

# 7 Day Orgasm

by GABRIELLE MOORE



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3

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

*The 3 orgasmic steps to making her  
beg you for sex*



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INTENSE ORGASMS AND MIND-BLOWING SEX

*The 3 orgasmic steps to making her beg you for sex*

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## 1. CURE HER FEARS, BRING HER ORGASMIC CHILLS!

If you wonder why she's more scaredy cat than sex kitten, the answer is simple, **WOMEN HAVE THEIR INSECURITIES**, which more often than not stop them from fully enjoying the sex act, which is the number one setback when it comes to climaxing.

If I were to ask all women to raise their hands if they'd shied away from committing to sex at least once because they felt self-conscious, I'd have more than half hands swinging in the air.

Whether their uncomfortable showing off their down-below bits, taking the lead or just trying something new, it doesn't matter. What it does matter is that you can help her break this unfortunate cycle.

Help her amp her daredevil levels and you'll both rip the rewards, both between the sheets and out of bed.

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Here, a few purr-worthy tips to send her O-dometer into overdrive. **NO THEATRICALS, AWKWARDNESS OR CREEPY SEX TOYS INCLUDED.**

### HER FEAR: RELAXING DURING ORAL SEX

Worrying how she looks, smells and tastes when you head south can kill her libido. Fast. In fact, a study of 2000 women found that **THE MORE COMFORTABLE A WOMAN IS WITH HER VAGINA, THE MORE SEXUALLY SATISFIED SHE IS.**

#### *How to help her be fearless*

**TEACH HER SOME WATER TRICKS.** First, have her drink lots of H<sub>2</sub>O; it flushes out toxins that can create strange tastes and smells down there.

Then take a bedtime bath together- hot water brings blood to her skin's surface, making her extra sensitive to your touch.

Finally, ease her into it. Kiss and lick her stomach, thighs and vagina slowly, with one condition: you can't spend more than three seconds on any area. After one minute of delicious torture, she'll be begging for more.

Now that she's becoming more coitally confident, you can take things a step further. While licking her down there, **SLIGHTLY TILT YOUR HEAD AND LOOK HER RIGHT IN THE EYES**, to show her how much you're enjoying the desert she's offering you. She'll love the visual thrill and the directness will heighten her senses.

This newfound confidence that you're giving her will help her **BECOME MORE EXPRESSIVE IN BED**, which is definite good news. In fact, studies show that women who are open with their partners when it comes to sex, report that they climax more regularly than those who don't.



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## HER FEAR: GETTING NAKED

If she has a freak-out when her clothes come off, it's easily fixed. First, don't point out her physical flaws because a) it just trains her to notice them even more and b) worrying distracts her from having a good time.

Secondly, try to help her **CONCENTRATE ON THE PHYSICAL SENSATIONS**- your hands running over her breasts or stomach- not what's going on in that pretty little head of hers.

"There's really no need for a woman to feel anxious", promises Ian Kerner, author of *She Comes First*. "During sex, men are biologically programmed to tune out a woman's physical flaws. While aroused, they experience a **BOOST IN THE HORMONE DOPAMINE**, which acts as a screening agent- it makes them view a woman's imperfections as positive traits."

## *How to help her be fearless*

Lie sideways, with her facing away from you, lift her upper leg and enter her from behind. **SIDEWAYS SPOONING** lets you caress her all over- but from behind, and thus she doesn't feel too exposed.

You can feel, but not see, her breasts, belly and clit, which lets her focus on her pleasure, not her so-called flaws.

Tried that and now she's feeling more powerful? Attempt a bolder move. Have her climb on top, facing forward, and straddle you. Then have her lean back with her arms resting on your shins. Her stomach appears flatter from this angle and her boobs perkier.

If she'd rather not go full-frontal, pull your shoulders towards her so you're both sitting upright, with your legs wrapped around each other and your tummies pressed together. This position is very intimate, since your faces will be touching and you can hug, which we'll help her truly relax and let go of her fears.

## HER FEAR: GIVING YOU CONTROL

Letting you spoil her in bed can be hard because women are often **TAUGHT TO PUT THEIR OWN NEEDS LAST**. Plus, letting you make the moves puts her in a vulnerable position. But if you take the driver's seat, she can stop obsessing solely on helping you ejaculate and focus on her own orgasm.

