

A close-up photograph of a woman's upper body. She is wearing a red lace-trimmed bra with thin straps. Her hands are raised, holding the straps of the bra. The background is a soft, out-of-focus purple and pink gradient.

A Guide to Mastering Breast-Play
for His or Her Pleasure

BREAST SEX EVER

 GABRIELLE
MOORE
Better Sex. Better Life.

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Introduction

The female breasts are a wonderful thing. Our cultural fascination with breasts is evidenced in numerous ways. We're all a bit breast-obsessed, men and women alike. And why not? Breast play is present in most sexual play. They are also one of the most important erogenous zones on the female body. However, I can tell you from my years of experience that for most guys, their obsession with breasts hasn't gotten them too far. That is to say, it hasn't exactly made them any better at actually touching breasts. In fact I suspect that it's a relatively safe bet you could fit just about everything you know about breast stimulation on an index card.

Well, all that is about to change.

I'm going to present you with a number of different techniques for completely maxing out her arousal during any sexual experience, all through different forms of breast stimulation. First, we'll touch on all the many reasons that breasts are important for foreplay and hot sex, how they have become so important in our culture, and, most importantly, how you can use their significance to completely makeover your sex life and come off like an overnight Casanova.

Okay, okay. Maybe not overnight. It could take a cycle or two for you to figure out all the intricacies and idiosyncrasies of your woman's body. But you will get there. I'm going to make sure of it.



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Chapter 1: Are you a breast man?

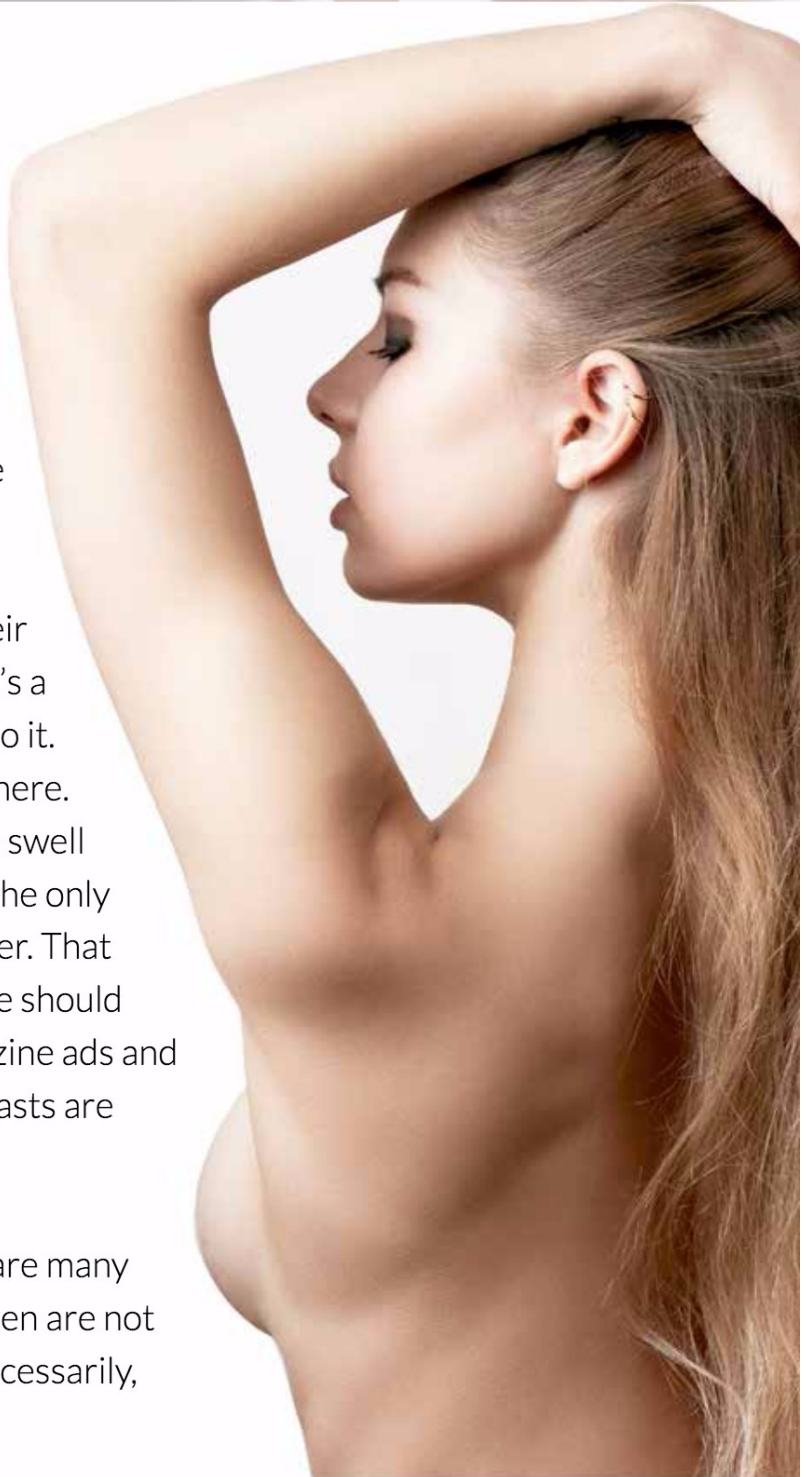
PART 1: The Basics

What's the deal with breasts?

Breasts are many things. They are sexually exciting, an erogenous zone, and they also feed and give life to babies. For a lot of guys the breasts are an amazing, fascinating body part.

Breasts are uniquely human. Not in their capacity to feed a child, of course. That's a mammalian thing, any furry thing can do it. But in the fact that they are, well, out there. All the time. While women's breasts do swell even bigger during pregnancy, we are the only species where they don't disappear after. That they are a huge part of Western culture should be obvious by the billboards and magazine ads and just about everywhere else, where breasts are prominently displayed.

Part of that is cultural, for sure. There are many places in the world where topless women are not a big deal and breasts aren't seen as necessarily,





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Chapter 1: Are you a breast man?

inherently sexual. But even in these places breasts still play a role in sexual foreplay and pleasure. Quite a big role, if the research has anything to say about it.

Both in terms of hormones and neurobiology, we know that the breasts play a massive role in sexual arousal as well as increasing bonding between partners. Masters and Johnson found that a woman's breasts get bigger when she is aroused, plus there are a number of changes to the areola and the nipples as well. Different parts of the breast produce different sensations and you will find that different techniques work better at certain times of the month than others.

Several scientific studies have determined clearly that men look at breasts and butts when they are attracted to women. The eyes are drawn to these parts of the body, areas known to change when a woman hits puberty.

But breasts are so much more than just signifiers of a woman's adulthood and curvaceous nature. Stimulation of the breasts not only increases arousal, but her

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Chapter 1: Are you a breast man?

nipples are a hot button for her oxytocin release mechanism. Oxytocin is generally referred to as the “cuddling hormone” because it’s released during just about all kinds of skin on skin contact, this is a basic bonding hormone, bringing about all those amazing lovey-dovey feelings we all enjoy basking in after a great romp.

It sounds a bit strange, but some women experience orgasm-like pleasure during breastfeeding. Those bonding hormones aren’t just for couples, they work wonders for mother and child too. Oxytocin is released during breastfeeding and childbirth.

The name of this game is simple: pleasure doesn’t need to be sexual, but if you want something sexy, you better be focusing on the pleasure factor! Learning how to stimulate her breasts will give you the boost in skill and confidence to rock her world.





