

Scot McKay (00:03.234)

How's it going, gentlemen? This is your main man, Scot McKay, coming at you again with another episode of the Mountain Top Podcast. Today we're going to talk about something that truly is a unique topic. They're hard to come by, man, after all these episodes we've had over 20 years now. Well, we're going to talk about guided, erotic experiences. And I mean, what the heck? I know a lot of you guys are already saying to yourself, I mean, why do I need someone to guide me through

an erotic experience? I mean, can I guide my own self and her through the erotic experience? In fact, it kind of feels sort of kinky like a threesome. What's this guided stuff? Well, to answer all of this in detail, I might add, is a guy I'm just getting to know here. He's a first time guest. His name is Nicholas Velotta. He is an intimacy research with a company called an intimate, he is an intimacy researcher with a company called Arya.

And I can't wait to hear what he's ha And I can't wait to hear what he has to say about guided erotic experiences and how they've arrived about sorry. I got I gotta when I mess up which is rare, I gotta restart 'cause it's video.

Nicholas Velotta (01:11.868)

You're good.

Scot McKay (01:13.868)

And I can't wait to hear what he has to share with us and teach us about these guided erotic experiences and how they arrived at the need for this and how they put them all together. So without anything further, Nicholas Velotta, welcome to the show, man.

Nicholas Velotta (01:28.616)

Thanks for having me.

Scot McKay (01:30.102)

Yeah. you are an intimacy researcher. Is that something that's part of what you do or are you just full on all about researching intimacy all the time?

Nicholas Velotta (01:41.204)

Mostly the latter actually. I came to Arya already as sort of a relationship scientist and sexologist and at the app we're just sort of expanding that into a much wider net with tech.

Scot McKay (01:57.88)

Fantastic. So it says here you have data from 300,000 plus couples. That's 600,000 plus humanoids. That reveals a specific communication cap. That reveals a specific communication gap that men in particular fall into when it comes to desire. Now, desire is a nebulous word. So tell us about that research, what you found,

and how it influenced these guided erotic experiences and how you design those, that we're gonna talk about. But I think this is important foundational research and I want you to riff on it.

Nicholas Velotta (02:41.352)

Yeah, for sure. So we're pretty familiar at this point with gender differences and approaches to sex and sort of also the gender differences and sexual desire to whereby, you know, men tend to be a little bit more inclined to sex just at the drop of a hat, essentially, where women tend to have a bit more of a contextual form of sexual response. that doesn't necessarily hold true for every

man or every couple, especially because you start getting into dynamics with your partner. So your own behavior, your own desires start becoming very interdependent with one another, right? So what we find

is a lot of men when they start getting into the relationships, they start approaching sex from again, more of a direct angle because it's a facet of

the modern male sexual archetype that they are kind of the leader, the initiator. And when they want to have sex, they just let it be known that they want to have sex. Whereas the communication barrier here is then they aren't communicating that in a way that is interpretable as like desirous. Instead, they're communicating that as almost like a biological imperative that

they're horny, let's have sex, or you know, something you did made me excited, let's have sex. and in relationships, every time you have sex, it's not an isolated event. It's one event amongst many, many events in an ocean of your relationship. And so when communicating that you want to have sex, the barrier here is resonating that

moment of wanting to have sex in the moment you are in in your relationship. And we see that women oftentimes are very much already engaged in that kind of dialectic between their own sexuality and the relationship quality and how they're feeling towards their partner or even themselves in that day. It doesn't have to be a relationship quality necessarily that impacts libido or feelings of desirousness.

Nicholas Velotta (05:03.4)

And men tend to how to say, they tend to neglect maybe that side of themselves where maybe they too are benefiting from things in the relationship that allow them to access sex, or maybe they're using sex as a way to not address maybe these communicative things in their sex lives or intimate lives. And so like

We just see a natural drop-off in communication when, for instance, our users come to Arya and we have women talking about like, I want to explore just as badly as he does, right? But the reality is that like when they try to explore, it feels more like an expectation that they're like just going to be available for a novel experience. And it's almost like

the men are sitting there being like, well, of course, like we signed this up signed up for something to just explore sex. Why wouldn't we just be having sex? And as we all know, sex is so much more than the act itself. And this is a get this is a big gulf of communication that we don't have naturally the tools to deal with. We're never really told how to speak a language that is intimate and

complex around sex. And instead we're sort of given the tawdry lines that a lot of like pop psychology or like masculinity experts are kind of coming out with once in a while. And the the complexity of the emotional impact of the women is just as complex as an emotional impact on a man. And it would really benefit men to lean into

Perhaps those sides of their own internal self, their own interiority when it comes to sex, and coming to that table, discussing more than just, you know, I find this kink interesting, let's do it. And instead, what does bondage, for instance, mean to me? What is this relationship that I'm trying to seek in this act with you? And how do I see it fitting into

Nicholas Velotta (07:28.688)

a sense of my own sexuality and what am I curious about learning about you, myself, and the relationship through doing this with you. And that's really the bridge that a lot of what Arya is trying to do there with curated experiences to address that sort of normalization of language, if you will, between partners, regardless of their starting points.

