



Female Pleasure SPOTS

YOUR SECRET TREASURE MAP TO HER UNTAPPED EROGENOUS ZONES



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Female Pleasure Spots—How to Awaken Her Libido via Her Untapped Pleasure Zones for Amazing Orgasms

Hello Lover!

Welcome to “Female Pleasure Spots—How to Awaken Her Libido via Her Untapped Pleasure Zones for Amazing Orgasms”. I have designed this eBook especially for men (like You!) who want to be the best lovers ever and give their partner ultimate orgasms and sexual pleasure.

I’m so glad you decided to make a commitment to furthering your sexual knowledge and skills, so you can learn to awaken your partner’s erogenous zones and give her even more pleasure.

This e-book is written with the latest information on female erogenous zones and features proven techniques that you can start using on your partner today.

I can’t wait to dive right in and get started! Are you with me?!



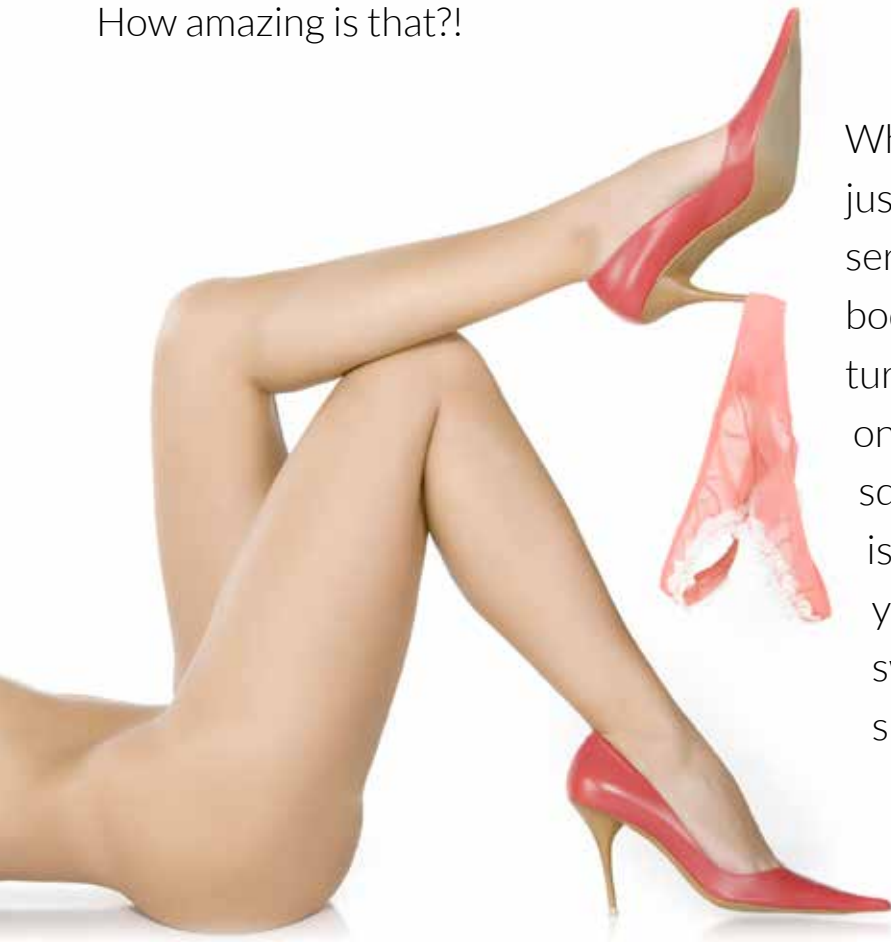


Part 1: Introduction to Female Pleasure and Erogenous Zones

The Body is One Big Erogenous Zone

The female body is an amazing work of sensuous design geared for pleasure: from all the nerve endings tingling beneath our skin (the largest erogenous zone on the body) and the blood vessels that fill and swell and make us more sexually aroused.

Just about every part of the body covered by skin can be subtly aroused in some way, from goose bumps and our hair standing on end, to erotic sensation and sexual pleasure. So, if you think of it that way, the entire body is just one big erogenous zone! How amazing is that?!