Before she lets you take over completely, have her teach you what works for her.

## *How to help her be fearless*

Before she lets you take over completely, have her teach you what works for her. Be careful with your ego though- don't think that just because she requests some things, it means you haven't been satisfying her so far.

Play the hot/cold game to make things more fun and interesting: tell her to give you free range over her body, with the only mention that she has to keep you clued in on what's really turning her on by saying "hot" when you're on the right track and "cold" if you're not.

Or put your hand in hers and tell her to slowly trace circles with your fingers in the ways she likes to be touched. Once you know what she likes, have her lie back and do your thing. You're in control now so prove it to her that you indeed have a better sense of how to please her.



Once she's comfortable enough, take a step forward and completely take over by **BLINDFOLDING** her. Restricting her sight during sex is hugely exciting because when she doesn't know that's going to happen, her nerve endings stand to attention, which makes your touch extra intense.

It also forces her to rely on her other senses, which will work overtime to compensate- especially taste and touch.

## HER FEAR: SHE'S BORING BECAUSE SHE LIKES MISSIONARY

One of the great things about the good old man-on-top position is it's so intimate- your faces are close enough to kiss, you can make continuous eye contact and the lengths of your bodies are pressed together.

But just because you're the one setting the pace doesn't mean you can't help her shake it up so that it doesn't feel so... traditional anymore. Don't be scared to add moves to make this oldie-but-goldie sizzle in a whole new way.

### *How to help her be fearless*

Try the **CAT (COITAL ALIGNMENT TECHNIQUE)**. Once you're inside her, move up so the base of your penis and pelvic bone are aligned to her clitoris. Instead of thrusting, rock from side to side. If you need to, place a pillow under her bum. She'll get so hot and bothered you'll have to peel her off the ceiling.

Once this is done and taken care of, take it up a notch by creating more G-spot-friendly leverage. How do you do that? Bring her knees to her chest. If she's





feeling flexible, she can bend her legs, placing her feet on your chest. Or have her put her legs flat on the bed, straighten them out and squeeze her thighs together for a deeper, tighter fit.

## HER FEAR: INITIATING SEX

This one sounds scary to every woman out there- “what if I get turned down?” she thinks- but, equally, role reversal can be a huge passion pusher for a woman.

“Men are used to taking control, so it’s exciting for a woman when she is able to become confident enough to turn the tables”, says Yvonne K. Fulbright, author of *Touch Me There!*

“She gets her man really turned on when she takes control of her sexual needs, which in turn arouses her to a maximum. Another plus: calling the shots in bed can result in more confidence and assertiveness outside it.”

### *How to help her be fearless*

The good news is, she doesn’t have to pull anything overtly sexual to get your juices flowing. To help her become more confident, pay attention to every little detail or clue that means she’ll love to do it, but doesn’t know how to tell you exactly.

If when she’s taking a shower, she leaves the door ajar, go in! It’s clear that she wants you to see her wet, naked and fresh and get dirty on the spot.

If she sends you a tad raunchier text, don’t wonder what’s going on with her, respond with the same kind of message, implying that you’ll love to follow her lead and accomplish all her desires.

As for confident, I’m in charge position, try this one: sit down, so that your back is against a wall, and have her lower herself on top of you, keeping her feet flat on the floor. Have her rest her hands on the wall behind you and bounce on your shaft, alternating between shallow and deep thrusts.

Most of the nerve endings are at the entrance of her vagina, but lots of factors- G-spot stimulation, cervical pressure and clitoral contact- contribute to her reaching the big O.

Put your hands on either sides of her body and rock her up and down your penis, varying between

To help her become more confident, pay attention to every little detail or clue that means she’ll love to do it, but doesn’t know how to tell you exactly.

shallow and deep movements. You'll hit all these zones, sending her sensations into overdrive. And she'll still feel like she's in control of everything, given the fact that she's on top.

## 2. HAVING SEX OR MAKING LOVE? GIVE THE LATTER A CHANCE FOR EASIER, STRONGER ORGASMS

The first step is related to the **"SOMETHING MORE"** I mentioned at the beginning of this program. A woman's orgasm is conditioned precisely by this difference between sex per se and making love.

