible pad the floor with any pillows, cushions, soft items or material you can find. If you fall you will not be able to control yourself. If you have especially poor balance you might consider refraining from this activity.
- Have a backup plan in case you can't escape. Will someone find you? When? Do you have a way of calling for help? Will anyone hear you? If you live alone I strongly suggest you partner with someone whom you can trust to check on you and come to your rescue if needed.

## Required Items and Materials

- **Roll of food grade plastic wrap**

You can use any brand you like, but I recommend Sam's Choice/Great Value Premium Plastic Wrap (available at Wal-Mart) or [stretch-tite®](#) (expensive, but awesome quality). Use this wrap to wrap your torso and your limbs separately before applying the outer wrap.

- **Roll of office or industrial grade stretch/pallet wrap**

Use a 20" or 30" wide roll of 80 or 90 gauge stretch wrap. The wider the roll, the fewer rotations around the pole you will need to complete the wrap. The higher the gauge, the thicker, more stretchable and tear resistant the wrap.



- **Two or three wash cloths and a large towel**

Use two wash cloths to pad the inside of one ankle and one knee to prevent the bones from rubbing together. Use the large towel to cover the surface where your head will rest after the wrap is completed to keep the surface clean from sweat.

- **Safety and Surgical Scissors**

Use these to extract yourself from your cocoon after your metamorphosis☺. Hold a small pair of surgical scissors under one hand while applying the outer wrap and keep a larger pair of safety scissors outside of the wrap within reach. Use the smaller scissors to cut your hand free then grab the longer safety scissors and use them to cut the rest of yourself free. I've experienced discomfort and accidental puncturing of the cocoon when wrapping a large pair of scissors under my hand. Do not use scissors with sharp tips!



- **A large cushioned surface**

You'll fall backwards onto this surface when you're finished and lie on it until you're ready to leave your cocoon. This surface could be a mattress, inflatable air bed, or an [Adult Studio Chair Sleeper](#) (a frameless bed-like cushion that folds up into a chair)



- **A structural support pole or column that you can walk around**

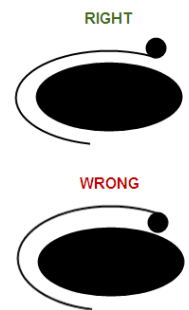
To apply the outer layer of your cocoon, you'll wrap the stretch wrap around the pole then you'll stick the end of the wrap to yourself and walk around the pole to apply the outer layer of your cocoon. If you don't have a structural support pole, you might be able to improvise with a tall, large piece of heavy furniture, but I cannot guarantee that you will be able to follow these directions without one.

## Making the Wrap

Once you've completed all of the necessary precautions (see Safety First), double-checked to make sure you have everything you need (especially scissors), adjusted the environment (temperature, lighting, music etc.) and prepared the surface where you will spend your time tightly cocooned, you're ready to begin. The wrapping process, in a nutshell, follows these steps:

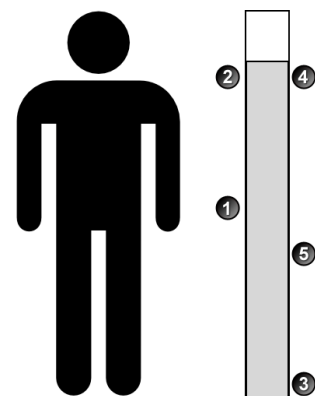
1. wrap the pole
2. wrap your limbs and torso separately
3. walk and hop around the pole to wrap your arms to your sides and legs together
4. get off your feet

Here's an important tip. Always peel the plastic away from the roll or pole as you apply the wrap (see top right diagram. If you do it the wrong way, you're more likely to tear the wrap prematurely.



### Step 1: Wrap the Pole

Place the end of the wrap against the column just above knee level (position 1) and make two revolutions around the pole to establish the wrap. Slightly angle the wrap upward and continue to wrap the pole. The wrap should "spiral" upwards as you wrap the pole. Overlap about half of the previous layer by about half\*. When the wrap reaches neck level (position 2), make one rotation around the pole with the wrap parallel to the floor, then angle the wrap downward and wrap the pole down to the bottom (position 3). Make one rotation with the wrap parallel to the floor, then angle the wrap upward and wrap the pole all the way to the top of the last wrap (position 4, same as position 2). Make one rotation



around the pole with the wrap parallel to the floor, then angle the wrap downward and wrap the pole down to wrist level (position 5). Make one rotation with the wrap parallel to the floor then tear the wrap off the spool. Leave the loose end hanging from the pole so that you can find it later.

\*The amount of overlap varies depending on the width of the wrap, the circumference of your body and the circumference of the pole. You have to determine how far you'll need to overlap the previous wrap to completely cover your body.

## Step 2: Wrap your limbs and torso separately

### Feet and Legs

Use the plastic food wrap for this step. Sit down on the floor and wrap your left foot from your toes to your ankle. When you reach the ankle, twist the wrap and make one revolution around the ankle, then twist the wrap a second time and make another revolution. Tear off the wrap. You should now have a "bootie" that completely covers your foot.

Repeat the process with your other foot. Wrap in a clockwise direction but don't tear away the plastic after you've wrapped your right ankle. Place a folded wash cloth against your ankle bone and apply one or two layers of wrap over it. Continue to wrap upwards towards your knee.

*Caution: Wrapping your feet in plastic food wrap allows them to slide over carpeted surfaces (critical during the outer wrap phase) but it can also cause you to slip when you're on your feet. Be careful!*

Straighten your knee, wrap once or twice around it and place a folded wash cloth against the inside of your knee and secure it with one or two more wraps. Continue wrapping up to your thigh.