Scot McKay (07:58.766)

So it gives you kind of a bridge between well, you talked about a gulf now, didn't you? But between how women talk about sex and how they think about sex and how they would like to express it with their

partner and how men do that. And, you know, you're right on the money, Nicholas. I mean, a lot of guys treat sex as a biological need, not as something that's going to increase, you know, connection or any of that mushy stuff. We don't want that. We just want the round peg in the round hole and boom.

And you you know, you mentioned something about how men are ready at the drop of a hat. You know, the stereotype is if a woman ever says to a guy, hey, you know what, I like you, let's go screw, the guy'd be like, Okay, I'm ready. You know, women just kind of roll their eyes at that. But we know we're already ready to rock. We're indiscriminate as long as she looks good to us. I think a lot of women see a lot of men as very shallow.

Nicholas Velotta (08:43.932)
Right.

Scot McKay (08:57.304)

When it comes to their sexual needs and wants, and well, how much they've thought about this. There's not a whole lot of depth to a man's sexuality, according to the perspective of most women. But when a man does show up, as we talk about frequently around here, and knows how to create intimacy, knows what the good version of vulnerable is, can communicate with a woman, can warm her up, can create a romantic experience.

Oh my goodness, the women melt. And the next thing you know, the same guy who before he figured all this out may have said, I just don't think women like sex. Men, men love sex, women are playing keep away, they don't even want to have sex. They realize, yes, women are just as horny as we are. Their mechanism for not only, well, not only their ideation of sexuality, but the actual

lead up to sexuality and having sex itself naturally has a lot more depth for women. Now, I don't say that to crack on my brothers here. It's just a simple fact, that, well, most of us men, you know, apart from a faith based experience where, you know, we're saving ourselves from marriage or we have a morality surrounding our sexual behavior. notwithstanding that, men are like, you know, she's hot.

Let's go. I'm in. women hiring male escorts, women even watching quite as much porn as men do, the whole visual, the the purely stimulate the pure stimulation experience, devoid of anything else, has largely, perhaps stereotypically been considered a male phenomenon.

Now I know that there's porn for women and women secretly watch a lot more of it than we think they do.

Nicholas Velotta (10:58.374)

Especially gay porn. That's a fun one. I yeah, a lot of women really enjoy that.

Scot McKay (11:01.876)

for women. Yes. Yeah. I've had straight women I dated say their favorite genre is is girl on girl porn. They just love watching women, you know, pleasure each other.

Nicholas Velotta (11:09.818)

And also male on male is a very big trend amongst straight women as well. and yeah, some of the research there points to some of what we're saying here where it's nice to see men in more vulnerable roles in the bedroom and more receptive to sort of the like intimate components of masculinity when you have two men encountering one another.

Scot McKay (11:16.384)

Interesting.

Scot McKay (11:39.67)

Wow. Yeah, I think most straight men are repulsed by gay porn. Which is weird. We don't want to see another dude's crank. We don't want to see other guys making out. But we are much more tolerant of seeing male junk when it's doing a female human being in porn because I think we're imagining ourselves in that position. It's more of the fantasy. You know what I mean?

Nicholas Velotta (11:44.563)

And

Nicholas Velotta (12:04.24)

Yeah, I think that there's also an ingrained aspect of a lot of the more dominant forms of masculine culture, right? Th at work there where you know, subjectively you might have sort of interests and tastes and, you know, body types or sexual acts, kinks, whatever it is, right? But objectively

There's nothing particularly different that you're witnessing when you're watching same-sex porn versus a d a different sex porn. And the the ubiquitousness of what you're saying, where it almost feels like it's an objective fact that, like, well, straight men wouldn't want to watch gay porn, right? just belies the point that, well, straight men like watching

Porn with trans people in it, straight men like watching porn with lesbians in it, straight men like watching group sex. but in some way there is a real, you know, cle you know, gap in a man's armor sometimes when it's gay porn, particularly.