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Chapter 1: Are you a breast man?

The Importance of Communication

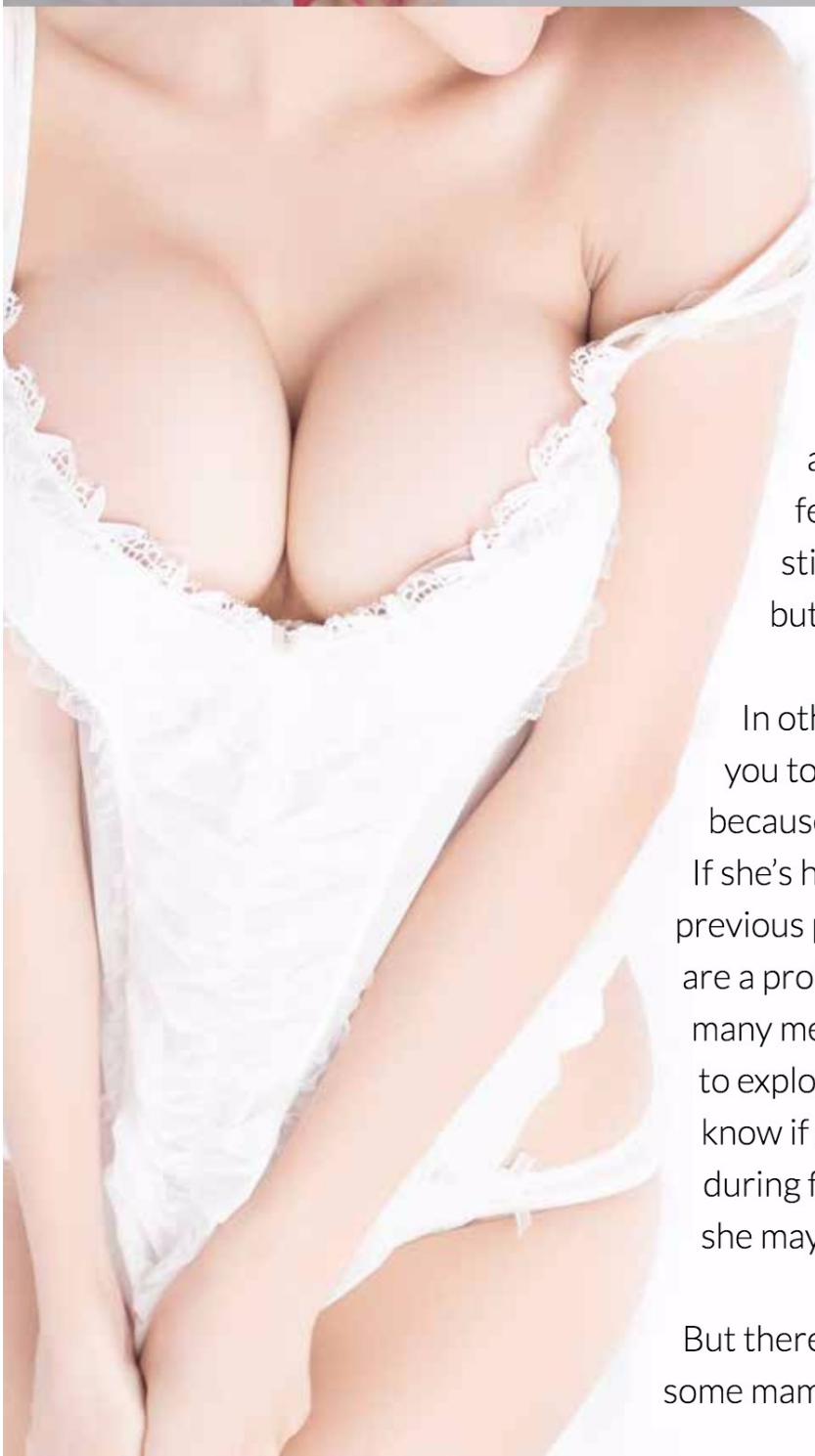
If you have read my books, articles or visited my site before then you already know a little bit about the importance of communication in the sexual relationship. This is extremely important during any kind of sexual activity, but it is especially important when trying out new sexual techniques. Maybe you haven't explored too many of the techniques I'm going to share with you in this book. I want you to know that every woman is different. What one woman might love, another might hate. Or what gives one woman a powerful orgasm might do absolutely nothing for another. Just as with any kind of sexual play you have to try new things and see what gets a good response and what doesn't.

Talking about sex can be awkward for some, but don't be afraid to ask your partner what she likes and check in with her when you try something new. The only way you will learn how to be a better lover is by learning what gets HER off and you will learn that through communication.

If you're uncomfortable try asking her in the moment. Sometimes it feels easier to say, "do you like that?" or "does that feel good?" in the moment than asking before or after the fact. If you're looking for more direction from her, say something like, "show me how you like it," or "guide me." This brings in an element of "dirty talk" that can be really sexy and you're also learning about what turns her on!

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Chapter 2: The science behind breast pleasure



I'll get this out of the way right up front. The most recent study of sexual arousal associated with breast or nipple stimulation suggested that about 80% of women enjoy breast stimulation to get aroused and increase arousal. The study noted that "very few" women responded that breast stimulation decreased their arousal – but some did.

In other words, if your lover doesn't like you touching her breasts, it might not be because you are doing something wrong. If she's had good experiences alone, or with previous partners, then you know your skills are a problem. But if she hasn't been with many men before, or hasn't taken much time to explore her own body, she may not really know if she enjoys her breasts stimulated during foreplay or sex. And if she does like it, she may not know how, or why.

But there is good reason for her to enjoy some mammary manhandling!

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Chapter 2: The science behind breast pleasure

Scientists have mapped female erogenous zones to different areas of the sensory cortex of the brain. There is more to orgasm than just this specific spot in the brain, but how we react to pleasurable sensation does have some relation to where this sensation finds its home in the brain.

The breasts and the nipples connect to the same three centers in the brain which are activated by stimulating the vagina, cervix and clitoris. This presents a potential explanation, or at least the beginning of one, for why some women report experiencing not just pleasure but full blown orgasms from nipple stimulation alone. It is amazing what heightened arousal can do.





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Chapter 2: The science behind breast pleasure

See, the genitals are connected to this area of the brain by a set of nerves which traverse the body. But the response of the brain to nipple stimulation is as yet unexplained. It could be a speedy hormonal response thanks to that oxytocin, but scientists suspect there could be some direct connection between the breasts and the brain which bypasses the spine and genital nerve connections.

We still don't fully understand the total power of breast stimulation, but I suppose it doesn't really matter why, so long as the results are amazing pleasure. From gentle squeezes and caresses to nipple pinching and slapping around, there are so many options that can please you both.

We'll leave the speculating to the scientists. What we know for sure is enough – breasts are erogenous zones that not only improve foreplay and increase sexual arousal, they can even bring some women all the way to orgasm. Breast and nipple play can be wildly intense and you aren't going to want to miss out on the new moans and groans you'll have a chance to hear when you try out these new techniques. So let's get to them then, shall we?

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Chapter 3: What can you do for her?

For a lot of guys, their first thoughts about breasts are what they can do for them. Which, okay, valid. I get it, they're plenty alluring. And we'll get there! Later. In fact, last. Because I know that what's more important for you, your lover and your relationship is that you focus on her pleasure.