Once your inner thigh is completely covered, hold the wrap in your right hand and carefully stand up and spread your legs. Gently wrap one full revolution around your midsection (do not cover genitals or openings) then pass the wrap between your legs and wrap your left leg down to your ankle. Wrap your left leg a second time from your ankle to your thigh. Make another revolution around your midsection as you did before to secure the wrap. At this point your legs and feet are completely wrapped. Adjust your stance to a comfortable position.

### Torso and Shoulders

*Caution: Apply the wrap loosely to your torso. Do not constrict your breathing.*

Loosely wrap your torso up to your armpits. When the wrap reaches your armpit, pull it diagonally and stretch it over the inside of the opposite shoulder. Hold the wrap on top of your shoulder with one hand and reach your other hand behind you. Let the wrap fall over your shoulder and catch it with the hand behind your back. Pass it around your back to your other hand and repeat the process, but this time stretch the wrap over your outer shoulder. Make one revolution around your chest to secure the wrap. Tear the wrap away from the roll.

To wrap the other shoulder, wrap your chest once in the opposite direction as you did before, then repeat the previous steps to wrap your other shoulder. When finished, tear the wrap away from the roll.

### Arms

Wrap each arm individually from shoulder to the wrist and back. Do not wrap your hands or your fingers together; you'll need dexterity to cut yourself free with scissors later on.

If you really want to cover your hands so that no flesh or sweat touches the outer wrap you can put on unpowdered latex or vinyl surgical gloves, but you might not be able to move them enough to work a pair of scissors. Try gloving one hand (the one without the escape scissors) to see if you can move it enough to work a pair of scissors before you try it on both hands in a future session.

At this point your arms, shoulders, torso, legs and feet are wrapped. Make sure that you can reach everything else you need from a standing position before you continue.

### Finishing Touches

If you want to use any toys during your session now is the time to insert or place them where they need to be. Place your feet together, attach the end of the plastic wrap to your legs just above your knees, and wrap upwards, fusing your upper legs together. The plastic wrap acts like a tight miniskirt. You can still walk, though hobbled. Continue to wrap upward until no skin on your midsection is exposed.

*Note for Men:* Position your penis in a comfortable position before you fuse it to your body under the wrappings. If you want to deny yourself the ability to orgasm you can sheath it in a section of 1 ½ - 2" inner diameter hose or tubing (file and smooth the edges) and fuse it to your stomach with plastic wrap. You may also want to put a washcloth between the top edge of the hose and your belly to prevent uncomfortable rubbing. If you bend your knees the hose or tube will tend to dig into your midsection.

At this point your body is covered with at least one layer of plastic from your shoulders down to your toes. You are now ready to begin the next phase: the outer wrap.

### Step 3: The Outer Layer

Grab your escape scissors and take one last look around to ensure that everything is ready to go. Walk over to the pole, grasp the loose end of the wrap and hold the loose end under one arm. Place your arms at your sides and hold your escape scissors against your body underneath one hand. If you have remote controls for your toys hold them or, fasten them to your body with tape. Slowly walk and spin around the pole to allow the wrap to encircle your body. Go slowly, take your time, and stop as needed to catch your breath. To make a tighter wrap, lean your weight slightly away from the pole and stretch the wrap as it encircles you and pins your arms to your sides.

*Caution: Wrapping your torso too tightly may impede breathing. Take a deep breath and hold it while you wrap your chest. When you need to exhale, stop, take another deep breath, and continue.*

When the wrap reaches your head (position 2), do not allow it to cover your face or encircle your neck. Lean your body and move your head so that it misses your face but covers your shoulder. The wrap will start to descend as you continue to walk around and it should cover your other shoulder on the next pass. Continue walking and spinning until the wrap reaches your legs.

This is where the process becomes physically challenging. Right now your arms are trapped under two layers of plastic and your hands may be covered, too. Place your legs together, straighten your posture and continue revolving and turning around the pole by making tiny bunny hops (a few inches at a time and your feet should almost not leave the floor). Hop a fourth of a revolution around the pole to pull some wrap off the pole, stretch the wrap by leaning your weight slightly away from it, and twist in place to wind it around you. Go slowly and carefully to avoid overexertion, falling or tearing the wrap (though the higher gauge stretch wrap can stretch considerably before tearing). If you do this right you will wrap your legs very tightly together and be glad you padded your ankles and knees.

Eventually the wrap will reach your ankles (position 3) and start travelling back up your body. Continue the process of hopping and spinning until the wrap covers your entire body in a second layer. When the wrap reaches your head, avoid wrapping your face or neck as you did before and continue as the last of the wrap encircles your upper body down to your knees.

At this point you should be standing in a tight cocoon of plastic wrap and unable to move a finger. Catch your breath and suck in the experience, but don't get too relaxed; there's one more step to go: getting off your feet.

#### **Step 4: Getting off your feet**

In this step you will jump or fall backwards onto the bed or surface where you will remain cocooned. If you have a bed or couch in the same room, carefully hop to it and gently sit or jump onto it. If your mattress or bed is on the floor, hop over to the foot of it, flex your knees, slowly lean your upper body back as far as you can, and launch your body backwards like you would do a back dive. You want to propel yourself horizontally onto the mattress. Do not simply fall over backwards; you could injure your head and/or neck.

Once you're on your resting surface, wiggle your body into a comfortable position. Your mummification is now complete. Close your eyes and let your fantasies take flight. I hope you enjoy your experience.

-DB