You might wonder why all the fuss, since in the end, if we go to the root of things, we're indeed talking about the same thing: a sexual relation between a man and a woman.

Well, for a woman, **MAKING LOVE IS SEX BUT WITH THAT SOMETHING EXTRA YOU SOMETIMES OVERLOOK**, on which her orgasm actually depends.

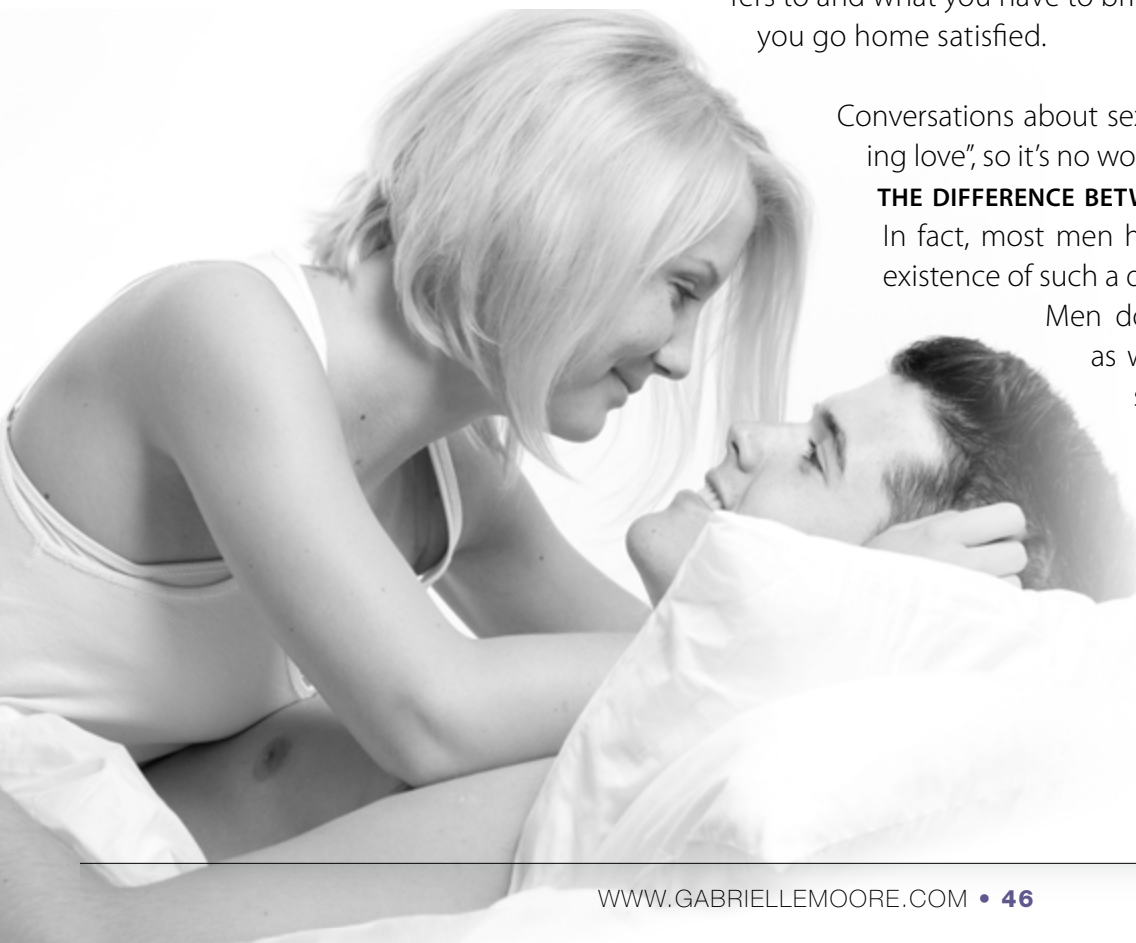
If your aim is indeed to satisfy her fully, it's important to you know exactly what this difference refers to and what you have to bring to the table so that both of you go home satisfied.

Conversations about sex rarely involve the term "making love", so it's no wonder that **MOST MEN CAN'T TELL THE DIFFERENCE BETWEEN "SEX" AND "LOVEMAKING"**.