When you go exploring her body, don't just dive right into the genitals. No, seriously! Take the time to explore her body and see how she responds, what turns her on, what raises goose bumps on her skin, what makes her smile, melt, squirm, and giggle with pleasure. There is a whole body to explore, so make sure you check out every luscious curve, swell and groove to find the secrets spots that turn her on.



Sexual Arousal Begins in the Brain

It has been said that the brain is our most important erogenous zone, because without it we wouldn't feel anything.

Sexual arousal begins with a sexy thought, image, or touch from your partner, as the brain sends signals to the genitals to trigger sexual arousal. These signals come in the form of "love" hormones such as Dopamine, Adrenaline, Testosterone, Oxytocin and Serotonin. All these chemicals work together to get you in the mood and feeling sexy.

So, without the brain being aroused first, we can't physically feel desire. That's why we may not be "in the mood" at any given time. But, if you arouse the mind, desire will follow. So foreplay and seduction, as well as stimulating the erogenous zones can turn that erotic switch on even faster.

For more about how to build female arousal, check out my eBook, "Double Her Desire" at:
<http://double-her-desire.com>.

Female Orgasms

Women have the ability to have many different types of orgasms. There are core-gasms which happen when a woman is working out, birth-gasms that occur during birth, breast-gasms that are achieved via breast and nipple stimulation and even mind-gasms that are produced by just “thinking off”. One woman even reported having orgasms triggered by foot stimulation and another by brushing her teeth. That is why you shouldn’t overlook all the erogenous zones on the female body, as you never know how someone may be sexually wired and what may get them off.

Then there are no orgasms or infrequent orgasms, when a woman may have a hard time reaching orgasm at all. This can happen for many different reasons, the majority of which are not medical conditions. Again, much of this has to do with the mind and its ability to create arousal and desire. If we don’t feel sexy, or we have self-esteem or body issues, we won’t feel like having sex. Maybe we are worried about work, bills, relationship issues, or any other day to day stresses that can keep us in our heads, so we are unable to feel the pleasure our bodies produce.

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You can help your partner out by relieving their stresses, helping them gain self-confidence, making them feel sexy, and by being empathetic towards them. If they are stressed out, a massage may help them get in the mood. If they are feeling un-sexy, a trip to the spa or hair salon could help boost their self-esteem. Showing them you love, desire, and support them every day in little ways can go a long way in building desire.

Learn more about the female orgasm in my bestselling eBook, “7 Day Orgasm” here: <http://www.7dayorgasm.com>.

Seduction Tips and the Art of Foreplay

In just about every book I have written, there is a section on foreplay. Why? Because, it is essential for turning your partner on. Most women can't just flip on a switch and become horny like guys can. For many women, it takes foreplay and seduction to become aroused to the point where she wants to have sex.

In this eBook, foreplay is even more important because we are talking about exploring erogenous zones. Sure, the most erotic of those are between her legs, but her whole body has very sensitive zones to explore, which you can awaken during foreplay.

“Learn to awaken your partner's erogenous zones and give her even more pleasure.”





The Spiral to Desire

Think of the art of foreplay, like a spiral to desire. You begin on the outer edges of the spiral. This is the atmosphere and the erotic energy you both create, such as your love den. Candles, soft music, wine, erotic finger food or aphrodisiacs, the heady scent of flowers that you brought her home that day. Appeal to all her senses first.



When you start with touching, you enter the next circle in the spiral, getting slowly closer to your target. These are the non-erotic areas of the body such as her shoulders, arms, feet, and calves. When you touch be sure to use variation in the type of touch, pressure and pacing. Be in tune with her body as you tease, titillate, tantalize, tempt and entice her, making her want your touch more and more.

Next you zone into more erogenous areas: her neck, ears, lips, mouth, and breasts. Brush the nape of her neck with your fingertips, kiss her eyelids, whisper in her ear, nibble on her neck. You want to build up tension, suspense, anticipation and desire. Arouse all of her





senses and make her want you so bad by the end of it, she's like a crazed sex kitten. Meow! Continue to move down her body and inward towards the center of the spiral, getting closer to her most sensitive areas: lower back, thighs, hips, buttocks.