Scot McKay (13:26.018)

Well, I think women on women, men are happy to watch. Although it's harder to fantasize ourselves into that scene if there's no men in it. So yeah, there is absolutely a tension when guys watch Erotica, where okay, if there's no man getting pleased here or getting the chick here, I have nothing to fantasize myself into that scenario with. But what I think you're actually talking about, and I don't want to put words in your

Nicholas Velotta (13:30.182)

Right, right. That's

Scot McKay (13:56.034)

Is there's a difference between sexual orientation and sexual preference. And gay or straight, we're gonna watch what we wanna watch, regardless of what it is, and nobody's created equal. And we may find ourselves titillated by something that we never thought we would be. Now, personally, myself, I fall into that category and perhaps as projection where I just would prefer not to watch gay porn because I'm pretty straight. I don't even really particularly

find woman on woman porn all that amazing. I I want to if I'm if I'm partaking of porn, I I would want to see men having sex with women and the women loving it. That's what I would want to see. And it could be three chicks and one guy. it could be a lot of chicks and one guy.

It could be two guys on one chick, although, you know, that starts getting a little up close and personal. But yeah, I think definitely there's not a box that you can put people in when it comes to what they're gonna be turned on by. And to bring this conversation full circle, you know, why do we go down this rabbit hole? You are literally putting a box together as a guided, erotic experience and sending it to couples based on them having

Nicholas Velotta (15:10.034)

Right.

Scot McKay (15:20.16)

a pathway to expressing more vulnerable things, perhaps through Arya as an intermediary. And voila, they get all the props and all the tools and everything they need to actually go through that experience at home. And all of a sudden, man, dude's got a toolbox. And when men have tools, we're off. We're ready to rock. And so women see it as cool. Men see it as cool. And the next thing you know, we've both co-signed into doing something a little bit more elaborate and a little more daring.

Nicholas Velotta (15:39.326)

Right.

Scot McKay (15:49.938)

And I believe I'm I'm summing up what you guys are in business to do, you know, maybe if I'm getting ahead of myself, but I looked at and I looked at what you do and I researched it all, and that's basically what you're doing. And that's why this research is important to know, right?

Nicholas Velotta (16:04.862)

Yeah. And in that whole discussion, you know, of for instance, like preferences in so many different ways, in what you like both as a sexual partner, but also as somebody just living within the context of whatever your relationship looks like at that moment in time. Arya's not just there as a source of like sending you a

box of things for you to like pull out with each other and then just go off. I mean, by all means, if you're that type of a couple, you're you're set too. But the the real mission there is behind the you know the app itself. It's you...

Scot McKay (16:55.544)

Well you guys call yourselves a concierge.

Nicholas Velotta (16:58.406)

Right. So we essentially want, yeah, everything's bespoke. You get to answer a detailed onboarding process as well as give copious amounts of feedback. Both, you know, it's not just questionnaires or something like that, but to the word that you're using, concierge, we have a team of intimacy concierges and

Scot McKay (17:00.684)

This is more curated.

Nicholas Velotta (17:23.278)

you will be able to discuss what is going on, what you're interested in, what's not really seeming right about your experience, maybe. And perhaps even... Right? No, and it is. it's it's absolutely. But it's also one of those like the most human things you could

Scot McKay (17:34.19)

That sounds pretty spicy for a day job.

I'm I'm a little jealous actually.

Nicholas Velotta (17:49.62)

possibly be doing that like so few people get to do, maybe besides a therapist. And even then, this is a little bit more a shade removed from being a therapist because it's not it's... Right. It's it's it's a person on another side of your phone who you can actually say, hey, I noticed that

Scot McKay (18:02.924)

I would hope. That doesn't sound very sexy.

Nicholas Velotta (18:19.118)

when I tried to take on a more dominant role, there wasn't a lot of like engagement on her part. And she started laughing. And I don't really know what to do with that. Like it made me feel like I should just... Right, right? But like

Scot McKay (18:36.716)

No, I'm gonna start laughing frankly 'cause that's hilarious. Yeah.