So what can improving your pleasuring skills do for her?

We touched on it a bit in the last chapter – greater pleasure during sex, heightened arousal, more enjoyment, increased libido, and a wildly powerful bond of love between you. This isn't just about incredible orgasms, though trust me those are out there for her! Finding new ways to pump her veins full of oxytocin can literally save your marriage or relationship when things get rocky and you need to reconnect. That may sound like a bold statement, but I'm not exaggerating here. Let's talk prep.

Getting Started Treatment

Time to check your hands. Now I'm not saying you need to go out and get a manicure. But hey, I won't exactly complain if you are up to the challenge, and I tell you she won't either! She might like that you're a rough and tough guy, but when it comes to being touched in her most sensitive areas she prefers a soft touch and soft, smooth hands. If you can't get out to a salon, you'll want to take some time at home to give your hands a bit of a makeover. Especially if you do a lot of



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Chapter 3: What can you do for her?

manual labor, you'll want to take care of any rough spots before you get into sensitive areas, especially focused nipple play.

You can go all out on the at-home manicure, but all you really need is water and salt and oil. Soak your hands in warm water for five or ten minutes, long enough to get to "prune" stage. A hot bath is a nice way to do it, but a bowl of warm water will do. Rub an exfoliating paste all over your hands – a mixture you can make yourself of salt, coffee grounds, sugar, sand. Don't go crazy, take it easy. But give your hands a good scrub. Deal with all the hard spots and rough patches.

When all is said and done, pat your hands dry and rub a moisturizing oil or lotion on there. Shea butter is great and works as a massage lotion too.

Not only does this routine make the feel of your fingers more pleasurable for your lover, but it will increase the sensitivity in your palms and make you better at giving that pleasure! Remember to maintain the softness by doing this routine

What to Do with Your Hands

Breasts are easy to master. It's all about pressure - soft or hard, gentle or rough. But nipples? Oh the complexities! Size, shape, texture, sensitivity. These things are incredibly personal and wildly variable. One woman will like one thing, while another might absolutely hate it. So, you will have to explore what your partner likes using the techniques I'm teaching you, but nothing is going to be a homerun with 100% of women. However, the five techniques in this chapter will help you find at least a

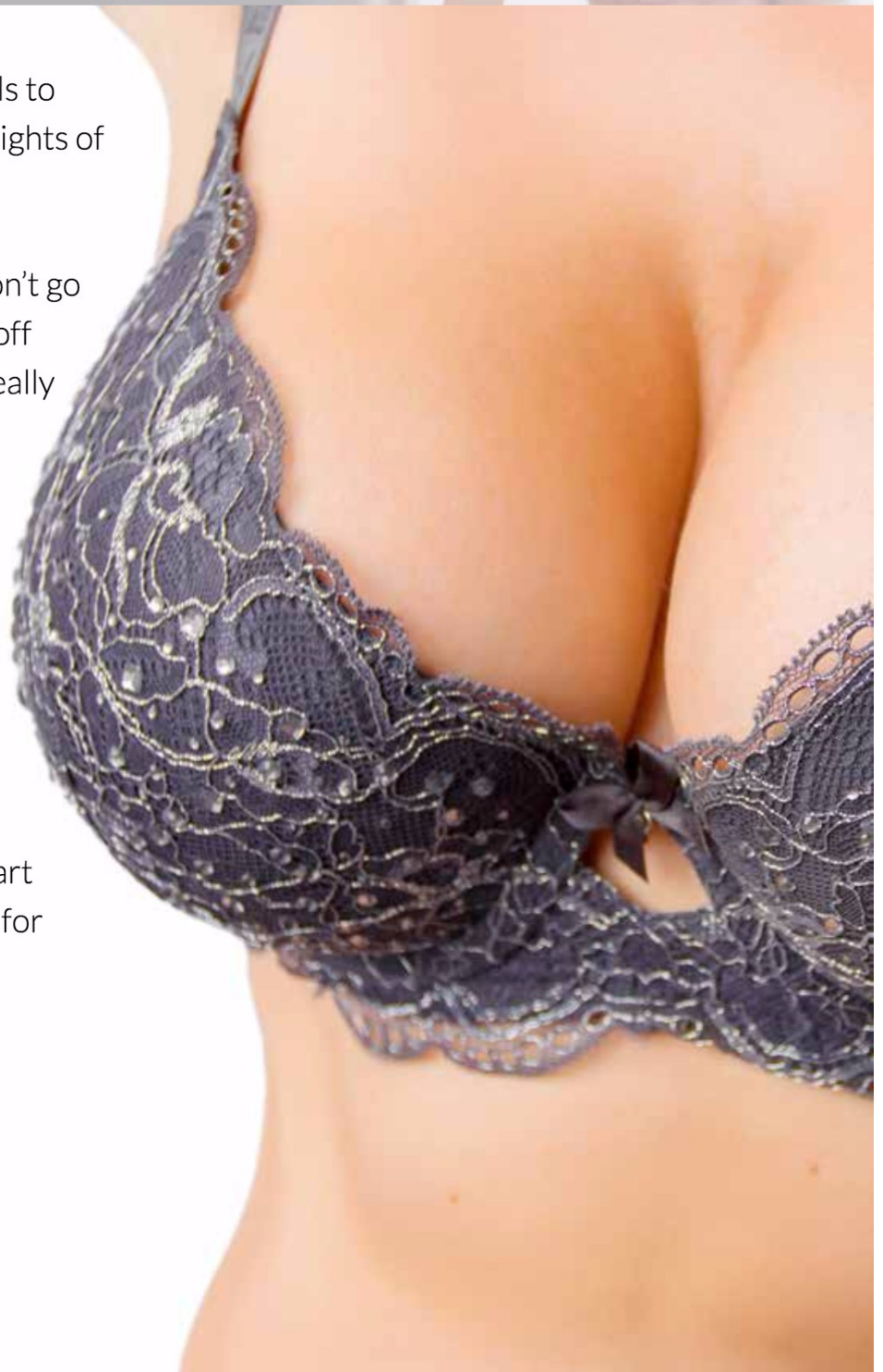
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Chapter 3: What can you do for her?

couple nipple stimulating skills to keep her reaching for new heights of ecstasy.

One thing to keep in mind: don't go straight for the nipples right off the bat. Unless you know it really gets her going, you have a prior agreement, and you've practiced a bit with her turned on, it's best to work up to using the techniques in this chapter.

First work on other kinds of foreplay getting her good and aroused, then you can start trying out these new options for hitting that perfect nerve.





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Chapter 4: Nipples Mark the Spot

Breasts are easy to master. It's all about pressure - soft or hard, gentle or rough. But nipples? Oh the complexities! Size, shape, texture, sensitivity. These things are incredibly personal and wildly variable. One woman will like one thing, while another might absolutely hate it. So, you will have to explore what your partner likes using the techniques I'm teaching you, but nothing is going to be a homerun with 100% of women. However, the five techniques in this chapter will help you find at least a couple nipple stimulating skills to keep her reaching for new heights of ecstasy.

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Final tips before we get started:

- Consider using a blindfold. Your partner might be used to being stimulated in many different areas all at the same time. Putting a blindfold over her eyes will take away one of her senses and allow her to be able to focus more fully on the sensations she is experiencing.
- When it comes to breast stimulation it's best to use several different techniques. Don't just do one thing that she seems to like over and over again. After a while it will get boring and no matter how much she liked it in the

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Chapter 4: Nipples Mark the Spot



beginning, it just won't feel as good. Remember: variety is the spice of life!