Finally, you reach her genital area. But don't forget to take it slowly; there is a lot still to explore. The mound of Venus and outer pubic area is sensitive to touch as well. Then we have the outer labia lips and vulva. Go slow, spiraling into her desire. Next, the inner labia awaits your seduction, where you will find three of her main erogenous zones: her clitoris, U-spot and perineum (or PS-spot). Make sure to spend lots of time there, arousing the depths of her desire.

At last, her inner sanctum beckons you: her vagina, G-spot, A-spot and anus. These areas only become sensitive to touch once she is fully aroused. So, make sure she is urging you to go there first.

To become really good at seduction, you need to go very slow and be patient, coaxing her slowly, until she is hungry for your touch and begging you to penetrate her.

There are hundreds of amazing foreplay techniques you can learn and tools you can use. For more exciting ideas on this topic check out my book on mastering the art of foreplay, "Turn Her On Faster" which you can find here:

<http://www.turnheronfaster.com>

Tantra Techniques

Tantra uses three basic "tools" to build arousal and desire. These are the breath, sound, and movement.





Breath Work

The way you breathe can actually ignite the libido and channel erotic energy throughout the body. Oxygen ignites your cells and makes you feel alive. It awakens sensuality and builds euphoria. It helps sex last longer and leads to bigger, stronger, longer and more intense orgasms.

Belly Breath

The key to erotic breath work is to take large, deep breaths into the belly and let it out naturally through the mouth, making moans or sounds as you exhale. This type of breath relaxes the body and mind, and also increases sensation





and pleasure. Using this type of breath is perfect for foreplay and also for orgasm, as it puts one in a relaxed state of mind and ready for sex, and it also helps to expand orgasm to make it last longer.

Fire Breath

The Fire breath is a quick breathe taken in through the nose and then forced out quickly like you are blowing your nose. Contract your stomach muscles in and out with each breath. This builds sexual energy quickly, and can bring on orgasm faster.

Genital Breath

With this type of breath you breathe in through your nose and follow your breath into the lungs, down into the belly, and imagine it going down into your genitals lighting the area up with light and energy. Alternately, you can imagine you are breathing in through your perineum (or for women, in through their vagina) and lighting the area with sexual energy.

If you want to explore more about Tantra, check out my eBook, “The Tantric Touch” <http://www.the-tantric-touch.com>.

Sounding Off

Making sounds of arousal opens the throat chakra and builds sexual energy to fuel your desire. Moaning, ooohs and aaahs, all help to amplify pleasure to expand it throughout the body.





Pump and Grind

Movement increases circulation and blood flow, stimulates the nerve endings and gets you in touch with your sensual, animal self.

To increase ecstatic energy, a woman should rock her hips up and down, while squeezing her PC muscle. Working the PC muscle by doing kegels on a regular basis can help awaken her libido by bringing more blood flow to the genitals, and thus sensation, as well as strengthen the muscles used for G-spot pleasure and multiple expansive orgasms. She can also try different sex positions, such as girl on top with allows for greater stimulation of her erotic hot spots.

Check out my eBook on sex positions called, “Orgasmic Sex Positions”, here to learn more about sex positions: <http://www.orgasmicsexpositions.com>.





Part 2: Techniques for Stimulating Her Erogenous Zones

Learning to Touch

Before we go searching for her erotic hot spots it is important we learn how to touch. Being able to stimulate her “zones” properly is just as essential as knowing where they are located.

Types of Touch

In the ancient Hindu text, The Kama Sutra, the author Vatsyayana devotes 10 chapters to ‘amorous advances’ and describes many types of touching including hugging, embracing, kissing licking, sucking, biting, scratching and playful soft smacking.

Erotic Kiss

The mouth is possibly our most sensuous love organ. With it you can peck, kiss, lick, suck, nibble, smooch, and French kiss. It can be dry or wet, firm or soft, quick or slow. We can kiss each other on the lips or open mouthed, entangling tongues, and swapping saliva. Saliva contains testosterone which also helps to increase our desire as well, just try not to be too sloppy. While wet kissing can be exciting, try not to drool in her mouth.