In fact, most men have never thought about the existence of such a difference. The reason is simple.

Men don't romanticize sex as much as women do, and like to keep it simple, objective and practical.

In order to help you tell the two apart and know which one you're doing and which one you should be doing, I'm going to help you read the clues correctly by properly defining the two terms.





## *The 3 orgasmic steps to making her beg you for sex*

First of all, you have to know there is no scientific definition of “making love”, like there is for “having sex”. Some people use these terms interchangeably. For others, there’s a clear distinction between the two.

In my experience, “having sex” generally refers to the physical act- penetrative, oral or other kinds of sex. You can have sex during a one-night stand, or in a long term relationship.

Making love though is more likely to occur in a long-term relationship. If you use that term with your partner, **THAT IMPLIES THERE’S AN EMOTIONAL INVESTMENT FROM BOTH OF YOU.**

The difference is actually all about **INTENTION**. “Making love” is when you and your partner enjoy pleasure from your bodies with open, honest communication and there is absolutely no physical, mental, emotional or spiritual distress or disadvantage to anyone, both currently and in the future.

In making love there is a flow across the soul, mind, heart and body- **THE FOUR LEVELS OF PARTNER CONNECTION**. You send an intention to connect with your partner and trust that they are sending the same back to you.

Some people view having sex as “passionate”, and making love as more “limp-wristed”. But the truth is the best sex occurs in a loving relationship. You can definitely have good sex- even great- with a person you’re attracted to, but making love far surpasses it.

So when it comes to “just sex”, you are focused on your own pleasure and usually in a genital sense only. To put it more bluntly: the difference between making love and having sex is actually all in the mind. If you’re consumed with passion while also ensuring the other person is enjoying it, then that’s making love.

However, the simple fact that you’re in a long term relationship doesn’t mean that you’re making love all the time. If during the deed you’re thinking, “Is that it?” or “At what time did the guys say we’re going out for beers?”, you’re not making love. By that rationale, as you can see, it’s possible to have “just sex” in a long term relationship also. This usually happens when familiarity- not lust- breeds consent.

If you can’t figure out whether your bedroom action is more sex-tape-oriented than the romantic sex scenes from famous Hollywood movies, here’s some telltale signs to help you understand where you stand.

The truth is the best sex occurs in a loving relationship. You can definitely have good sex- even great- with a person you’re attracted to, but making love far surpasses it.

**a) TOUCHING:** Extended touching is a very intimate behavior that will enhance your connection. If you are touching your partner's face, neck or hands, you're more likely to be making love.

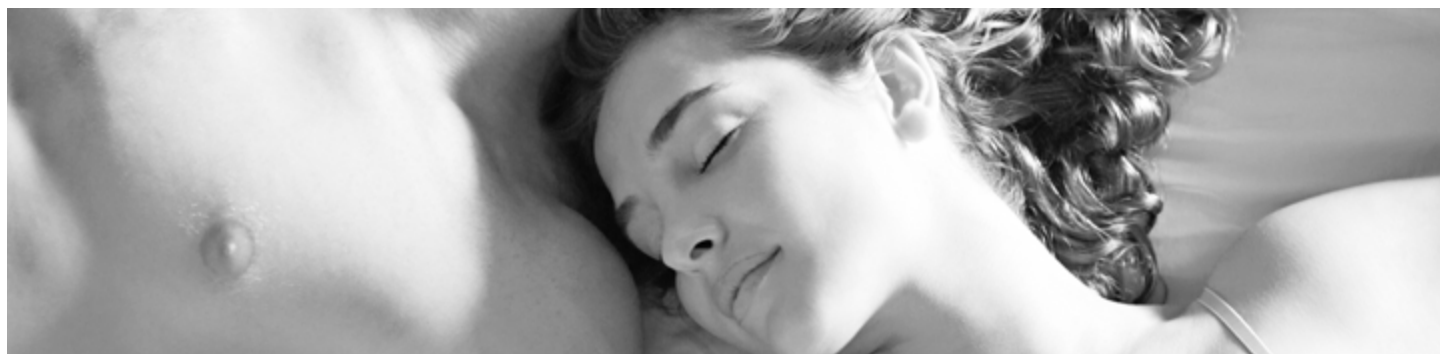
**b) EXTENDED EYE-CONTACT.** Gazing at each other- not only when you're having sex, but also when you're lying in bed, or engaging in foreplay- shows depth to the relationship.