- That being said, if you think she might be close to orgasming, don't change anything. Whatever combination of things you are doing is working! Changing it up at the point of orgasm might cause her to lose her big O.
- Always start with a more gentle technique before moving on to the more intense ones. Women need to get warmed up first before they can fully enjoy intense stimulation.
- If her nipples are erect that doesn't necessarily mean she likes what you're doing. Nipples can get hard from a variety of different things. That's why it's always important to check in and make sure she likes what you're doing.

Rub a Dub

Start here. This move is easiest with your thumb. Cup her breast in the palm of your hand. Use your thumb to gently swipe over her nipple, first in one direction than the other. It feels even better to use a little lubrication, so wet her nipple with your tongue to help lube things up. This is also useful if your finger is particularly rough,



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Chapter 4: Nipples Mark the Spot

You can also rub with the pads of your fingers, letting them slowly pass over her nipple without catching or pressing. Move like you are simply learning the texture of her skin, feeling every soft dimple and hardening flesh. Catch her nipples as you caress the rest of her breasts, just getting everything warmed up. Then you're ready to heat things up even more with your mouth.

The key is to use a gentle touch here. The nipples are extremely sensitive, but each woman will prefer a different level of pressure. Your best bet is to start out very gently, teasing her and learning exactly what kind of sensation she likes.

Tongue Teaser

Your mouth is perhaps your best asset when it comes to showing your lover a good time. Lubrication makes everything so much better and more pleasurable and saliva can be a great lubricant. When it comes to pleasuring your partner with your mouth, I'm not just talking about oral sex. There is so much stimulation you can provide with your mouth and you have so many opportunities to really give her unique pleasure by just applying lips and tongue to nipples.

Start with just the tongue. Run just the tip around the areola, flicking it gently over her hard nipple. Flick faster and harder if you want to up the intensity. When her skin is wet from your mouth, blow gently on it to cool it off quickly, sending a shiver down her spine.

Lap at her nipples like a kitten in milk. Relax your tongue so that it is big and flat and methodically lick over her nipple and the surrounding area with your tongue. Use your hand to stimulate one breast while you use your mouth on the other. Just wait to see how long it takes for her to be grinding up against you begging for more.



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Chapter 4: Nipples Mark the Spot

Suction Seduction

From licking, see what more your lips can do. A few well placed kisses are great, but if you've ever had a woman suck your nipples (some guys really like it!) you know. Suction is it's a whole other amazing world of pleasure. There are plenty of devices you can use to provide suction, but I stand by my assertion that your mouth is the best option. Why? First, you have total control and awareness over what kind of sensation and pressure is being applied. Second, suction isn't just about the pressure of sucking, you also have the juicy wetness of your mouth that provides amazing stimulation.

Don't suck incredibly hard. Breastfeeding involves some serious suction, but you don't want to go that far. Just a little suction here, a little there. Use it to gently draw her nipple into your mouth before trying your hand at nibbling. Remember, as I mentioned before, different women will like different things. Start out with gentle sucking and check in with your partner to see if she wants more.

Nipple Nibbles

When it comes to using your teeth during sexual play, there is one hard and fast rule that you always want to follow: don't bite down hard. Some women will like a bit of soft nibbling, some women will like it a little rougher, but others might not like you to use your teeth at all. Go slowly and gently and see how she reacts. Instead, roll her nipple around between your front teeth, just reminding her how close you are to that dangerous edge of pleasure and pain. You can try to nip just a little. Pull ever so slightly using your lips over your teeth so you don't put too much pressure on with your teeth. Be careful! Some women don't like any kind of biting at all, some kind it rough and hard. And for most, it really depends on where she is in her cycle. Remember what you've learned so far!

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Chapter 4: Nipples Mark the Spot

The Two-Finger Stroke

The next three techniques are variations on a “pinching movement”, with greater or less intensity. This stroking move is the least intense of the three, with only enough pressure applied to her nipple to keep it aroused. This shouldn’t be painful, but it could be very intense.

Take her nipple between thumb and forefinger as with the rubbing technique above, but pinch just a bit tighter. Pinch, pull and twist just ever so slightly, just enough to get a response. You are holding her nipple, pulling it away from her body and moving your fingers in opposite directions all at the same time. Slowly, deliberately, gently. Alternate from one breast to another, licking and sucking where you aren’t stroking! Even though the words “pinch, pull and twist” generally are associated with pain, this should not be the case with this technique. You are doing all of this very gently and only harder and rougher if your partner wants it like that.

Tweaking

Very similar, just a touch more intense. Tweaking is much like stroking, but with just slightly more twist. Keep the pinch gentle and the pull minimal. You can try other alternatives (more pull, less twist; more pinch, less pull) to see which works best for

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Chapter 4: Nipples Mark the Spot

her. Tweak and pull at the same time. Release and let her relax for a second, then repeat. Slowly, gently, I bet she makes some sounds you've never even heard before.

If you are considering playing with some of the more intense breast play, enjoying rough sex, or trying out bondage or nipple clamps, this is where you need to start. Give her a tweak and see if she likes it!

Pinch and Pull

The final frontier, the most intense option available in this manual. Leave out the twist. Instead, simply pinch and pull her nipple, releasing it, then doing it again. Get into a rhythm. Keep it up. Suck and nibble, pinch and pull, back and forth.





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Chapter 4: Nipples Mark the Spot

Some women enjoy very intense nipple stimulation. You can pinch hard and actually lead her by the direction you pull. Ease into that. Watch her back arch as you catch her nipple and draw it away from her body.

It's important to mention that some women won't enjoy this kind of nipple play and others will love it. If your partner has extremely sensitive nipples this might not be something she enjoys. It could hurt and completely turn her off, so it's always important to lead up to more intense sensations and continually check in with your partner to make sure that she is into it.

Sex Toys for Nipple Play

When it comes to sex toys most people think of vibrators and dildos, but there are toys out there that are made specifically for breasts and nipples. Here is a list of the best toys to aid in your breast play:

1. One toy that can be fun to experiment with is a small pump which is used to suction the nipples or breast and draw blood to the area. It will become engorged and much more sensitive, which can be amazing for stimulation. This toy can also be used on the clitoris.
2. Nipple clamps are another popular breast stimulation toy. These are generally used by women who like much more intense stimulation. There are a few different kinds of nipple clamps.

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Chapter 5: Nipples Mark the Spot



- *Clothespin or alligator clamps* - These clamp onto the nipple and tighten with a screw. Most of these types of clamps will have a cap on it made of silicone or plastic so that they are more comfortable to wear.
- *Tweezer clamps* surround the nipple with a metal bar on each side.
- *Clover clamps* provide the most intense pressure because they use spring tension to close.
- *Magnetic clamps* use two small magnets to secure the clamp around her nipple.

Some nipple clamps also come with a chain attached and it can be pulled for further stimulation.

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Part 2: Applying Your Skills

A little bit of nipple stimulation can go a long way. And I mean all the way. You see, your woman doesn't need to be one of those rare few lucky gals who can come with just a bit of good tweaking. In fact, she's probably not one of those women, but that doesn't mean she won't be in ecstasy with the right kind of breast play. If you've been following along with me, you already know how to make your woman come. (If you're new here or still feel like you might need a few extra tips and techniques, check out my course *The 7 Day Orgasm* at 7dayorgasm.com for everything you need to know.)