We can kiss and lick the entire body, suck, or softly bite with our teeth. Oral sex is another type of erotic kissing that is very pleasurable to most women.

For more hot tips and techniques on how to give her oral sex, check out my sexy eBook, “Hot Licks”, here: <http://www.hotlicksprogram.com>.

Teasing

A teasing stroke is a light grazing that is usually feather-light. You can use one finger or a few to draw teasing strokes over the sensitive parts of your partner’s body such as the lips, the breasts, the nipples, and other sensitive bits.

Sensual

A sensual stroke uses a bit more pressure than a teasing stroke, rather like a caress. It is usually slow, seductive and lingering. You can use your fingers, or the sides of your hands or full palms to create a sensual stroke.

Tickling

Tickling, at the right time, on the right person can be very playful and highly erotic. At other times it can be extremely annoying and even torture. The best way to tickle is to use a very light, teasing touch. Try the undersides of arms, inner thighs, the back of the neck and behind the ears, along the jaw line or tracing the upper lip. Some people even enjoy having their feet tickled, but make sure she does before you try it.





Rubbing & Kneading

Rubbing is used in massage and is a very soothing type of touch. Rubbing can be used on muscular areas or anywhere the body holds tension. Rubbing is great for relaxing the body and the muscles and making her purr. Kneading is a firmer type of rubbing that kneads the muscles like bread. It feels great on the shoulders to relieve tension, as well as other meaty parts of the body. Sensually, it can be used on the buttocks and thighs.

Fondling & Groping

Fondling is a soft, playful type of grabbing and is usually done on the breasts and butt. Groping is a rougher type of fondling touch that is more aggressive





and can symbolize ownership. It can be playful, or rough. Some women enjoy having a strong man dominate them.

Pinching & Tugging

Pinching can be erotic if done correctly. Light pinching of the labia can be highly erotic. Some women also enjoy having their nipples pinched as well. Tugging is rather like pinching, except you pinch and pull at the same time. Hair feels good if it is gently tugged, as well as the labia and nipples.

Tapping & Slapping

This is a form of “percussion” play and can feel good just about anywhere on the body. Erotic tapping of the genitals is an erotic vulva massage technique used in Tantra. Tapping uses the fingers only. Slapping, like tapping is a form of percussion play, but uses the palms of the hands. It can feel good on the genitals, the breasts, the thighs and the buttocks


Scratching

Scratching involves using the nails on the skin. It can be very delicate like barely touching the hairs on the back of the arm, which feels very ticklish, to deep scratching like down your back in the heat of passion that leaves marks. Oh my! The best places to use scratching marks are on the back, the breasts, the thighs and the buttocks.

Spanking

Erotic spanking is very popular now among couples as a way to spice up their sex lives. Couples with no interest in pain play, may still enjoy erotic spanking





on the ass cheeks. Spanking can be very soft or hard depending on the person receiving. The most erotic place to spank is on the apple of the cheeks, or the sweet spot, which is the lower part of the buttocks, just above the thighs. Erotic spanking can be very sexy and erotic to both partners if done with consent and performed with care.

Fingering

Fingering may consist of a wide range of finger type manipulations that is used on or inside the genitals to stimulate a woman. These include “come hither” strokes like those used on the G-spot, to long deep strokes used to hit the A-spot.

If you'd like to learn advanced fingering techniques, check out my eBook, “Naughty Fingers”, here:

<http://www.mynaughtyfingers.com>.



Non-specific Erogenous Zones from Head to Toe

When we think of erogenous zones, we naturally assume that means the genitals. But, there are many other parts of a woman's body that are also sensitive to erotic touch.

The Mouth and Lips

Next to the genitals, the mouth and lips are the number one erotic zones of the non-specific zones. The corners of the mouth are very sensitive to light finger nail tickling, as is the top outline of the lips. Try making out for a long period of time and just kissing and petting to get her really turned out. Use your lips, tongue, mouth and teeth to tantalize her top and bottom lips and all the sweet spots inside as well.