Nicholas Velotta (18:41.108)

then the concierge comes back and is saying, you know, okay, let's kind of see what that is for you, like what went down for you, but also can source out information from the partner to understand where that reaction is coming from, you know, something we see a lot with a lot of couples who come in

is perhaps a partner who is just more dominant in life. And that doesn't necessarily mean they want to be dominant in the bedroom all the time. And oftentimes what dominance in the bedroom looks like isn't necessarily, for instance, if it's a woman, then you know, insu being rough and demanding, but rather them coordinating everything and kind of like planning it out and making sure everything goes off.

and the reality is that that can be quite taxing. That's labor that you're engaging in in order to have sex with your partner. And if you feel that your partner is benefiting off of that labor without, you know, doing the labor themselves, then you can start finding a case for that person who's like, I just wanna be submissive. I just wanna acquiesce some of this control over the sex life. And

oftentimes that gets confused in, for instance, power play, where, you know, a woman might say, I want you to be more dominant. Like, I want you to be able to lead. I want you to be able to take over the reins here. And men read into that again with these larger cultural narratives around what dominance as a man looks like. And they reach immediately for, okay, so she wants me to like,

get out the bondage tape and a flogger and she wants me to call her n like derogatory names in bed or something, right? And then... right.

Scot McKay (20:36.718)

Yeah, it's not necessarily kinky, it's it's sexual hum a human sexual dynamic. Let me jump in here real quick, 'cause you have lots of great things to say and it's coming at me pretty quickly. I think for a lot of men

we understand that it's cute and fun for women to want to play dominatrix and the kink there. But I think it's a heck of a pattern interrupt for a guy to get into a bedroom with a woman, especially early stage relationship stuff, and have her go, all right, I'm gonna direct traffic here. I'm gonna tell you what I want, I'm gonna tell you what we're gonna do next. Cause I think most men with any sexual experience by and large are used to women going, how do you want me?

And if the guy goes, Well, I don't know, she's gonna lose attraction and go, good grief. Do I have to man up and do your job? Men tend to think, all right, if a woman says she's gonna be dominant, it's because she just feels like that right now, or it would be hot or sort of kind of naughty, or a change of pace or spicy for her to throw me on the bed and ride me for a while. Not that she's serious about this. I mean, it's gotta be in the context of some sort of playful fantasy, not seriously.

You're going tell me what position you want me to be in. This this doesn't compute. I think that would be really weird for a lot of men. But if a woman feels like that and the guy is going to be the kind of partner who helps her really get the most out of her sexual experience, that's where having this whole thing

curated and having the conversation between this couple, for lack of a better word, moderated or even created, because they might not even be talking about this. This may all be

repressed or suppressed. Having it all come out in the open at least gives you a mechanism for knowing what to do about it, right? Or how to proceed.

Nicholas Velotta (22:30.548)

Right. I and I would even you know, I might actually challenge a little bit of the the notion that you know that a lot of men don't want to be in a a different role in bed, mostly because there is a lot of data that I'm exposed to that we may not be telling our best friends or, you know

giving a lot of visibility into our sexual desires. But there is a lot of men who come to sex thinking that the role that they're given is one that they were given, not one that they chose. And when they enter a dynamic where they're expected to be in charge, you know,

A lot of men, like you say, are in social context, have sex in that experience. And so a lot of men, even if that's not necessarily always what they want to be doing, are always doing that. But the people who, again, don't always want to be doing that, are looking for some way to change the frequency in which they're inhabiting a more dominant role. And it's again like that

disconnect and being able to talk about it that means a lot of men never express it to their partner verbally and they don't talk again to their friends because of their own hang-ups and worries about like what it could mean in terms of what people will infer from that. And I think that what Arya is doing here is looking at what's under the hood, right? Like not what

specs we can see of your car, but what it exists underneath everything that keeps it running and where there may be some deficiencies and like things that need a little bit of a tune up. And oftentimes those are the shadows of intimacy that we haven't really shown a lot of light on, both culturally, but also within the context of our relationships. So it is very helpful.

Scot McKay (24:49.73)

All right, so you're talking about the intersection... You're talking about several things here, but reason I'm one but the reason why I'm jumping in is because I think this needs to be talked about. You're talking about the intersection of stereotype and statistics. And, you know, we live in an all or nothing culture here where, you know, you're either, you think this political party's all correct all the time and the other one's always wrong.

You know, my God is the right God, yours isn't. My sports team can do no wrong, and your sports team is a bunch of thugs. You know, there's no middle ground. There's no appreciation for someone else's point of view. So that kind of black and white thinking, when it enters into the bedroom, is gonna cause friction automatically because guess what? There is no such thing as vanilla sex.

Nicholas Velotta (25:40.498)

Right.

Nicholas Velotta (25:47.89)

Right.

Scot McKay (25:47.938)

There is no established sexual norm. We have a stereotypical picture where the couple kisses, they take each other's clothes off, he throws her down, spreads her leg, and missionaries her until he explodes and hopefully she has an orgasm. They go, nice. Let's clean up. You know, that is a stereotypical mental picture. But you show me a humanoid with their own genome, you know, with their

own.