When you already know how to get her off, your goal is then to get her off more. Better. Harder. Faster. And breast stimulation can do that for you, if you learn how to use it right.

In this section I'll be giving you two new techniques for totally



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Part 2: Applying Your Skills

powering up her arousal levels beyond anything she has ever experienced before, by adding nipple play and breast massage in with other kinds of stimulation.

Multitasking Master

If you are going to get good at this, you'll need to be able to focus on several different actions to get her off all at the same time. There are plenty of ways to make that happen even if you're still getting used to the techniques for making her come. I highly recommend practicing all the seven different types of stimulation while using the easiest thing available to bring her to orgasms.

There are many ways to do this. You can kiss her passionately on her neck, ears, and chest while stimulating her breasts with your hands. You can also stimulate her breasts with your mouth while you touch her clitoris and finger her. Basically, you need to get good at multitasking. If you're not feeling too confident in your skills just yet, you have a few other options. One is to use a vibrator to stimulate her clitoris and penetrate her while you practice your breast play techniques. Or you can let her take the reins and put her hands to good use so you can focus totally on touching and tonguing her other sensitive bits. As you feel more confident in your skills you can learn to multitask better and take over the whole act yourself.

The Rhythm Technique

No, I'm not talking about natural birth control. The one thing that differentiates orgasm from any other kind of pleasurable experiences is the involuntary rhythmic contractions of the pelvic floor muscles. Not all women are going to be capable of experiencing an orgasm from nipple play alone, but in combination with clitoral and/



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Part 2: Applying Your Skills

or vaginal stimulation, the rhythm of your stimulation can help to push her over the edge.

With this technique you'll use rhythm and stimulation on multiple parts of her body as a method for making her come even harder. Use your breath as a cue. With each breath you will stimulate her breasts and nipples and either finger her, stimulate her clitoris and penetrate her. As you become more aroused, your breath will quicken and then so will your pace. Stroke and release. Stroke and release. Breath in, breath out. Get her moaning and groaning with each and every pinch or pull or twist or lick. Find your groove and get down in it.

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Chapter 5: The Art of Erotic Massage

Erotic massage can be used in many ways. It can increase intimacy within a couple. It can be a super generous and exciting form of foreplay. And it can be a huge turn on and very relaxing! Erotic massage is different than regular massage as it has a sexual and sensual element. You will focus on massaging and stimulating erogenous zones. For the purpose of this ebook, I'm going to focus on how to give an erotic massage focusing on the breasts.

In my book, Erotic Massage for Better Sex (at eroticmassage mastery.com) I give you everything you need to get her warm and oiled up, from head to toe. But if you're just going for the basics, here's a few tips to get you started. Erotic massage can be a great form of foreplay, so it will really benefit you to master this artform.





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Chapter 5: The Art of Erotic Massage

There are two main techniques that women tend to use on themselves that you should learn to master, before you move on to the more difficult task of trying to get her off with those hot little buttons.

Caressing and squeezing offer different sensations ranging from mild to intense depending on your intent and method. You should always start slow and let the intensity build. You can use a natural massage oil that will soak into her skin, like olive, coconut or shea, unless she likes to get really slippery. In which case, you can try out baby oil or even a silicone lubricant! They also make scented massage oils which can be amazing for combining the sensation of touch and smell all in one. Please remember that some oils will affect the latex in condoms, so if you're planning to have sex with one later, you want to use a condom safe massage oil or make sure you have completely washed off any oil that might come into contact with it.

Make sure you set the scene for your massage. You should consider every element including the temperature of the room, the temperature of your hands, and the sounds, scents and sights that your partner will take in. Light a scented candle, dim the lights, and put on relaxing, sexy music. Make sure the room is clean and clutter free. These things might not seem important to a good massage, but they are. Anything that could distract her from her pleasure needs to be eliminated. Turn off your phones and leave them in the other room. You should also make sure anything you need (extra oil, bottle of water) is close at hand. You want to be ready for everything.

Just like in a regular massage, you should mimic the stimulation you provide on one breast when you move onto the other one. If you move in a clockwise motion, your next round of stimulation should be counter clockwise. The repeat the same thing on the other breast.

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Chapter 5: The Art of Erotic Massage

The Constant Caress

One technique that is especially incredible in erotic massage is to maintain constant contact with your partner's body. Don't let your palms leave her skin. This particular technique involves circling and stroking the surface of her breasts using the palms of your hands or the pads of your fingers. She will be lying down on her back on a comfortable surface (your bed will work just fine). The idea of the constant caress technique is that the sensations will be even more intense because you never break contact. If you need to apply more massage oil then slowly massage her with one hand while you get more oil with the other. Remember that it's extremely important to use enough oil. She shouldn't be soaked in it, but you should be able to run your hands smoothly over her body in order for her to experience the best kinds of sensations. You should apply even pressure using the whole hand, not squeezing or pressing hard. Focus on her breasts, but also the area around them. Start with her upper chest and massage the muscles there. With erotic massage you want to create a little bit of teasing, so don't move right on to the breasts right off the bat. When you do move down, don't just focus on the nipples, but the entire breast. You can draw circles with your fingertips and use the palms of your hands to stroke and caress.

Slowly you will find that her nipples start getting hard, or that you have the deep urge to begin squeezing. Go with it!





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Chapter 5: The Art of Erotic Massage

The Fan

Place the palm of your hand over her breast so that her nipple is in the middle of your palm. Slowly fan your fingers so they're spread completely out over the breast, then massage downward and close your fingers off so that they close over the nipples, finishing in a very light pinch.

The Light Squeeze and the Tight Squeeze

As you circle your hands slowly around her breast in a rhythmic motion, gently squeeze her breasts together using your thumbs, fingers and palms and with the pads of your fingers. As she gets more and more turned on, you can start to catch her nipples between your thumbs and fingers.

To squeeze tighter, you want to be sure to use your whole hand, spreading your fingers out wide. Massage, give them a thorough feel. Always check in with her to make sure the pressure is ok.

Even when you're not being intimate you can initiate breast play by coming up behind her, wrapping your arms around her and cupping her breasts in your hands. Slowly squeeze them, circling them around, meeting together in the middle. Lift and squeeze, relax and release. Get into a rhythm while you nibble on her ear and kiss her neck.

You'll know when she's hot enough that you can move on to nipple play.

Each of the parts in the following section focuses on pairing one kind of vaginal / clitoral combo with a different series of nipple stimulation techniques. But before you get there, you should take some time to warm yourselves up using erotic massage techniques.



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Chapter 6: Breast Orgasms

Now as I've already mentioned, only a very lucky few can actually have orgasms from breast stimulation alone, but this book wouldn't be complete if I didn't at least provide you with the tools you need in order to give her a breast orgasm. You might not succeed in giving her an orgasm, but you will definitely give her a ton of pleasure which will make her eventual orgasm (whether it's clitoral or vaginal) much more powerful.