The Neck

The neck is a truly sensuous area that loves soft feathery touches, sucking, nibbling and biting. Trailing soft kisses down the side of her neck, or blowing whispers across her nape will send chills of excitement straight to her genitals, and start doing all the work for you! Try grazing her pulse point with your teeth, and even biting gently like an erotic vampire ready to devour her. And, don't forget sucking. Remember being a teenager and giving hickies? Just don't leave marks where they can be obviously seen.

The Ears

The ears are super sensitive to light touches, soft blowing, licking and sucking. Try whispering in her ear and telling her all the naughty things you'd like to do to her, as you nibble and suck on her ear lobe. Don't blow forcefully in her ear unless you





want her to get an earache, and don't stick your tongue in her ear unless she says go for it. Most women don't like that sort of ear play.

The Scalp

The scalp is not often thought of as a sensitive zone, but it contains lots of nerve endings that are highly sensitive to stimulation. A good scalp massage can help her unwind and relax, while flooding her body with blood and feel-good hormones. Try a little hair pulling as you kiss her deeply and show her she is your possession. Many women get turned on by erotic hair pulling, or just holding her still by her hair.



The Wrists & Inner Elbows

The wrists are a pretty sexy zone to take in her scent, nuzzle, kiss and caress. In fact, the inner part of her whole arm is very sensitive, so keep those kisses going along the arm to her inner elbow, a very ticklish, sensitive zone.

Behind the Knees & Inner Thighs





ust like the inner arms, the inner sides of the legs are very sensitive to touch including behind the knees, the tops of the kneecap and the inner thighs. Again, light, feathery, tickling types of touches work well in these areas. Also try soft nibbling above the kneecaps as well. Because of the how close the inner thighs are to the genitals, erotic teasing can go a long way here to get her really wet and wanting you.

