

7 Day Orgasm

by GABRIELLE MOORE



DAY
2

YOUR TOP SECRET GAME PLAN FOR SHOCKINGLY
INTENSE ORGASMS AND MIND-BLOWING SEX

*Which of these pleasure zones on her
body are you neglecting?*





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1. IF A WOMAN'S DOWN-THERE REGION COULD TALK...

Wouldn't it be nice if the anatomy of the female would come with a particularly **DETAILED SET OF INSTRUCTIONS?**

You'd know where exactly to find all her hot spots and what to do with them in order to give her the orgasm she wants.

Unfortunately, as it is in relationships, women don't walk with a guide hung on their neck.

Even more unfortunate is the fact that they are not willing to fill such **INVISIBLE SEX TUTORIAL** on what turns them on by communicating with their partner. Either they're ashamed to bring up the subject or they actually don't know that much about their own bodies themselves.

For example, **MOST WOMEN DON'T KNOW WHERE THEIR G-SPOT** (a veery sensitive part of a woman's underskirt anatomy)



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IS ACTUALLY LOCATED, so they're not really accountable when it comes to giving lessons about their down there region.

But because I hate the idea of a man approaching a woman's body metaphorically blindfolded, I'm going to fill the blanks in your knowledge concerning a woman's body by providing you with inside insight.

WHAT WOULD A WOMAN'S DOWN THERE REGION WOULD TELL YOU IF IT COULD TALK? It's easy, it will direct you to all of a woman's hot bits, showing you exactly how and where you should put pressure. But, since we're not in a fantasy porno movie, I've gone exploring for you, so that you don't spend your time waiting for her down region to suddenly grow a mouth and tell you what to have to do.

THE VAGINA

Can sex stretch it out? Is it supposed to have an odor? And why does it feel so freakin' good when you touch it, stroke it, and penetrate it?

My **HOO-HA HANDBOOK** has all the answers plus secrets to arouse it with top movements.

It has more nicknames than possibly any other female body part (sideways smile, anyone?), its own doctor and the ability to bring tons of pleasure- both to the owner and to the, erm, guest.

YET THE VAGINA REMAINS A MYSTERY TO MANY. In fact, studies say that 60 percent of men say they don't know much about their partner's vagina- which is unfortunate, because a new study reports that women who are stroked in the right way down there have more orgasms.

So I've put together a list of 11 bits of info to boost your V-zone knowledge level. These are the **CRUCIAL FACTS** about how it functions and how you can increase the amount of bliss it brings both of you.

It has more nicknames than
possibly any other female body
part (sideways smile, anyone?),
its own doctor and the ability to
bring tons of pleasure.

1. IT'S JUST ONE PART OF HER DOWN-THERE REGION. Most men use the term vagina to refer to all of a woman's private parts. But technically, the term describes only the narrow canal that runs inside a woman's body from the vulva (the visible area that includes the inner and outer labia, clitoris and perineum) to the cervix (the lower portion of the uterus).

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2. VAGINAS GENERALLY LOOK ALIKE. On the inside, that is. What does vary is the vulva. The clitoris ranges from 1 to 1¼ inches (including the hood), the outer labia can be barely there or a few inches long, and the inner labia, which are reminiscent of butterfly wings, might be hidden or hang past the outer lips. Most women's labia aren't perfectly symmetrical- one side is usually bigger than the other.

3. THE SURROUNDING AREA OFTEN CAN BE DIFFERENT COLORS. The shade of her southern region isn't necessarily related to the tone of the rest of her skin. Many light-skinned women have brown or purplish labia, while a darker-hued chick can have a lighter vulva. A woman also can have different colors in different areas- for example, her labia could be on the darker side yet her perineum could be pale pink.

4. ITS WALLS ARE PLEATED. Usually, the walls of the vagina lie compressed against each other. But when they need to open- to accommodate your penis- the sides separate and widen, kind of like the way an umbrella opens or a pleated skirt unfolds. The vagina typically swells from half an inch wide to 2 inches wide. And it can get even bigger- after all, a baby might have to pass through it!



IF YOU'RE WELL-HUNG, RELAX! YOU WON'T STRETCH IT OUT... THE VAGINA IS INCREDIBLY ELASTIC AND CAN FIT A SUPERSIZE PENIS- YET IT ALWAYS RETURNS TO ITS USUAL TIGHTNESS AFTER SEX.

5. IF YOU'RE WELL-HUNG, RELAX! YOU WON'T STRETCH IT OUT... As explained above, the vagina is incredibly elastic and can fit a supersize penis- yet it always returns to its usual tightness after sex.