**c) KISSING:** If you're having sex without kissing, there's probably something wrong.

**d) TIME:** Is it all about sex? If you leave immediately- or soon after- sex, you're most surely sending her the message that this is all you're interested in, which definitely faults her ability to orgasm. But if you're lolling about in bed for an hour afterwards, or engaging in a lot of foreplay, then it's closer to making love.

**e) ALCOHOL:** How often do you have sober sex? If the answer is "rarely" or "never", you should think about how that's affecting your relationship.

**f) ATTENTION:** Are you satisfied with your sex life? Does your partner pay attention to what you like and dislike and do you return the favor? If not, the experience is more about carnal sex period, than about making love.



**ARE YOU SATISFIED WITH YOUR SEX LIFE? DOES YOUR PARTNER PAY ATTENTION TO WHAT YOU LIKE AND DISLIKE AND DO YOU RETURN THE FAVOR? IF NOT, THE EXPERIENCE IS MORE ABOUT CARNAL SEX PERIOD, THAN ABOUT MAKING LOVE.**

**g) SEDUCTION:** If you want your relationship to progress from sex to making love, try it. Prepare a bath for her, light candles, slow down foreplay- by showing your partner that you pay attention to her needs, she'll be able to mirror your actions and really enjoy a fully climactic experience.

## 3. THE FIVE MOST UNDERRATED SEX MOVES

Newsflash: **YOU DON'T HAVE TO BE A GYMNAST TO BE GREAT IN THE BEDROOM.** Contrary to popular belief, the moves that will rock her world don't always require you to be able to contort yourself into ridiculous porn-star-like positions.

There are some instances when simplicity works. And, trust me, with these moves, you're guaranteed to win bedroom brownie points. Every. Single. Time.

### UNDERRATED MOVE #1: THE WORDS

There are few things more erotically charged than anticipation- the longer this lasts, the better the sex- and nothing builds it like a bit of **EROTIC VOCALIZATION**.

As much as it's hyped in the media, **TALKING DIRTY CAN BE A LITTLE UNCOMFORTABLE AND WEIRD**, so forget about asking her to "do" you like you were homework.

Instead, all you need to do is lean over mid-movie or dinner party and softly say, "I'm so horny. I can't wait till we get home." Bingo, instant wetter panties for her.

If you're feeling a little more antsy and are seated beside her, place your hand on her thigh and keep moving north until you come to the land of the incidental panty graze. This is best done in company with no evident pause in your conversation or interaction with others. Add some quick meaningful eye contact and the naughtiness of this pseudo-public exchange will have her struggling to focus on what anyone else is saying.

There are few things more erotically charged than anticipation- the longer this lasts, the better the sex- and nothing builds it like a bit of erotic vocalization.

### UNDERRATED MOVE #2: THE HAND HOLD

You know that tingle of magic you feel when holding hands as you walk down the street? That extra sense of connectedness? Well, it's amplified and refined in the bedroom.

Next time you're doing the deed, **LOCK YOUR FINGERS TOGETHER**- your left hand on her right and vice versa.

If you're on top, place your hands above her hands so you can use your elbows for leverage. Should she be riding you like a wild stallion, have her bend her arms 90 degrees at the elbow while you do the same thing so your hands meet.

This will add subtle new dimension of entwinement to the act and, at the moment of orgasm, it will give you something to squeeze like a love sponge. Yes, that's right. Love sponge.

## UNDERRATED MOVE #3: THE HEAD GRAB

In terms of oral pleasure, you know that gag-inducing hands-on-head thing you do that she so much loves? Well, she wants to do it to you just as badly.

Next time you go downtown, take her hands and place them on your head, underneath yours, "forcing" her to run her fingers through your hair and softly grasp handfuls of it.

As strangely as it might seem to you, women often contain themselves from doing this gesture because they think you might not like it or you might think they are not satisfied with your oral technique and want to teach you the right way to do it. I know, silly, right?

If she wants to hold your skull in both hands and direct it around like a dodgy shopping trolley at Wal-Mart, let her know you're more than ok with the idea. After all, it's all about you going where she wants you to go, and with a few indications that you're getting it right, you'll stay on task until she's ready for you to stop.