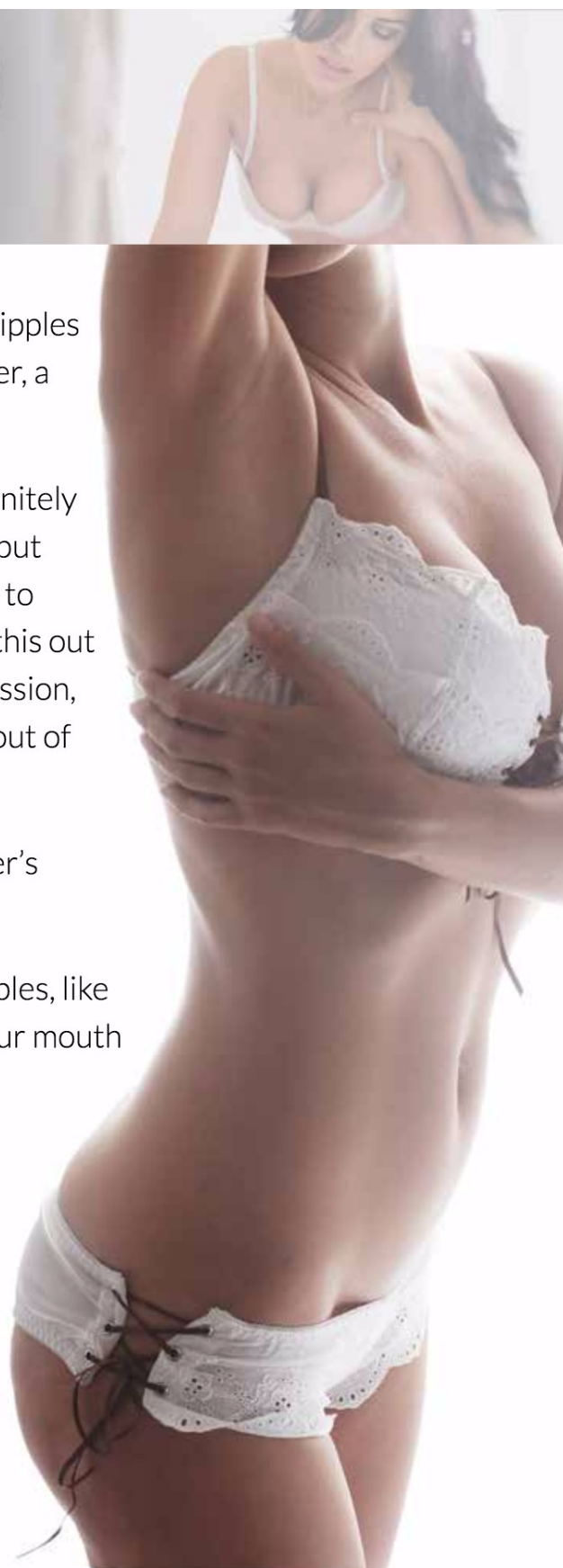
Women who have been able to have orgasms from breast play were able to come through using a variety of the techniques below. Try all of them out on your partner and see what she reacts to. Every woman is different and will like different things. Pay attention to her body language and go with the techniques that she reacts the most to. When in doubt, ask her what she likes, but don't be afraid to try new things as well.

1. Blow on her nipples to get them nice and hard. Lick them and then blow hot air on them.
2. Biting and nibbling doesn't have to just be focused on her nipples. Remember that the whole breast area is sensitive. Nibble on her breasts. Do it with caution since a very sensitive woman might not like much pressure at all. You can begin by ever so gently running your teeth across the skin on her breasts and nipples. This is such a gentle movement that it wouldn't even be categorized as nibbling. Slowly add more pressure, always assessing whether or not she is enjoying it or not.
3. Sucking on the breast and nipples can produce orgasms for some women. Don't be afraid to suck hard, but as I mentioned before, always gauge her enjoyment. If she's into it, don't be afraid to go all out.

BREAST SEX EVER

Chapter 6: Breast Orgasms

4. Run some kind of soft fabric over her nipples and breasts. Try a feather, a piece of leather, a silk scarf, or a piece of fur.
5. This next one is a bit strange and it definitely won't be right for the majority of women, but there are some women out there who like to have their breasts slapped. Before trying this out with your partner you'll want to get permission, as it could upset or offend her if it's done out of the blue.
6. Use a vibrator to stimulate your partner's nipples.
7. Try applying something cold to her nipples, like an ice cube. You can put the ice cube in your mouth for a sexy combination of hot and cold.
8. You can also try putting food, like whipped cream or chocolate on the breasts and then licking them clean.





BREAST SEX EVER

Chapter 7: Slow and Steady

In this scene you're going to use those multitasking skills of yours to gently coax her from warmed up to right over the edge. Two hands are definitely better than one here.

On One Hand

What is your best skill for getting her off one-handed? With most women, it's going to be with a focused touch on her clit. If your partner really prefers vaginal penetration, or she's looking for some slow-building g-spot stimulation, there's no reason not to! Use your hand, a sex toy or even your own penis if you're coordinated enough. For clit-focused fingering, check out my program, "Naughty Fingers" which gives you everything you need to know to take your manual stimulation skills downtown.

<http://mynaughtyfingers.com>

In the meantime, your smartest move is to use your three middle fingers pressing against her labia where her clit is, rubbing back and forth gently. Unlike direct contact, you don't need to be nearly as precise with this, which helps you focus your attention elsewhere. Keep your rhythm and you're good!

And On the Other

The importance of less-precise clit stimulation makes sense when you find out that you need to use your dominant hand for her breasts. Since this move is mostly about what your mouth can do, there isn't a lot of nipple work that needs precision. But she does have two breasts, so you want to stimulate them both at the same time if you can!

BREAST SEX EVER

Chapter 7: Slow and Steady

1. Thumbs

Use the “Rub a Dub Dub” technique for this step, cupping her breast in one hand while you kiss and nuzzle the other. Use your thumb to rub around her areola, teasing her nipple back and forth.

2. Tongue

Now use “The Tongue Teaser” on her other breast! Try to apply the same pressure and movement with your tongue on one breast as you do with your thumb on the other.

3. Lips

Now add lips to the tongue touch, applying a bit of suction. Take her nipple into your mouth, rolling it around, circling your tongue. Keep stimulating her other breast with one hand, and her clit with your other hand.