6. ...NOR WILL IT "REVIRGINIZE" IF SHE GOES THROUGH A LONG DRY SPELL. There's a rumor out there that if a woman finds herself in a no-booty bout, her vagina will become



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so tight that getting back in the saddle will hurt. It's totally untrue. While her vaginal muscles may be tense at first, penetration shouldn't be painful at all.

7. IT BENEFITS FROM REGULAR EXERCISE. Just like working your biceps firms up your arms, a woman's pubo-coccygeus muscle- a main muscle of her pubic region- can tone up if she works it. Besides giving her a tighter grip during sex, it also may make it easier to climax. How can she achieve that? Two words: Kegel exercises. On the plus side, these exercises also help you, because they put more in control of your ejaculation. Here's what you have to do: Clamp down as if you're stopping your urine flow, hold for 10 seconds, then release. Do 2 sets of 10 to 20 a day; you'll notice a difference in about a month.

8. IT'S TEEMING WITH BACTERIA... BUT IT'S ALSO SELF-CLEANING. Don't get grossed out- they're the kind that keep bad microorganisms in check so she doesn't get an infection. One of the good bacteria is lactobacilli, also found in yogurt. Also, if you ever wondered what her discharge is meant for (no, it is not a sign she has a yeast infection), here you go: it helps her keep clean down there. Yep, she doesn't need to douche or wash her inside region, the secretions flush out cells from the vaginal wall, excess water, and bacteria. The only washing it needs is on the outside between the labial folds and along the perineum. Another thing you need to be aware of is that discharge changes throughout her cycle. Her vagina produces more discharge- up to 2 teaspoons a day- during ovulation; it tends to be thinner and clearer at this time. Before her flow, it's creamier and thicker. However, it is not supposed to smell badly. If it does, it's probably an infection. Note: steer clear of putting food, even chocolate syrup or whipped cream, up there. The sugar can lead to an infection.

9. ITS SMELL GETS STRONGER DURING HER CYCLE. Speaking of scent, every vagina has one. Fact: a healthy vagina emits a noticeable odor. It may be on the sweet side, or it may have a slightly earthy, musky smell- it all depends on her individual body chemistry, diet and where she is in her cycle. It tends to be acidic before her period and pungent afterward. Her scent also may be more noticeable post-workout, because of sweat glans, and during sex, thank to the natural lubrication a woman produces.

10. GETTING IT ON DOES IT GOOD... Part of the reason sex feels so amazing for a woman: vaginal stimulation, together with the much





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desired orgasm, releases feel-good hormones. Some gynos also say that having an orgasm eases a woman's cramps- an awesome reason to hit the sheets and make your partner happy.

11. ... BUT TOO MUCH SEX CAN THROW IT OUT OF WHACK. While regular action can relax a woman, too much in a short period of time may leave her chafed or inflamed down south or with a urinary-tract infection. She's more likely to get a UTI if you do it with her on top or in missionary, since your penis is super close to her urethra and can push harmful bacteria in it. No need to give up these poses though; peeing post sex can keep a UTI at bay.

THE CLITORIS

If someone were to ask you the location of your partner's clitoris, what would you say? Maybe "It's that button-like thing above her vagina"? What about **"IT'S AN INTERNAL STRUCTURE WITH MULTIPLE PARTS THAT ENCOMPASSES HER VAGINA ON EITHER SIDE"**? Uhhh, come again?

Experts have started giving this part of a female's anatomy the attention it deserves. And they found that what you think of as the clitoris is really just the tip of the iceberg.

The latter is not only the correct answer, but it's also a description you've probably never heard before. That's because despite all science has done to further our understanding of the human body, **THERE IS STILL SO LITTLE MEN AND WOMEN KNOW ABOUT THIS ORGAN** (yes, the clitoris is an organ).

Fortunately, over the last few years, experts have started giving this part of a female's anatomy the attention it deserves. And they found that what you think of as the clitoris is really just the tip of the iceberg- and that a woman's capacity for pleasure may be so much greater than previously thought. Is it an awesome piece of news or what?

The little engine that is actually big

The tiny button that was mistakenly dubbed the clitoris is actually **THE GLANS OF THE CLITORIS**, and it's the only visible part of the larger internal structure.