## UNDERRATED MOVE #4: THE ENTHUSIASM

For a man, oral sex is like a Sylvester Stallone movie: even when it's mediocre, it's still pretty good and he can be guaranteed to reach an explosion at the end. In other words, to truly turn a man on in this department, she doesn't have to train her gag reflex into submission, perfect the art of nose breathing, or simultaneously work her hands like she was playing the flesh clarinet.

For a woman, oral sex needs a tad more technique, but there is one rule that leaves both men and women completely satisfied when it comes to oral sex.

The secret underrated turn-on here lies in simply **CONVEYING THE IMPRESSION THAT YOU ACTUALLY WANT TO DO THIS**. It's not a favor or obligation, but something you truly enjoy. For at least five minutes.



Just a quick word of warning, though: The combination of your technique and enthusiasm could be so overpowering that things can blow up pretty... prematurely.

So, if you want her to last longer, the first time she twitches, back off and start pleasuring her elsewhere, then go back to the main course. She'll finish with a bigger bang than the actual... Big Bang!

## UNDERRATED MOVE #5: THE TILT AND RAISE

Wanna know the one thing that takes her from dry to high? It's **THE TILT AND RAISE**. The what?

Cast your mind back to that first tentative kiss with her. Remember how she leaned in and then you met her the rest of the journey in a subconscious sign that you were happy with where things were heading?

Well, do the same with her vagina. **SOME OF YOU MAY ALREADY BE DOING IT** without realizing it, but here's how to do it properly.

As you position Mr. Happy for entry, instead of simply waiting to reach contact, tilt her pelvis accordingly and move her hips slightly forwards or backwards, depending on the position.







It only has to be a couple of centimeters, but in her mind, this signals that you're so aroused that you can't wait those extra, motionless split seconds to get started. Because, at the end of the day, the most underrated sex move you can pull off in the bedroom is showing a woman she has really, really, really got you where you want to be.

## 4. HOW TO BOOST YOUR EMOTIONAL CONNECTION

In order to boost your emotional connection, which is what she needs in order to orgasm, you guys still have much more to take in.

If you want to know how to go from getting your leg over to a hand-holding climax, listen ahead, you're going to be given some pretty intense pieces of advice.

### SIZE DOES MATTER

Inside the body, the clitoris is about 13 centimeters long and splits into two spongy tissue and nerve endings that extend toward the back of her thighs. This means **YOU CAN STIMULATE HER GENITALS WITHOUT ACTUALLY TOUCHING THEM**. Try gentle bottom smacking. It can resonate beyond the derriere, teasing nerve endings in the groin, too.

### SNIFFING YOUR NECK CAN BRING HER TO ORGASM

You can affect the intensity of her orgasm by smell.

**SNIFFING MALE PHEROMONES HEIGHTENS THE FEELING SHE HAS IN THE SACK.** Lots of pheromones are produced where your neck meets the shoulder blade. So, firmly maneuver her into a position where she can nuzzle your neck as she's coming.

You can affect the intensity of her orgasm by smell. Sniffing male pheromones heightens the feeling she has in the sack.

### CLITORAL TIMING

**CLITORAL SENSITIVITY CHANGES DURING AROUSAL**, so you need a variety of pressures to keep it stimulated. How to work the clitoris: 1) gently massage around it, without touching it directly, 2) just before orgasm, use strong pressure directly on it, 3) avoid touching it afterwards; the fired-up nerve endings can make her hypersensitive.

## STOP MOVING RIGHT BEFORE SHE COMES

Women can lose their orgasm if the rhythm goes. To avoid this, you should stop moving when she's on the brink and let her use you as a **"POINT OF RESISTANCE"** to take herself over the edge. At the critical point, when she becomes over-enthusiastic, just stop and hold her until she comes.

## THE UPPER LIP IS LIKE A SECOND CLITORIS

According to Eastern sexual practices, **HER UPPER LIP CORRESPONDS TO HER CLITORIS**. Apparently, she can orgasm just by being sucked there! Do to her mouth what you do to her "down there" region. Focus on the upper lip, and soon a line of emotional energy will form itself from her mouth to her clitoris.