But you show me a humanoid with their own genetics and their own quirks and their own personalities and yes, their own kinks and their own fantasies, and I will show you a unique person. No one is the same. So we do ourselves a disservice, first of all, by not being honest with ourselves about how non-vanilla we really are, but especially with our partner by not allowing them or not holding space for them to begin with, but also not encouraging them

Nicholas Velotta (26:27.336)
Right. Right.

Scot McKay (26:45.944)
to be vulnerable and express what they want. Now, I've met brave women who told me all about their fantasies, and they were more shocking than mine. I mean, anybody who's ever read *My Secret Garden* by Nancy Friday, which came out in like the early 70s, you know, they're left slackjawed by that shiznit. You know what I mean? These women are crazy. Well, these women are horny, just like we're horny and they have very in-depth fantasies because they do.

They they need to be warmed up. They have more elaborate notions of what intimacy and sex looks like to them. And yeah, and you know, you did allude to the fact that we as men may be cheating ourselves out of something, a lot of things, by going right after and trying to hit it. Yeah.

Nicholas Velotta (27:28.98)
That's what I really think is That's what I think what's really like the missing part of the equation here. It's not that we're just... Yes, it's not just like, hey, engage in a different way in order for her to onboard to try new things with you. But in reality, it's... Right. And instead, it's very much

Scot McKay (27:41.838)
For a lot of men, yes.

Scot McKay (27:53.89)
That still feels transactional.

Nicholas Velotta (27:59.026)
wouldn't it be cool if you got to express the things you want in the bedroom and in your relationship and feel like you weren't doing all the work to just like figure out how to do that? And...

Scot McKay (28:13.942)
Also, men get a lot more judgy than women do. They start going, Oh my God, I'm I'm dating this whore. I'm dating this slut, and they start slut shaming her for having these fantasies or these ideations that they just out loud asked her to tell him about. But then he's not ready for it, and he slut shames her. That that goes on a lot more with men than vice versa.

Nicholas Velotta (28:16.838)
Yeah, for sure. And

Nicholas Velotta (28:35.251)
Right.

100%. And there's a there's a really cool thing though that we find in our data, at least, where when women who tend to be the number one people who actually sign up for Arya, which is a fun... It's it's it's not surprising when you have the discussion around it, but it's a little bit surprising if you don't have a discussion around why men and women may or may not want

Scot McKay (28:54.762)
Not surprised. Yeah.

Nicholas Velotta (29:07.964)
help in the bedroom. But the I think that what we found really shocking is that once women signed up, men became super engaged. And then once they became super engaged, we started seeing these the meeting of the minds finally, where men are most motivated by the idea of

Visualization and novelty. And so that is something that inherently you're signing up for something that is exposing you to new experiences that are customized to your needs and your partner's needs, right? And the other side of it is women don't want to have to do more homework. They want more emotional and sexual literacy from their partner and they want to explore just like their partner does, but like their main metric may not be

novelty, right? Or visualization. So then you have this third party come in, right? That's saying, don't worry. How about you aren't the one planning women? And how about you aren't the one who has to take ownership over this? Even if you sign up for it, the reason you're signing up for it is because we're done with that. And instead

let's go ahead and expose you to a bunch of things that allow you to just inhabit sexuality with your partner and approach it a lot more as a fun recreational part of your relationship that builds also what you want, connection. And then...

Scot McKay (30:49.624)
Well, you know what, Nicholas, I think that a lot of guys are going to look at this kind of like a Green Eggs and Ham situation. You're telling me I've got to give up my control over my sex life and relinquish it to some company that I'm paying for every month and let them curate this thing. That feels kind of emasculating. But I'm sure that that well, hold on now. I'm sure your question back to them is well, how's that working for you, Bubba?

Nicholas Velotta (30:56.052)
Ha ha ha

Nicholas Velotta (31:01.96)
Mm.

Nicholas Velotta (31:09.073)
It's interesting.

Nicholas Velotta (31:15.932)
Well yes, and also no one here is actually taking any control out of your hands. We're actually giving you all the control, you know, obviously with your partner's information as well, to guide this process that you yourself want to go down and you...

Scot McKay (31:36.12)
But I think a lot of men need that reframe to feel better about it. But see, once they try it, they're like, wow, this was great. Where's this been my whole life? You know.

Nicholas Velotta (31:38.867)
Right.

Nicholas Velotta (31:42.834)

There there it's Yes, and they the novelty factor is often the hook, obviously, for men in the process. But again to what we were talking about, that like missing part of the equation, right? Of like this isn't just about onboarding her to your sex life. It's also about enhancing your sex life and your relationship to your partner. And so men...