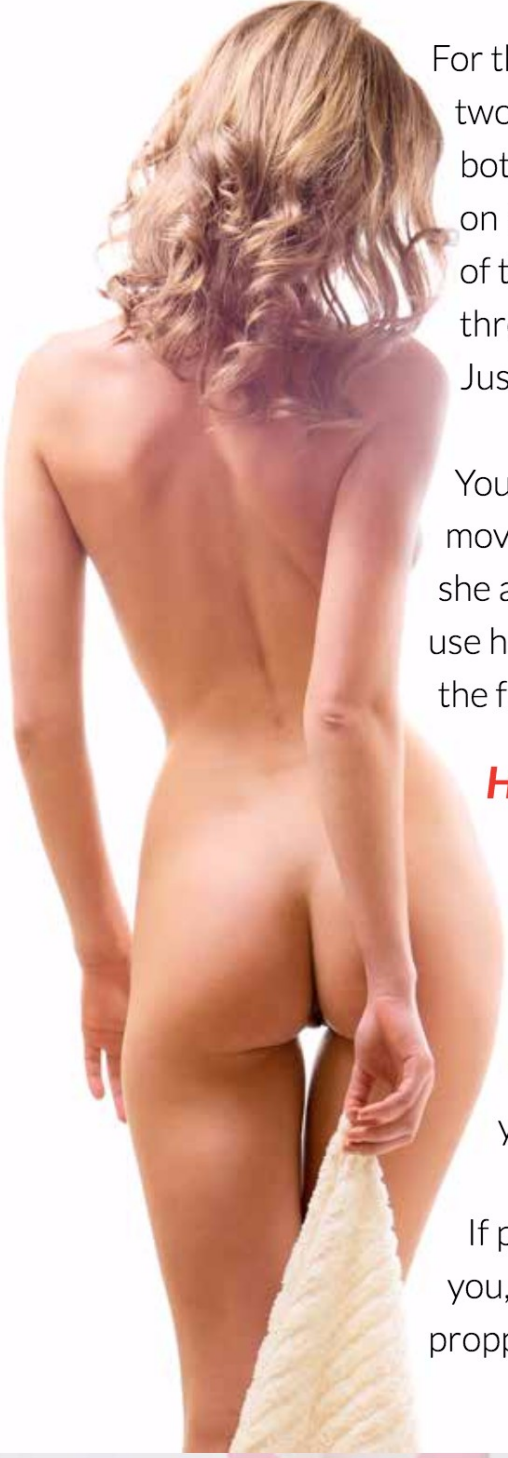
4. Teeth

When she starts to get close, you can get her over the edge with “Nipple Nibbles”. Suck her nipple in, then take it between your teeth. Don’t clamp down. Use them to tug gently as you amp up your efforts to make her come. Give her other breast a little pinch and you have a recipe for amazing orgasm.

“Pleasure doesn’t need to be sexual, but if you want something sexy, you better be focusing on the pleasure factor!”

BREAST SEX EVER

Chapter 8: Rough Rider



For the ladies who like things a little bit rougher, we have two position variations following the same sexy recipe. In both positions, you have two hands free so you can focus on both nipples at the same time. You have a progression of the remaining of the seven stimulation types to work through here, best paired with some serious hard fucking. Just what you both need!

You could go slow and steady with the pace here, but these moves are definitely best paired with intense penetration. If she also enjoys clit stimulation to get her to orgasm, she can use her fingers or hold a vibrator with one free hand. Triple the fun!

Her On Top

In this position, she straddles you facing forward so you can easily reach both her breasts. This way she is in complete control of the action. You can gauge her level of excitement and arousal by the power and rhythm of her thrusts. When she start getting frantic, you know it's time for pinching and pulling.

If positions with her riding you just don't really work for you, or she isn't a fan, have her lie on her back with her hips propped up on a pillow or some blankets, while you stand at



BREAST SEX EVER

Chapter 8: Rough Rider

the edge of the bed between her knees. Have her wrap her legs over your shoulders for support, leaving your hands totally free.

Or From Behind!

You can try reverse cowgirl, but it will be easier to reach her breasts from behind if you are sitting up, kneeling or standing yourself. Doggy style can be excellent for this, but be careful when you are leaning forward that you are steady on your feet. You don't want to be holding on to her breasts for support or pulling down too hard.

1. Stroke

As you start to warm up, thrusting gently, slowly stroke her nipples between your thumb and forefinger.

2. Tweak

When things start to heat up, you'll know. She'll start pushing or grinding back into you, making a bit more noise or getting especially wet. Now you'll know that you can start with the tweaking. Just a bit more of a twist, don't turn them like buttons.

3. Pinch

As she gets closer to orgasm, you might be able to apply a bit more pressure to her nipples. Turn up the power of your pinch slowly and check in with her to see if she likes it harder.

4. Pull

When she's at the peak of her climax, a little bit of a pull while you bury yourself inside her is just the thing to push her right over that edge.

BREAST SEX EVER

Part 3: For Him

Men may look at, think about and fantasize about breasts pretty much consistently, but there is one breast-specific act that really doesn't get enough play in your average adult sex manual.

Not every couple is suited for this kind of stimulation. You need to be relatively fit or very well endowed. She needs to have breasts that are at least a handful. I'm referring to "titty fucking." If done in the right way it can be just as pleasurable and exciting for her as it is for you.





BREAST SEX EVER

Part 3: For Him

Time and Place

Depending on the kind of position you use, you may need to put some pressure on her chest. Choose your position wisely, depending on your body sizes and how she's feeling in her cycle. If she's feeling particularly sensitive, choose a position where she's on top. If she wants to do things hard and rough, make sure she's on her back. Those are the two basic options, but you can always be creative and try something new and different.

For a lot of guys, morning wood is the best erection of the day, so take advantage of it if you have the opportunity. The shower is also a great place to try out these techniques, with soapy water letting you get all slippery without making (too much of) a mess.

Erotic Massage and Sexual Lubricant

It is basically impossible to enjoy this specific sexual pleasure without some kind of lube, unless you're playing in the aforementioned shower with suds and bubbles. Even if you could pull it off, I wouldn't recommend it. Lube just makes everything better! My favorite way to enjoy this kind of play is by starting out with an erotic massage. A low temperature soy candle or a long-lasting massage oil can help you warm her up, giving you a chance to practice your breast massage skills as well as on the rest of her body!

You don't need to use massage oil. In fact oil may soak into the skin too easily. Your other options are water or silicone based lubes. Water-based lube can also soak in or dry up a bit, but it's immediately revived by a touch of water, or sweat, or saliva. Silicone will last for a long while, but it could be difficult to wash off.



BREAST SEX EVER

Part 3: For Him

The shower is an amazing option for massage because your hands will slide over her body easily with soap and it's highly erotic. Plus, without lube or oil there is no messy cleanup afterward.

Getting Big and Hard

One of the most challenging aspects of the “titty fuck” for guys is that they generally need to be fairly well-endowed and quite hard to make it work.

But even if you don't have a prescription for an insta-erect party pill, you can still do a few things to maximize your pleasure opportunities.

1. Go for the cock ring.

Don't wear one for more than 20 minutes at a time. Find a size that fits you well in a durable material that is stretchy but easily snaps back to size. Put it on as you are getting aroused and grow into it in the same way you would a condom for maximum sensation.

If that isn't enough to get the proportions right, try...

2. A suction device

Penis enlargement devices aren't exactly reliable in the long term, but they can have pretty dramatic effects in the immediate moment. Stay away from the pills and potions. Grab one of the suction devices and use it to get yourself all pumped up - after slipping on the cock ring - then bask in the extra length and girth it gives you and put it to good use.