"The glans has about 6,000 to 8,000 nerve endings", says Debby Herbenick, author of *Sex Made Easy*. "It's roughly the same amount men have in the head of their penis, but because the glans is so small, the nerves are more concentrated, which explains why **THE CLITORIS IS SO MUCH MORE**

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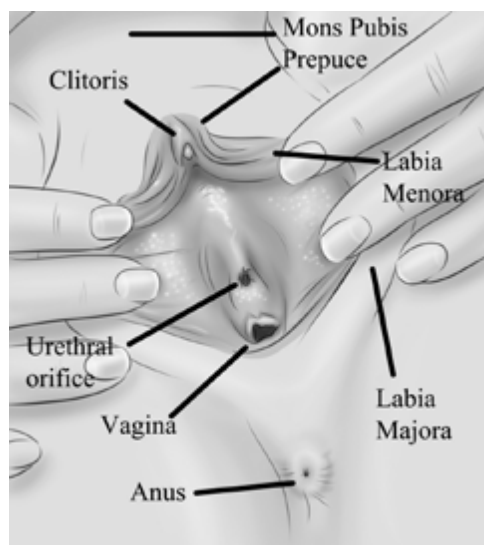
SENSITIVE THAN THE PENIS. (Take that, penis!)

For years, it was thought that there was nothing more to the clitoris than what the eye could see, and since it wasn't considered a functional organ the way the penis is (meaning it doesn't aid in reproduction), scientists weren't all that interested in studying it.

It wasn't until the 1990s that they began to use MRIs to explore what was really going on under the hood. That's when they discovered that **THE MAJORITY OF THE CLITORIS IS COMPLETELY INTERNAL.**



The inside scoop



The glans is connected to the shaft (scientific name: corpora cavernosa) of the clitoris, which lies on either side of her vaginal canal and urethra.

The shaft extends to two legs (scientific name: crura), which are about 3 inches long and run parallel to the labia majora (aka her outer vaginal lips).

If you're having trouble envisioning it, picture a wishbone, with the tip as the glans.

The glans, shaft, and legs of the clitoris **HAVE ALMOST AS MUCH ERECTILE TISSUE AS YOU HAVE IN YOUR PENIS.** Yes- women do have erectile tissue.

When a woman is turned on, the clitoris engorges with blood and gets thicker. And it's when she's in this state that she's primed to have an intense orgasm.

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Put on your explorer's scalp

So how can you use this information to **ENHANCE YOUR SEX LIFE?**

First, simply understanding how the clitoris really functions is the key to **MAXING OUT IT'S PLEASURE POTENTIAL.**

Second, going back to the idea that she's in for a stronger orgasm if all her erectile tissue is fully engaged, **IT IS CRUCIAL TO GIVE HER AMPLE WARM-UP TIME.**

It's long been said that women need foreplay, but the new rule really should be for you to get her so turned on that her vagina is throbbing by the time you enter her.

Last, scientist have only started to study a woman's clitoral structure, so just because there is no definitive proof yet that you can stimulate the interior with external touch doesn't mean it's not possible.

We do know that the legs of the clitoris run parallel to the outer lips. Focus your touch there, and **MASSAGE HER WITH YOUR PALM RATHER THAN JUST FOCUSING A FINGER OR TWO ON THE GLANS.**

I don't know about you, but this anatomy lesson beats the hell out of the one I had in the 10th grade.

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WE DO KNOW THAT THE LEGS OF THE CLITORIS RUN PARALLEL TO THE OUTER LIPS. FOCUS YOUR TOUCH THERE, AND MASSAGE HER WITH YOUR PALM RATHER THAN JUST FOCUSING A FINGER OR TWO ON THE GLANS.

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THE G-SPOT

Even if you haven't personally experienced its power, you've heard about the **G-SPOT**: an erogenous zone located inside your partner's vagina that can produce some pretty intense sensations in her body.

Thing is, it can also produce some intense frustration because **IT IS SO DAMN ELUSIVE**. And though the whole notion of the G-spot is hardly news- sex researchers have touted it for years- the medical establishment was always skeptical as to whether it really even existed.

Well, I'm bringing you some great news: **THE G-SPOT IS A VERY REAL PART OF A WOMAN'S ANATOMY**, newly documented in MRI scans and biopsies by medical doctors.

"Thanks to this new research, we know now that every chick is capable of experiencing more concentrated sexual pleasure- including powerful orgasms", says Susan Davis, author of *Women's Sexual Function and Dysfunction: Study, Diagnosis and Treatment*.

Here, I'll guide you to your partner's G-spot- yes, you will find it. Then I'll explain what to do once you're there so you can reap the blissful benefits.

What it is, exactly

There's some disagreement about **THE SIZE OF THE G-SPOT**; it may range from a quarter inch to a couple inches along the upper wall of a woman's vagina, about an inch or two past her vaginal opening.