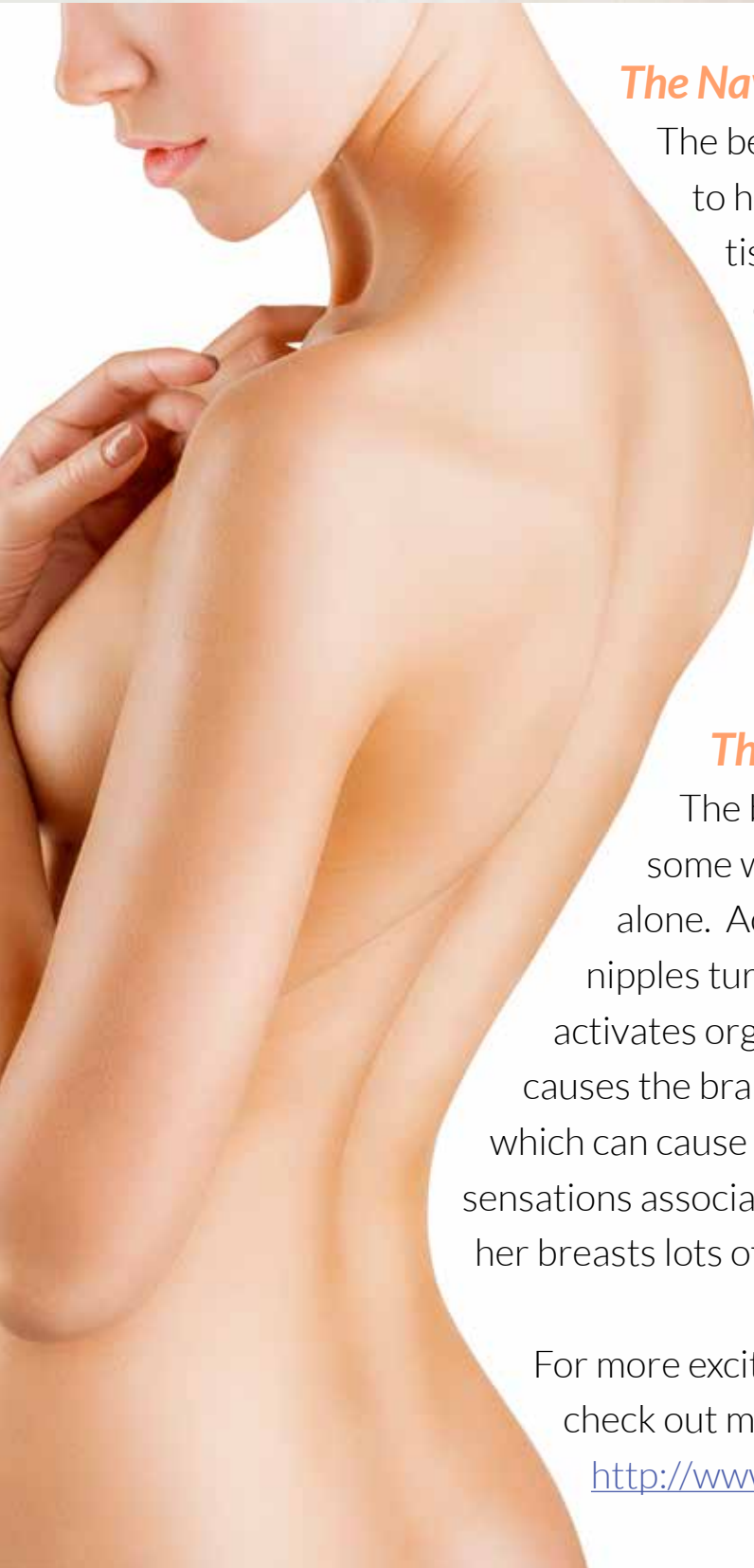
The Butt

The butt is very close to her genital area and loves erotic attention. Start slow with soft gentle caresses and then build up the pressure. Try kneading her hungry flesh and playful spanking her cheeks as she squirms in your lap. Percussion play is a great way to practice your drumming techniques and get her cheeks all rosy and flushed, ready for more intimate erotic play. Just above the buttocks is the Sacrum, which contains the sacral nerves that transmit pleasure straight to the genitals. So, be sure to massage or gently tap this area to build arousal in the genitals.

The Feet

Some people go wild over foot play, even to the point of it being a fetish, while others are disgusted by it. So, find out which she is before you go for the feet. However, most people, even feet haters, enjoy a firm sensual foot massage to help release stress and soothe tension. In reflexology, there are certain parts of the feet that can trigger sexual arousal, such as the big toe which can trigger orgasm in some women. Try applying pressure there to stimulate her genitals. If you and she are into it, you can even try shrimping, which is the erotic art of toe sucking.





The Navel

The belly button on a woman is closely connected to her clitoris and is grown from the same tissue in the womb. So, kissing, licking and even gently fingering this area can be highly erotic. This area is also close to our sacral chakra, which fires up our sexual energy. Pressing on this area can relieve the abdominal tension, strengthen the urinary and reproductive systems, and increase sexual intimacy and pleasure.

The Breasts

The breasts and nipples are hugely erotic and some women can orgasm from nipple stimulation alone. According to researchers, stimulating the nipples turns on the same area in the brain that activates orgasm. Breast and nipple stimulation also causes the brain to release oxytocin into the bloodstream, which can cause intense uterine contractions and the tingly sensations associated with orgasm. So, don't forget to give her breasts lots of attention during foreplay and sex!

For more exciting tips on how to spice up your sex life, check out my eBook "The Sex Starved Couple" at:

<http://www.thesexstarvedcouple.com/>



Specific Erogenous Zones of the Female Genitals

Specific erogenous zones are those that lie within the female genital area. These include the clitoris, U-spot, A-spot, G-spot and PS-spot.

The Vulva

The vulva is rich in nerve endings and blood vessels, and contains three hot spots including the external clitoris (or C-spot), the U-spot, and the PS-spot. It lies within the inner and outer labia, below the mons, which make up the exterior part of the vulva.

The Clitoris

The clitoris is the powerhouse of sensitive erectile tissue that is mainly responsible for women's orgasms. The glans (or clitoral head) is akin to the head of the male penis and contains over 8000 nerve endings which are sensitive to touch and are solely designed for pleasure. But, it is the internal clitoris that is even more fascinating!