Scot McKay (32:08.654)

Well, if you only knew what was going on in that pretty little head of hers, you might like it. You know, expand your own horizons a little.

Nicholas Velotta (32:13.136)

If only you were able to know what's going on in your own head too. Like and have that come out in a way that's like, again, like not a feeling of embarrassment, but a feeling of like, hey, Arya is like interested in giving us some, you know, content or some stuff on X, Y, and Z. It's not me saying that, like

Scot McKay (32:17.73)

Well sure, sure. Right.

Nicholas Velotta (32:41.448)

I want us to do this. The blame is over here. Even if I messaged the Arya concierge specifically saying, you know, I really want to explore this. How can we get there? It's not going to be presented in that kind of a transactional manner. And instead, that allows both partners to come to the table in a more effective and connective space than again, that feeling of like, well, I want this. How do I get it?

Scot McKay (33:12.534)

You have also done other research that I think I want to touch upon. Attraction doesn't fade on its own. The data shows something triggers or kills it in long-term relationships. Now you and I were joking before we hit record, you know, if she gains 150 pounds within a year of you marrying her, that could trigger it. But you're talking about something deeper, more systemic or more event based or what?

Nicholas Velotta (33:22.291)

Mm-hmm.

Nicholas Velotta (33:42.148)

Yeah. So I I think it is a lot of this is, you know, just common knowledge amongst a lot of people in relationships, just without the without the understanding that it doesn't have to be like that and that there's actual roots to enlivening sex, attractiveness, et cetera, again. And, you know, for men, to your point, like we do see the data that

um, one of the biggest predictors of men's relationship and sexual satisfaction is how attractive they find their partner, right? And so it is important for men on that level to have again this like visual stimuli component, oftentimes to sex. And so there's I'm not trying to get around the fact that, you know, there are barriers

Scot McKay (34:18.926)

Yeah.

Nicholas Velotta (34:36.668)

that just exist on a gender based level where men are more likely to prize that. But also there's something that, for instance, you know, if you're getting a curated experience, let's say that you haven't really seen your partner in a more erotic space for a long time. You've kind of like been relying on the type of sex you've been having, maybe, you know, life, chores, work, whatever it is, is just kind of like,

on on the day-to-day and sex is sort of just a a function of the relationship at this point. And you're

thinking like, wow, well, I missed the time when I wanted to rip her clothes off, right? Well, the what we are able to do is give you a curated experience that takes you out of the day-to-day and say, okay, why don't we do something around seduction? Like, why don't we do something around

the art of the tease, you know, like how to drip eroticism towards your partner in such a way that it leaves them wanting again. And that is one of the, for instance, curated experiences or part of any curated experience you might receive with something like Arya, where it's not necessarily like, hey, sorry, your partner's just like,

not doing it for you anymore. It's like there's probably other systemic things in your relationship creating that disconnect in your in your sex life. And why don't we try and take you out of those systemic patterns and give you tools and a whole, you know, night of play guided that you can follow and hopefully engage start including that back into your relationship.

as again like routinized novelty if you want to use the like oxymoron I always throw out there. So that it feeds both. It feeds both the maintenance of the sex life and relationship while also feeding the need for novelty and desire and mystery again, right?

Scot McKay (36:51.384)

So Along those lines, Arya talks about "scenes". And you put that in quotes. Heat, taste, bound, and more. what are those and how do they work? And why do couples who use them report deeper intimacy and and and better attraction? What's what's up with those? What's the mechanism and why does it work so well?

Nicholas Velotta (37:17.364)

So the word scene comes from the kink kink lexicon. it defines sort of a play, an event of play, a confin a contained space for play to happen. So we adopted that because we really feel that the that is what a curated erotic experience is, even if it's not necessarily a kinkster event that you're experiencing it in. So what for instance we give in...

Let's talk about heat. Heat is a scene that is a guided three-week erotic experience that you can culminate in one night, have across multiple nights, etc. But it's going to introduce you into the concept of temperature play in not just a feel hot and cold across your body, but rather let's find your erogenous zones. And

many people have erogenous zones that they don't know they have. So we give the ability for exploration of erogenous zones, common ways to elicit them. Then we also give you, for instance, a massage oil candle. So for somebody who's like, I kinda wanna like have a more sensual night. I wanna have hands on my body and then something happen around that. Cool. You can amp it up too, because we'll give you a hot wax candle.