"Underneath it is highly sensitive tissue that, when touched the right way, triggers feelings of sexual happiness", explains Debby Hebernick, author of *Because it feels good: A woman's guide to sexual pleasure and satisfaction*.



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G-spot sensations have been described by some women as more intense than those they feel via clitoral stimulation- more of a warm, flushing feeling that resonates deeply throughout their entire body.

Even experts who always believed in the G-spot weren't sure whether it was a distinct gland or merely the collection of nerve endings extending from the underside of the clitoris. Here's what researchers are sure of now: **THE G-SPOT IS ITS OWN ENTITY, ANALOGOUS TO AN ORGAN IN THE MALE BODY.**

IT'S KNOWN AS THE FEMALE PROSTATE because its tissue surrounds an area that produces chemicals similar to those made by the male prostate, a gland that creates fluid to nourish sperm.

Another similarity between the male prostate and the G-spot: When their G-spot is aroused, some women say they experience a wetness unlike they do during other types of stimulation. And some say they even **EJACULATE A CLEAR, ODORLESS FLUID UPON ORGASM.**

When their G-spot is aroused, some women say they experience a wetness unlike they do during other types of stimulation. And some say they even ejaculate a clear, odorless fluid upon orgasm.

Where to locate it

You know how it took you a little trial and error to master your partner's body's other pleasure points early in your relationship? Expect the same with her G-spot. As excited as you are to help her discover its potential, it's uncharted territory for most men.

The easiest way to start: have her lie back and relax- **EMBARKING ON YOUR FIRST G-SPOT MISSION CAN TAKE PATIENCE.** Start by spreading her legs and bending her knees, so her vagina is open and accessible.

With your palm facing up, insert two fingers inside, pressing your fingertips against the center of the upper vaginal wall. "You're seeking a spongy, puckered, or slightly ridged area, like the roof of your mouth", explains Celeste Hirschman, author of *Cockfidence*.

If after several minutes you're still coming up empty-handed, start touching her other private parts. When she is aroused, the G-spot fills with fluid, making it swell and become larger. You'll have an easier time locating it if she is turned on.

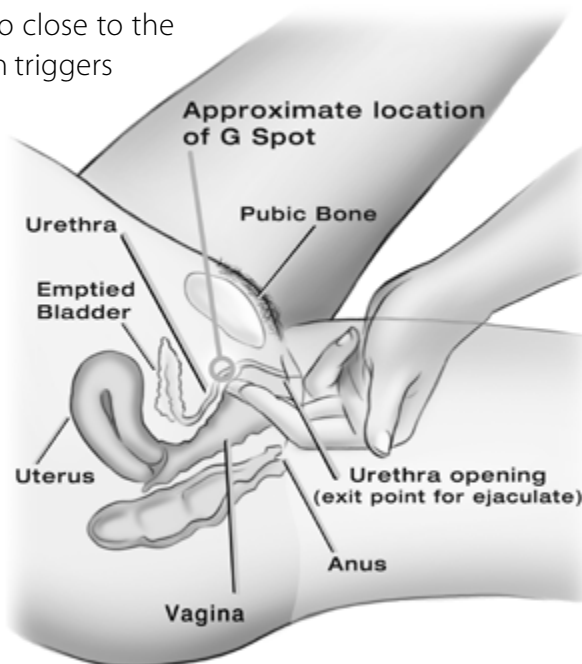
"Also, consider placing a few pillows under her butt, which will open her vagina more and give you greater access", says Marissa Bennett, author of *Fifty Shades of Pleasure: A Bedside Companion: Sex Secrets that Hurt So Good*.

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One sort of strange tip-off that experts have found it: your partner will experience a **SUDDEN NEED TO PEE**.

"Because the G-spot is so close to the urethra, touching it often triggers that urgent gotta-go feeling, as if you have to urinate", explains Zane, author of *Dear G-Spot: Straight Talk about Sex and Love*.

There's no need for your partner to run to the restroom though; it's a false alarm. After a few seconds, the urge may pass, and she'll probably soon experience a blooming, heated kind of sensation that becomes more and more intense as you touch and stroke the area.



Continue to experiment with different speeds and pressures: massage it in slow, gentle circles, try all sorts of caresses, such as figure eights or a rapid succession of pulses. The G-spot can take a lot of pressure, so may want you to press harder.

One G-spot technique you definitely should treat her to is **TAPPING**. Use the tip of your finger to tap firmly and repeatedly on her G-spot. There's a biological reason for why this feels so awesome. The most intense moments of touch along any body part are usually the first few seconds. By tapping, it's as if you're touching her G-spot for the first time over and over again, building waves of sensation that can culminate in an incredible climax.