BREAST SEX EVER

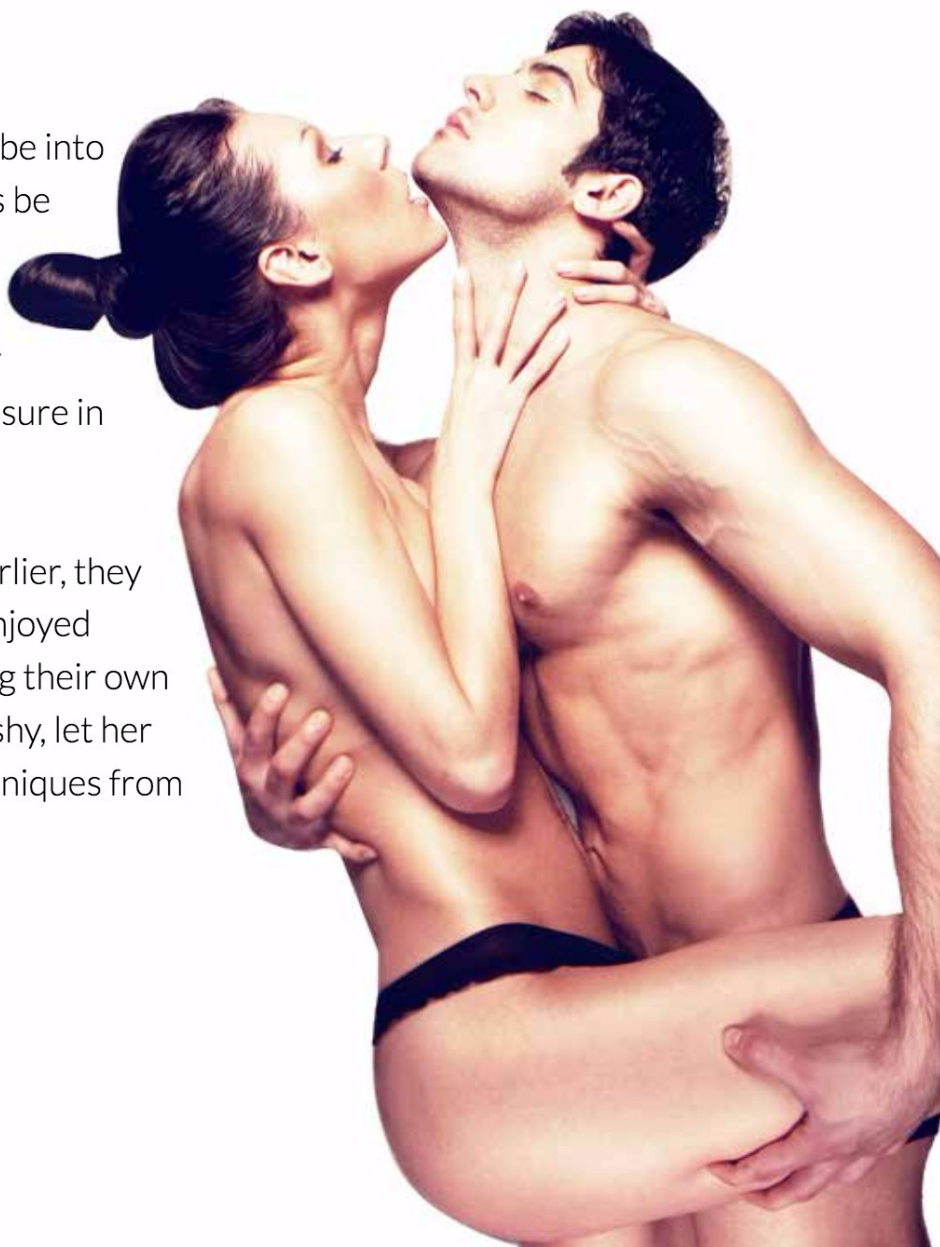
Part 3: For Him

Extra bonus, you can also use those same suction devices to stimulate her breasts! It helps if her skin is slick, and you should be careful to go slowly, but the pressure from such a device can be an absolutely exquisite pleasure.

Men Have Nipples Too

Not every woman is going to be into the idea of letting her breasts be an instrument of pleasure like this, but she might be very into letting you use your new knowledge give you pleasure in other ways.

In the studies I mentioned earlier, they found that half of men also enjoyed increased arousal from having their own nipples stimulated. Don't be shy, let her give the nipple-touching techniques from



BREAST SEX EVER

Chapter 9: The Melon-baller

So many men fantasize about this position, but so few actually try it. This is all you need to know to make it happen.

The Basics

1. She's lying flat on her back while you straddle her waist.
2. You slide between her breasts with one hand on each, squeezing them together to provide friction for yourself to move back and forth - the less lube you use, the more friction there will be.
3. Use your thumbs and your forefingers to stimulate her nipples while you take your pleasure.

In this position you will probably be putting a great deal of weight on her chest. There are a few ways to alleviate this if it becomes a problem.

Often finding a more solid surface to kneel on is a big help. Move onto the floor, put a cushion or a blanket under you to give you some added comfort. This will hopefully help you to keep your balance and not rely on her body.



BREAST SEX EVER

Chapter 9: The Melon-baller

You can also use a bench which you can stand over while she lies between your legs. This gives you a great deal of freedom to move.

Make the Best of It

Just a few tips to keep things interesting:

Try reaching one hand around back and stimulating her clit and/or fingering her. The view she's getting will be a turn on for some and having some clitoral stimulation will be a welcome added pleasure.

Alternatively, if she keeps her arms inside your legs (easiest if you're standing) then she can use her fingers to get herself off. If this isn't possible, make sure there is a vibrator on hand before you get started so she has something to keep her extra warm and fuzzy.

She can also use her hands to hold her breasts around your cock, keeping your hands free for lots of other options! You can reach behind you and put a finger or three over her clit. You can twist and tease her nipples, caress her face, or if she likes it really rough, even put a hand around her neck. (Trust me, do not ever under any circumstances do that without checking in with her and getting consent.)

Finally, you may not want to take this play all the way to the finish line. If your lover likes a good facial, you might try it, but in general it's a bit of an awkward position. And a come shot in the eye is not exactly a huge turn on. Use this to get you close to the edge before you finish off together. Or if you want to come in this position, give her fair warning so that she can provide her hands for you to come into.



BREAST SEX EVER

Chapter 10: Cowgirl's Got Guns

This is an option if she's feeling a bit more coy, or like she wants to take charge of the situation. It's also a good option if she just isn't really into rougher sex or if your body size is a bit bigger than average and you can't put your weight on her chest like in the last move.

The technique is simple.

1. You sit, slouching if you must, with your legs open so your erection is free so she can kneel between your legs.
2. She gets to be in charge, wrapping her breasts around you herself. She uses her hands and breasts to jerk you off. She can use her mouth and combine some oral sex if she wants.

With a little practice, can get you off with any combination of skills.

The Oral Connection

One of the best ways for her to incorporate the second position into your sex play is during oral. Not everyone is up for giving a messy blow job, but if she is into it, it's a great new combo of sensation for you. Let her drool, tell her how hot it is when it drips onto her breasts. The slickness makes a perfect lubricant for sliding between them. This obviously isn't for everyone, but if she's into getting messy together, this might be just the kind of thing she wants to try out.

BREAST SEX EVER

Conclusion

Consider for a moment how much time you've spent in your life so far, thinking about breasts, looking at breasts, fantasizing about breasts, and wishing you knew what to do with them when they're right in front of you. Now when you start to dream about releasing your lover's nipples from her favorite little lace bra, you can imagine your skills as an effective man of pleasure!

Some people think that breasts are over-rated. And if your partner happens to be one of those very few women who just isn't that interested in breast play, there are plenty of other ways you can get her off. But if she's among the vast majority of women who really gets off on your new abilities in the art of breast manipulation... well, I think you're in for some pleasant surprises in the days and weeks to come.





BREAST SEX EVER

Conclusion

Remember, breast play isn't just about learning new ways to turn her on and get her off. That's obviously a big part of it, but that's not the only benefit that can come from this. Take advantage of all the hormones flying, helping to strengthen the bonds between you and give a massive boost to the intimacy that you share. Committing yourself to better pleasing your lover is an amazing way to show that you care. Yes, greater intimacy can be as simple as more touching of the right kind!

Some of these skills might take you a while to learn. Some might not work for her at all while others could become regular bedroom favorites. Explore together, play, have fun! If one technique doesn't work, discard it and go with the next one. Through your exploration you will learn more about pleasing each other.

Take your time with each of them. Follow the instructions closely, get lots of feedback from your lover about what she likes and what she doesn't like. Then implement your best techniques in as many ways as possible, as often as you can. You won't regret it for one second.