The Internal Clitoris

The clitoral structure is a labyrinth of erectile tissue and nerve endings that encompass every other erogenous zone in the female genitals. The internal clitoris goes deep beneath the skin where it hugs the vagina, urethra canal and urethral sponge (or G-spot). Many sexologists believe





that the G-spot is only an extension of the clitoris itself. Parts of the clitoris also run under the labia lips, making them highly sensitive to touch as well.

The U-spot

The U-spot is basically the erectile tissue that surrounds the urethra opening, to the top and either side. This is the organ where a woman passes urine, but like the male penis, she can also ejaculate from there as well. Ejaculate comes from Skene's glands, located within the urethral sponge (also called the G-spot). So, the G-spot, U-spot and clitoris are all closely related and make up part of the clitoral structure as a whole.

The G-spot

The G-spot is an erogenous zone made up of the urethral sponge that is located about 2-3 inches inside the vagina on the frontal wall or belly side of the body. In its non-stimulated state, it is flat and wrinkly, whereas the tissue surrounding it is smooth. But, when aroused, the G-spot swells with fluids and is responsible for female ejaculation and deep, full-body orgasms.

Learn more about G-spot orgasms and female ejaculation in my e-book Mastering Her G Spot at <http://www.masteringhergspot.com>

The A-spot (or Deep Spot)

The A-spot is known as the anterior fornix and has a zone just opposite of it known as the posterior fornix. Anterior and posterior refer to front and back. They mirror each other on either side of the cervix at the very back of the vagina, which is why they are collectively known as the deep spot or AFE zone. The A-spot is located on the belly side just below the bladder, while its twin is next to the anus.





This area can produce intense orgasms as well as sudden and abundant release of vaginal fluids when stimulated correctly.

The PS-Spot

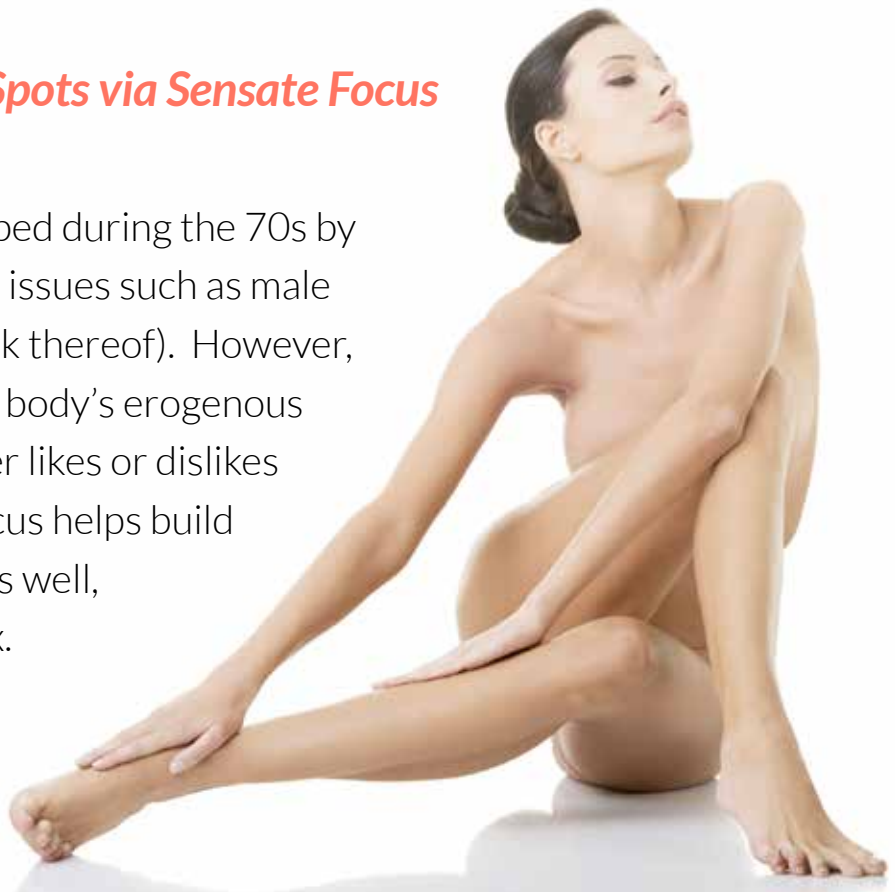
The PS in PS-spot stands for perineal sponge. It is an area inside of the vagina just beneath the perineum (the diamond shaped tissue between the vagina and anus). It is located internally on the back wall of the vagina, opposite the G-spot, but only about a ½ an inch deep. It can be pleasured by stimulating the perineum from the outside, or internally via the vagina or anus during penetration.