As for boosting the power of her G-spot, just remember that practice makes perfect, and that's especially true when it comes to this little bundle of happiness. **THE MORE YOU STIMULATE IT AND INCORPORATE IT INTO YOUR SEX REPERTOIRE, THE EASIER IT WILL BE FOR YOUR PARTNER TO ACHIEVE G-SPOT NIRVANA.**

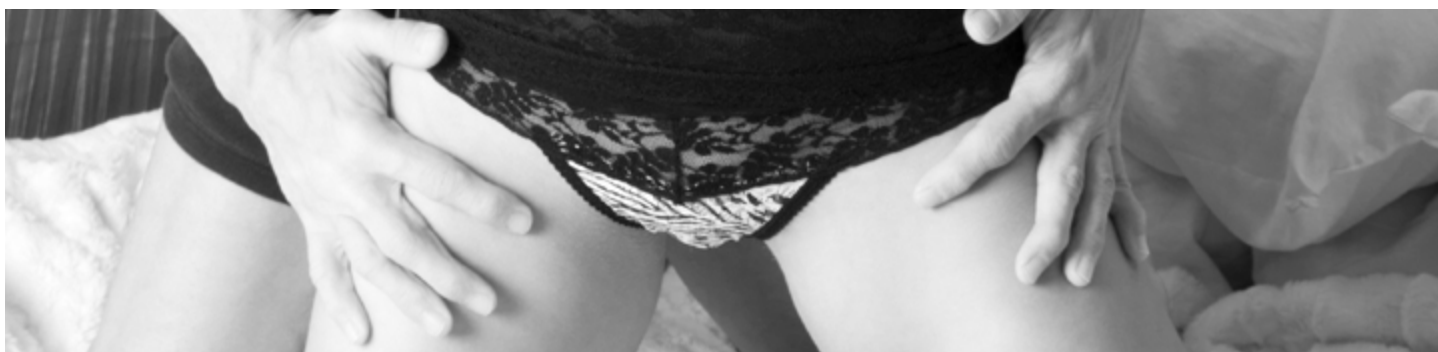
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2. REAL WOMEN TELL ALL

Sometimes it's better to **GET YOUR INFORMATION DIRECTLY FROM THE SOURCE**. That way you know for sure there's no way you can go wrong.

I ASKED SOME REAL WOMEN TO DESCRIBE- IN NITTY-GRITTY DETAIL- THE ONE TECHNIQUE THAT NEVER FAILS TO TAKE THEM OVER THE EDGE.

And wow, there are some tricks here that even I, an authority on orgasms, didn't see, uh, coming...



EVERY WOMAN IS BUILT DIFFERENTLY, SO THERE ISN'T ONE SEX TRICK THAT MAKES ALL WOMEN CLIMAX. BUT IF YOU SPEND SOME TIME EXPERIMENTING, YOU'LL FIND AT LEAST ONE SUREFIRE MANEUVER THAT WILL PUSH HER THROUGH THE FINISH LINE

"Every woman is built differently, so there isn't one sex trick that makes all women climax. But if you spend some time experimenting, you'll find at least one surefire maneuver that will push her through the finish line", says Lou Paget, author of *How to Be a Great Lover*.

Forget about a signature dish, hairstyle or soccer move. How about some **ORGASM-PROOF SEX MOVES**, ones that never fail to take her to the finish line?

To help you determine your bull's eye move, I asked real chicks to describe their no-fail secret.

Read them, try them out, and see which ones work in your couple's case. You might find tricks that are so simple you will actually be surprised you didn't think about or tried them on them earlier.

"For me, it takes **LONG, SENSUAL THRUSTING ON HIS PART**. To help my guy do that, I put a pillow under my butt when he's on top, which gives him better access to my G-spot. He grinds in a circular motion, so I feel not only his penis massaging my G-spot but also his pelvic bone rubbing