And that hot wax candle is going to give you a little bit of that like pleasure pain, but it's not like pleasure pain in a way that many people think hot wax would be. It's a it's a surprising sensation. And then immediately after you peel that wax off your body, your entire body is like vibrating with inner with like a sensation essentially. Like you feel everything.

Scot McKay (39:10.892)

Man, dude's gonna feel like Mickey Rourke after he gets a box from Arya, man. It's gonna be like ten and a half weeks or three and a half weeks, right? Because you know, you get a new one every month. So yeah, I was thinking maybe the box would be something that you try and do. and it's a one night thing, but you're delivering a package that'll take them through next month on this journey.

Nicholas Velotta (39:13.204)

Yes, yes. yeah, yeah, yeah. And then

Nicholas Velotta (39:25.054)
Yeah.

Nicholas Velotta (39:30.95)
And there's variations too to every single thing that we send. So we're not pretending that like we are going to only give you one thing and it's going to be the exact thing that you need because what we're curating for is a whole world of things that we think fit for you. And you get to pick and choose all of the different things you want to add into that world. So with the... Oh, so much. Yeah, so much.

Scot McKay (39:52.824)
So you can you can modify it so heat, taste, and bound are part of it. Taste being food and flavor or each other.

Nicholas Velotta (40:00.392)
Taste is food flavor and also it's like you plan a sex menu with your partner in like a fun gamified way. So you get a little bit of like a lighthearted play of like let's like make something together through a like a card game essentially. And then you go and have all of the sex that you were outlining in this card game. Yeah.

Scot McKay (40:18.094)
Okay.

Scot McKay (40:22.722)
Have you ever seen the sex position dice? Those are fun. Yeah. Bound, you know, furry handcuffs, velvet ropes.

Nicholas Velotta (40:25.342)
Yep, yep.

Nicholas Velotta (40:30.002)
Bondage. Yeah. Not furry. We give you some more premium things, but yeah, the the concept of bondage is there. And again you do have different...

Scot McKay (40:41.454)
Furry is non premium. That's a hot take.

Nicholas Velotta (40:44.678)
Oh, wow. I shouldn't say that then. I'm sure there's very luxurious furry handcuffs out there and I'm sorry to all of those. Yeah. If we are not sending you those, but we will send you a bound box with like whether you want that sort of playful energy to it or you want to go full on like bondage with power. Yeah.

Scot McKay (40:51.81)
But your but yours ain't it.

Scot McKay (41:06.102)
I the word more is here. So what else do you have besides heat, taste, and bound?

Nicholas Velotta (41:10.258)
We have well over like thirty, forty scenes. So you're pretty much stocked for years. and we're building like two to three scenes every month and a half or so. So we have role plays, we have I mean, we have a really fun box that's even, you know, is something with public play. We have like we get into one of my

favorite ones is

Scot McKay (41:23.074)

French maid, schoolgirl, nuns and priests mm

Scot McKay (41:32.748)

Vampires

Scot McKay (41:39.148)

Puppet play.

Nicholas Velotta (41:40.701)

No, we don't have puppet play. I'm so sorry to all of the puppet enthusi enthusiasts. N I said, I don't even know what I just said. I said Yeah, but

Scot McKay (41:44.802)

I thought that's what you just said, I'm sorry.

Scot McKay (41:51.874)

we'll cut it. Just continue. Take a take a beat and continue. I'll cut it.

Nicholas Velotta (41:57.392)

we have something like positions, which reflects back to your positions dice, but instead of it being a dice, it's a full like interactive thing with video content and all these different like variations on top of different positions you can do. We have... Yeah. Yeah. we just are about done with a scene called

Scot McKay (42:16.726)

Naked twister is very helpful for discovering new positions.

Nicholas Velotta (42:27.354)

silhouette which is going to be you know how you can do those like canvas paint with your body situations but we're putting it into the Arya space where it's like you're not just gonna lay down on the canvas together, you know? So...

Scot McKay (42:45.686)

Nicholas, this is why we can't have nice things, because you're gonna be splattering paint all over my bedroom. Come on now.

Nicholas Velotta (42:48.212)

Paint and wax, yeah, lube, anything.

Scot McKay (42:53.768)

Ice cubes, you know, that dries up. You know. I I well, I think it's fantastic and I think it's amazing. the last question you asked me to ask you here, I'll go ahead and bite. What can men specifically do differently to become the partner who keeps attraction alive based on the data? What does the data show? No more stereotypes, no more, I'm guessing, no more projection of my stuff onto everybody else. What is the data show?