**AT THE CRITICAL POINT, WHEN SHE BECOMES OVER-ENTHUSIASTIC, JUST STOP AND HOLD HER UNTIL SHE COMES.**

## KINO SPOTS

**FEMALE AROUSAL IS HEIGHTENED BY AN EMOTIONAL PATTERN OF TENSION AND RELEASE.** "Kino" (which comes from the word "kinesthetic") is the sexual/non-sexual touch which increases just that. "The scalp, hair and between the toes are incredibly sexual places", says Candida Royalle, author of *How to Tell a Naked Man what to Do*. Gently thug her hair or lightly scratch her scalp during foreplay. As an alternative, link your fingers through her toes and open and close your fist as you kiss the backs of her knees.

## ONE SEX POSITION = BIGGER ORGASM

If you want her to have a powerful orgasm, then **CONSTANT, RHYTHMICAL STIMULATION** is key. Try different positions to see which one gets her completely hot. Once you've got the pressure and



rhythm right, don't change it anymore. Keep things interesting by how you use your hands and voice. If you want to change positions later, make sure you're doing it without breaking the rhythm.

## NOT TELLING A WOMAN SHE'S SEXY BRINGS HER WILD

Fact: women are more aroused if they are looked at lustily than if they're told they're sexy. Why? The compliment feels more sincere. A friend of mine once told me something that really opened my eyes on the subject: "My boyfriend always tells me I turn him on. But the way he looks at me when we're doing it or when I'm giving him oral is what really gets me going". In order to really blow her away, deliver such lusty looks all the time, not only when she's going down on you. Do it during sex, while you're kissing her down there or maybe even while she's doing the dishes. It's the biggest turn on for a woman.

## UPSIDE-DOWN SEX IS A HIT-THE-SPOT SURE THING

Oxytocin is a powerful chemical that stimulates arousal. And it's controlled by the pituitary gland, which is found at the base of your brain. So by **INCREASING THE BLOOD FLOW TO HER HEAD**, you can kick-start her lust levels. During foreplay, have her lie with her top half over the edge of the bed. The head rush, combined with your talented hands should leave her feeling hot and horny in no time.

## USE YOUR RING FINGER TO TOUCH HER

According to [sourcet Tantra.com](http://sourcet Tantra.com), a woman's sexual experience is heightened if the parts of the body you and your partner use are "in harmony", and the ring finger has "harmonic affinity" with the genitals. Slide your ring finger inside her and then bend it before pulling it slowly forward, out of the vagina, to massage the clitoris.

In order to really blow her away,  
deliver such lusty looks all the  
time, not only when she's going  
down on you.

## THE SMALL OF HER BACK IS A SUPER-HOT SPOT

Rich in nerve endings, this area's also home to various pressure points that increase blood flow to the pelvic region, and is a **NEGLECTED EROGENOUS ZONE**. Sexpert Charlotte Kane, author of *Sex Machine: A Man's Guide to What Really Pleases a Woman in Bed*, reveals the sex move that will encompass the lot: "Have her lie on her front while you dribble warm massage oil down her spine and



between her buttocks, gently rubbing from her neck to the small of her back to her vagina. You should then enter her from behind, so her back is stimulated by your belly."

## A WOMAN CAN BE SATISFIED WITHOUT AN O

The secret is this: rather than building up to orgasm in one go, build up to it over four or five sessions. **TURN SEX INTO AN ORGASM LEARNING PROCESS** that's sexy for you both. You'll end each encounter feeling excited about the next one. In order to learn exactly what makes her come, ask her to masturbate while you watch. Describe aloud what's happening to her clitoris and labia as she gets turned on. It can be seductive to hear what happens to someone's body during arousal. This sexy show-and-tell will also teach you what she responds to so that you can try it for yourself.

## TOUCHING HER EARLOBES CAN INCREASE THE CHANCE OF AN ORGASM

Weird, but true. Massaging her earlobes triggers a release of endorphins, which work to totally relax the body. Brain studies show that **WOMEN CAN EXPERIENCE ORGASM MUCH MORE EASILY IF THEIR BRAIN'S STRESS CENTERS ARE DEACTIVATED**. And endorphins do just that. Focus on that area, softly touching and massaging her ears. This will heighten arousal even more if you keep up the eye contact.