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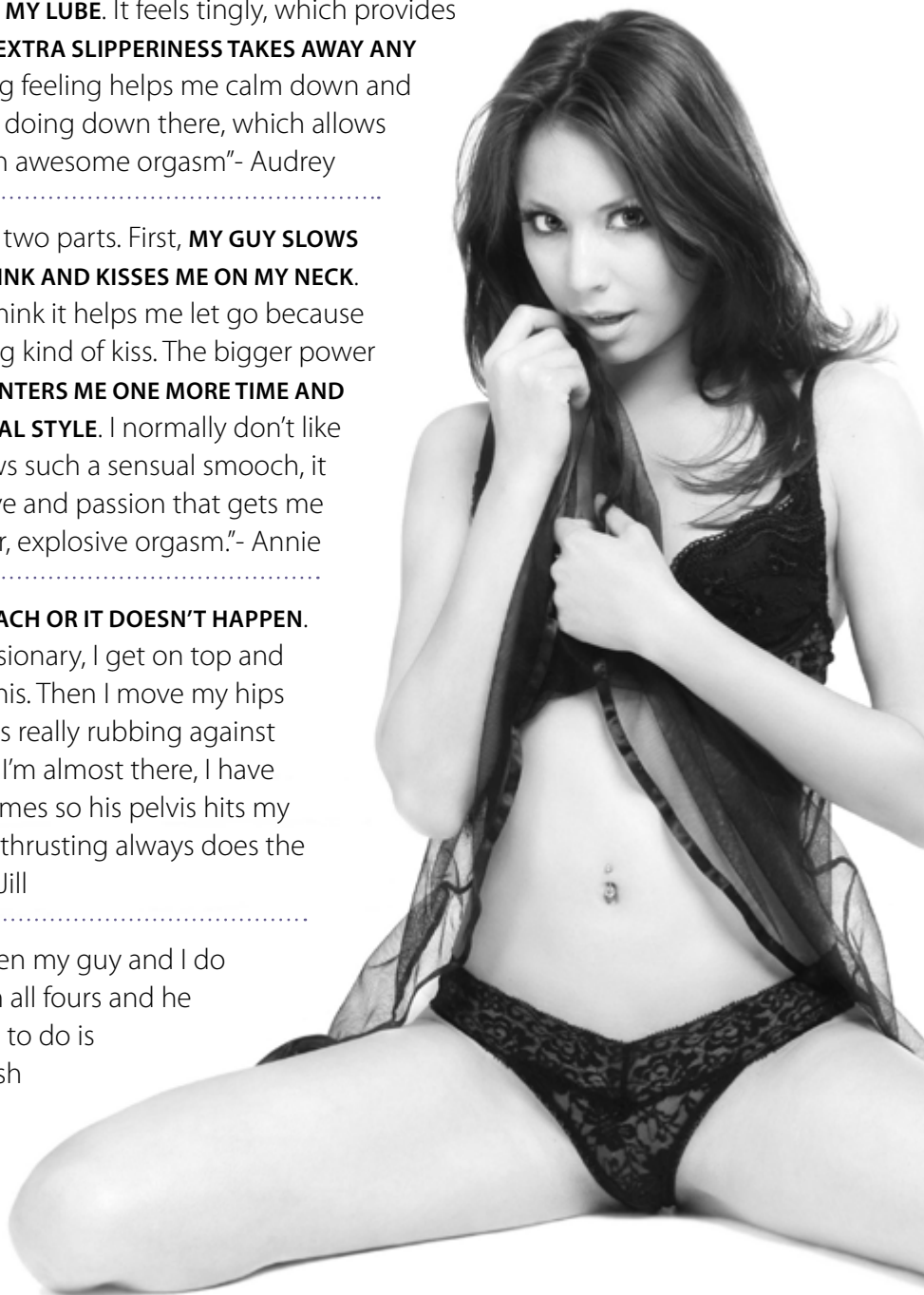
against my clitoris. Since he's hitting both sweet zones at ones, I'm a hundred percent stimulated after a few deep, slow thrusts."- Holly

"I like clitoral orgasms best, but I can't handle too much direct contact down there, because I get too sensitive. So whenever my guy is rubbing my clitoris and it's getting too intense, **I BUST OUT MY LUBE.** It feels tingly, which provides a cooling sensation, and **THE EXTRA SLIPPERINESS TAKES AWAY ANY DISCOMFORT** I felt. That soothing feeling helps me calm down and truly focus on what my man is doing down there, which allows me to let loose and have an awesome orgasm"- Audrey

"My ahh-mazing O move has two parts. First, **MY GUY SLOWS DOWN RIGHT AS I'M ON THE BRINK AND KISSES ME ON MY NECK.** That feels really good, and I think it helps me let go because it's such an intimate and caring kind of kiss. The bigger power move comes after, when **HE ENTERS ME ONE MORE TIME AND GOES SUPERFAST, ALMOST ANIMAL STYLE.** I normally don't like it that quick, but since it follows such a sensual smooch, it creates this amazing mix of love and passion that gets me all riled up and gives me a killer, explosive orgasm."- Annie