Nicholas Velotta (43:23.822)

An active participation in cultivating the sex life. That's really what it... What it really comes down to is I want to talk to you about sex, I want to feel with you in sex, and I want to also have sex that reflects the emotional landscape that we are both living in. And so if that means

Scot McKay (43:30.732)

Not just hey, let's go at it. Let's talk about it first.

Nicholas Velotta (43:49.768)

that for a time we're having a different kind of sex or we're experimenting in a different way. It's reflective of both of our needs and we're talking about it. That's really, really, and it's it goes back to what we started the conversation with, which is this is just a deficit in the archetype of male sexuality that is now very much necessary in modern relationships.

And yes, and they're there it's like they're not trying to be like the asshole archetype that like you know sometimes that... Right, right, yeah, and the the reality is like what they're going to offer by engaging in that process with their partners is being more them.

Scot McKay (44:20.278)

A lot of men fumble this, don't they?

Scot McKay (44:33.141)

I I don't think they're trying to be anything negative. I think they just feel like they're being them.

Nicholas Velotta (44:49.564)

Like it's not actually forcing you to be a different person. It's just saying, hey let's talk about you. Let's actually talk about you.

Scot McKay (45:00.834)

And you know what, Nicholas, when men get this right, it's a bonanza. And women are delighted. We've kind of been talking about contextually committed relationships here. And I know you like to speak to couples, but if you're a guy and you're single and you're getting to know a woman or you're dating several women at once, if you know if you're not afraid to talk about sex in principle and

have that mental foreplay all day long before you even get into the bedroom, you are missing out on probably the key to the universe. Someone needs to hand you the key to this thing and let you drive. Because that's how this is done, man. And no, no... Women will tell you no men do this. They're like, okay, how can I reel in the biscuit? How can I get you into bed? How can I bang you and probably leave you afterwards once I get some?

Nicholas Velotta (45:44.786)

Also, it's hot, right?

Scot McKay (45:58.794)

It's it's all a physical impulse. It's a bodily function. Whereas women, you can you can help them express their fantasies. It's all first of all, always, always, always safety and security. If you make always, always, always safety and security. If you make a woman feel safe and comfortable, she'll chirp like a canary about this stuff.

You know, as long as you're not slut shaming her and you're welcoming it and you're validating it. And then the next thing you know, it's all happening and women are more... Well, they're granting you enthusiastic consent, first of all. Second of all, they can't wait to do it again after they've done it the first time. Your sex life is really gonna be a bonanza if you can just figure this piece out. So I'm really grateful for what you guys are doing at Arya, Nicholas. I think you're you're

fulfilling a a major need in curating this for couples. And what I want to do is I want to send them to your site. And that is easily accessed by going to mountaintoppodcast.com/arya. Four letters A R Y A. Although your main app although your main website is arya.fyi. And I think they already know what

they're going to find when you get there. You can get onboarded. There's...

It's it's actually very cost effective for what you're providing for them. there is a a component to this where you send them a box, right? And it is also curated by humans. I just think what you're doing is fantastic. So, guys, you know you want to check it out. You know you're curious. Go to mountaintoppodcast.com/arya and check it all out. Nicholas Velotta, who is an intimacy researcher with Arya. Thank you, man. You're just a,

a fountain head of useful information that are going to make You're just a fountain head of useful information that's going to make our sex lives better. And I appreciate you, man. Thank you for joining us.

Nicholas Velotta (47:59.848)

Yeah, I can only hope so. Thanks for having me.

Scot McKay (48:02.274)

Yeah. Yeah. Well, you know, hope is not a strategy. I think, you know, you put the parts in place that really are gonna matter. And I think you're gonna make a difference if these guys just, well, they get over the Green Eggs and Ham thing and they give it a shot. So yeah, man, thanks again. Yeah, yeah. And gentlemen, if you haven't been to mountaintoppodcast.com lately, first of all, get on the phone, talk to me for free for about a half an hour. We'll talk about your life. If it makes sense to put together a coaching program, I'm here for you.

Nicholas Velotta (48:16.189)

Period, man. Thank you. Yeah.

Scot McKay (48:32.538)

At the very least, when you go to mountaintoppodcast.com, get that free report. It's about a 10-minute read. Flip The Switch: 5 Things You Can Do Right Now To Be Better With Women. Won't cost you a dime. All you do is sign up for my daily newsletter, which is fluff free every day, helping you get better with women by being a better man. Better men get better women, right? Also want to thank our sponsors, Jocko Willink's Company Origin in Maine, the Hero Soap Company, and The Keyport, as always. You can find them

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