## SHE CAN COME AGAIN AND AGAIN

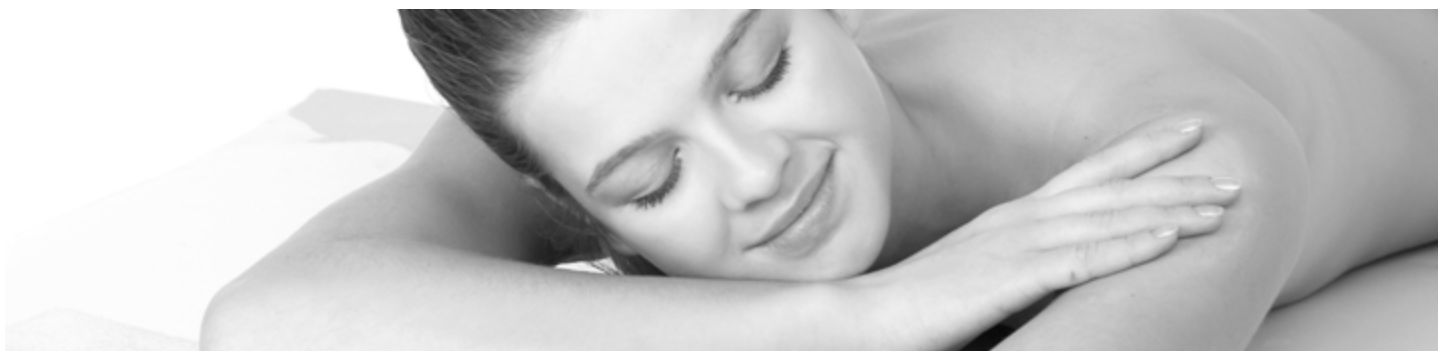
Not all women are lucky enough to have multiple orgasms, but you can help your partner have more than one by stopping for short breaks. The clitoris can be painfully sensitive after orgasm, but the intensity will have lessened after about three minutes, so she'll still be turned on and relaxed, and she



should be able to come again. Once she comes, pause for a few minutes, laying beside her and caressing her body in a semi-sexual way, to keep her interested. Once she's ready for more, she'll turn to you for some more of your delicious treats.

## LUBE IS YOUR BEST FRIEND

It's a proven fact: women who bust out the lube experience more satisfaction and stronger orgasms than those who don't. Need some ideas for unleashing this lightning in a bottle. I thought of a few...



**IT'S A PROVEN FACT: WOMEN WHO BUST OUT THE LUBE EXPERIENCE MORE SATISFACTION AND STRONGER ORGASMS THAN THOSE WHO DON'T.**

- Get a soft-haired paintbrush and "paint" her with lube. She'll be dying by the time you're done.
- Dab some flavored lube onto your lips in front of her. Once they're nice and watery, go down on her.
- Throw a bottle in the fridge. Later, squeeze a few drops onto the small of your partner's back and massage- it will give her sexy chills.
- Slather her with lube, but institute a no-hands-allowed rule. Seeing you get creative will seriously turn her on.
- Mix a few flavors to create new combos, like strawberry-banana.
- Apply a flavored type to her ta-tas, and draw a line along her inner thighs from her knees to her lady bits. Then lick it off. S.L.O.W.L.Y.



- Put a drop in the tip of your condom to intensify your pleasure as well.
- One thing silicone types are perfect for: shower sex (they don't rinse off the way natural lubricants and water-based varieties do). So keep a bottle next to her shampoo for spur-of-the-moment ideas.
- To give her an amazing hand job, use warming lube to start. After a few minutes, wash your hands. Then switch to a cooling kind. The different sensations will drive her wild.
- During sex, coat your fingers and massage her perineum (the area between her vagina and anus).
- Work it all over your chest and massage her breasts with it.
- Blindfold her, and see if she can tell the difference between your lips and fingers when they're both covered in lube.
- Squeeze some lube into your palm, then rub it against her clitoris. Since the stuff heightens her sensitivity, see if you can finish the job just by blowing on her.
- Use silicone-based lube to give each other pre-nooky rubdowns.
- Spread it onto her pubic bone region so she gets a tingly feeling each time you thrust.