"I NEED TO BE FLAT ON MY STOMACH OR IT DOESN'T HAPPEN. So after a few minutes in missionary, I get on top and lie with my chest flat against his. Then I move my hips back and forth so my clitoris is really rubbing against his body, and when I feel like I'm almost there, I have him thrust his butt up a few times so his pelvis hits my clitoris even harder. That final thrusting always does the job."- Jill

"It's a sure thing for me when my guy and I do **DOGGIE-STYLE** where I get on all fours and he kneels behind me. All he has to do is enter me from behind and push deep inside me, and soon he's making nice with my G-spot. If I need extra stimulation, I'll reach between my legs and



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rub my clit or have him do it. The end result is one of those deep, rush filled orgasms that leave me out of breath.”- Zoe

“I REQUIRE SERIOUS PRESSURE AND FRICTION TO ORGASM. My boyfriend presses the heel of his palm down hard over my clitoris and moves it back and forth so fast, his hand starts to blur like the blades of ceiling fan on high. At the same time, I push my body against his and gyrate my hips to increase the friction. After as much as two full minutes, whoosh, it happens. It might seem exhausting, but it sure is worth it!”- Alice

“WHEN MY GUY PULLS OUT OUR BULLET VIBRATOR, I KNOW I’M DONE. Just the sight of it turns me on, because I know what’s in store. He starts by putting it on a slow speed and teasing me by buzzing it around my clitoris or a couple of minutes. Then he ups the speed to medium, inserts it into my vagina and goes down on me at the same time. I try to hold out, but about a minute later... mission accomplished.”- Stephanie

“I tend to take much longer than my boyfriend does to finish, so I’ve found the best way to satisfy us both is to have him **PUT HIS INDEX AND MIDDLE FINGERS INSIDE ME AFTER HE CLIMAXES.** Not only does it not feel as rushed as foreplay, but since I’m already turned on, it’s easier for him to really explore down there and take the time to find my G-spot. When he does, I have him alternate rubbing my clitoris with his thumb and pressing his fingertips firmly against my G-spot for a few seconds. That bit of pressure makes it happen big-time.”- Anna

I tend to take much longer than my boyfriend does to finish, so I’ve found the best way to satisfy us both is to have him put his index and middle fingers inside me after he climaxes.

“MY TRIED-AND-TRUE METHOD FOR REACHING ORGASM IS WHEN I TOUCH MY CLITORIS MYSELF AS HE’S THRUSTING. But he can’t be thrusting too deeply or it’ll feel overwhelming in a distracting way. It has to be kind of shallow thrusting, because I need enough room to get my hand in there. I’ll hold all my fingers together, press them firmly over my clitoris, and then move them side to side at varying speeds.”- Lisa

“When I feel myself about to let loose, **I SQUEEZE MY PC MUSCLES FOR FIVE SECONDS,** release them, and then do that over and over again until I finally finish. It creates this amazing friction against my guy’s penis, which he feels too, making it extra hot. And it doesn’t even matter which position we’re in- it works regardless.”- Ann

“I like to **GRAB MY OWN NIPPLES FOR A MINUTE OR SO TOWARD THE END OF THE ACT.** Usually, I’ll just

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massage them lightly in a circular motion- anything harder and it hurts. My guy loves the show, so it makes me feel sexy, and the added sensations help me climax."- Dawn

"I LOVE IT WHEN MY GUY USES THE TIP OF HIS PENIS (RATHER THAN HIS FINGERS OR TONGUE) TO MASSAGE MY CLITORIS WHEN HE'S ON TOP. After a couple of minutes of thrusting, I have him pull out and caress my clitoris with the tip of his member before entering me again. The stop-and-start technique helps him last longer, and just knowing his hard erection is in contact with my clitoris gives me a psychological thrill. It's a total win-win."- Katie



I LOVE IT WHEN MY GUY USES THE TIP OF HIS PENIS (RATHER THAN HIS FINGERS OR TONGUE) TO MASSAGE MY CLITORIS WHEN HE'S ON TOP. AFTER A COUPLE OF MINUTES OF THRUSTING, I HAVE HIM PULL OUT AND CARESS MY CLITORIS WITH THE TIP OF HIS MEMBER BEFORE ENTERING ME AGAIN.

"THERE'S NO WAY I'M GOING TO ORGASM UNLESS I'M ON TOP, meaning I control the motions and the pressure. I get up there and then, when I lower myself onto his penis, he uses his arms to push himself up, so that we're sitting facing each other and my legs are wrapped over and around his waist. A few minutes of grinding slowly back and forth in circles in this position, and boom... I'm down for the count."- Anne

"I need to be really excited to orgasm, and I've found that a great way to do that is to **KEEP MY UNDERWEAR ON FOR AS LONG AS POSSIBLE.** I have my boyfriend lick the sides around the fabric to tease me then press his tongue firmly over my underwear so I feel the pressure right on my clitoris. After a minute or two, the anticipation is too much for us both. He rips off my underwear, and it only takes about half a minute of him swirling his tongue around down there for me to reach orgasmic bliss!"- Britt

"I can have an awesome O during oral if my guy **LICKS MY CLITORIS AND PUTS A FINGER INSIDE ME AT THE SAME TIME.** He'll either use slow-and-out strokes or keep his finger in and twirl it around- all

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while his tongue is lapping steadily against my spot. By doing this, he's hitting my G-spot and my clitoris... and that combo almost never fails."- Jaclyn

"When I get stressed, I find it hard to enjoy hooking up with my boyfriend because I can't think about anything but what's bugging me. So I make him take me to a surprise place to have sex; one time, he took me to a tree house.

BEING IN UNEXPECTED SURROUNDINGS LETS ME GET OUT OF MY OWN HEAD AND FOCUS ON MY BODY MORE, which nearly always brings me to O town."- Jess

"When he's on top, **I PUT MY FEET UP SO THEY'RE ON HIS SHOULDERS**, which puts his penis in line with my G-spot. I press the soles of my feet against his shoulders firmly, so he has to stay on top of me. It's intense! Then I grind my lower body against him as he's thrusting in and out. We keep at it for a while, and we can usually orgasm together."- Grace

"I LOVE A FINGER UP MY BOTTOM WHEN MY BOYFRIEND IS GOING DOWN ON ME. But not too far in; just lightly thrusting is perfect. It took me a while to get used to, but now it gives me the most explosive orgasm ever."- Alysin

"The signature sex move that I always rely on is the **"PRAYING MANTIS"**. It works best if you are on a low bed or coffee table- whatever furniture is around! I get my guy to stand at the edge of the bed, and pull my legs up so that my feet are resting on his shoulders. He hoists my bum up with his hands so that my back is in a straight line and my pelvis is tilting forward. Basically, my crotch meets his- it's a very visual display that gets him so turned on he is hard like a rock! More pleasure for me!"- Jess

"I credit all the hot sex I've ever had to teaching him my **ABC ORAL SEX TRICK**. He used to rush into sucking on my clitoris like mad, but now he knows that taking it slow makes me more relaxed and more likely to orgasm. He goes through the motions of the alphabet using his tongue; up, down and all around my privates. He makes some letters bigger and wetter than others, and if he makes it all the way to the Z without me begging for him to climb on top of me, she gently hums on my clitoris. Works like a charm!"- Sam



*Which of these pleasure zones on her body
are you neglecting?*

"I LOVE SCI-FI SEXY! Role play always makes me feel desirable, but I prefer to dress up as a sexy character from an action or sci-fi movie or game. It's a fresh change from the traditional schoolgirl/stripper look, and always gets me fired up. Once we combine some acting with a whole lot of foreplay, I climax within minutes."- Mandy

"Whenever we're having sex in the missionary position, **I SLIDE MY HAND DOWN SO THAT MY POINTER FINGER IS ON ONE SIDE OF MY MAN'S SHAFT AND MY MIDDLE FINGER IS ON THE OTHER SIDE.** I squeeze my fingers together while he is moving in and out; it gives him a great sensation, making him harder, and my thumb rubs my clitoris at the same time. It's a great trick that works with a lot of other positions as well."- Tara

Whenever we're having sex in the missionary position, I slide my hand down so that my pointer finger is on one side of my man's shaft and my middle finger is on the other side.

"I BOUGHT A WE-VIBE, THE C-SHAPED VIBRATOR THAT CAN BE WORN BY A WOMAN WHILE SHE'S MAKING LOVE. I also like to squeeze some water-based lube onto my toy and, give it to my man. He cups it in the palm of his hand and gives me a super-intense vibrating had job by rubbing it up and down my labia. With a gentle squeeze, he can increase the tightness and really send me into overdrive. The ending is more than happy for both of us!"- Tina

"My favorite part for stroking during foreplay and/or sex is a part many men ignore. **I CALL IT THE "MMM" SPOT- THE AREA SPANNING FROM MY BELLY BUTTON DOWN TO MY LABIA.** Women love to be stroked, licked and kisses in this area, trust me, I speak from experience. I get wet the minute he pushes me onto the bed and, with a wicked smile, bends over and blows gently on these parts. He drives me crazy by gently kissing my groin and near my hip bones as well."- Joanna