So, those are the five main erogenous zones of the female genitals that are highly erotic. Let's start mapping all the zones of her body.

Techniques: Exploring Her Hot Spots via Sensate Focus and Body Mapping

Sensate Focus is a technique developed during the 70s by Masters and Johnson to treat sexual issues such as male performance or female desire (or lack thereof). However, it is also a great tool for mapping the body's erogenous zones and learning what your partner likes or dislikes in terms of erotic touch. Sensual Focus helps build trust and intimacy in a relationship as well, which is essential to having great sex.

I have evolved this technique into a playful, explorative foreplay and





body mapping exercise that couples can use either by itself to learn more about their partner, or as a warm up to sex.

You should explore this technique in a comfortable environment. Use dim lighting or candles to create a sexy atmosphere and ensure that the room is warm and cozy. Turn off your phone, lock the doors and remove all distractions. Assemble massage oils and lubricant, and turn on some soft mood music if you like.

The Rules

- Determine who will be the giver and who will be the receiver before you begin. Since we are talking about awakening her libido in this eBook, let's assume you will start first as the giver.
- Each partner should take at least 30 minutes or longer giving sensual touch while the other receives. Then switch places.
- You can decide to be naked or partly clothed. During the first exercise you will avoid the breasts and genitals. During the 2nd and 3rd session, breasts and genitals are explored more in depth.
- No sexual intercourse is allowed during the 1st session. You want this to be explorative with no goals except finding out what your partner likes and creating more intimacy. If the experience ends in intercourse and you are both agree upon it, then that is fine. But, try not to make that the goal to begin with.
- No conversation or talking allowed, except for the receiver to tell the giver what feels good and what doesn't. Conversation is distracting, and both partners should be "in the moment" and focusing on giving and receiving.





Sensate Touch

At the beginning of this section we went over the different types of touch as well as her non-specific erogenous zones. So read those over again before you begin. You may even want to have a print out handy so you can try each type of touch, or let your intuition and her responses be your guide.

Session 1: Mapping Her Body

Begin by using just your hands and fingers to touch her. No kissing or oral play. Focus on your hands and fingers being instruments of pleasure. During Session 1, we will focus mainly on facial caressing: her lips and chin, cheeks and temples, eyelids and brows, forehead and ears, nose and scalp. Use light feathery touch to explore and soft pressure to massage her temples.

Next, explore different types of touch all over her body, starting with her head and working your way down to her toes. Take your time, go slow. Enjoy touching her body as much as she enjoys being touched. Find out which areas she enjoys being



touched the most, what gives her shivers and goose bumps, what makes her giggle or squeal with pleasure. Make a mental note of those areas.

When you are finished your exploration, you then switch places and she explores your body in the same ways.

To end the session, you both discuss your experiences together. What types of touch did she enjoy best? What areas of her body lit up when they were touched? Were there certain types of touch she liked better in certain areas? What kinds of touch were soothing and relaxing and what kinds of touch were more erotic? Was there a certain zone or type of touch that really turned her on?

Now you have a sensual road map to her non-specific erogenous zones that you can use at any time during foreplay to awaken her libido.

Session 2: Mapping Her Erogenous Zones

During this session, we want to focus on more sensuous erotic type touching. We begin with the same exploration as you did in Session 1, but expand on this as you are allowed to touch her breasts and genitals this time. But, be sure to go slow and don't rush to those areas. Remember, the Spiral to Desire, working from the outside (non-specific erogenous zones), to the inside (specific erogenous zones in her genitals).

Still, only use your hands and fingers for this exploration. So no kissing or oral at this point.

During this session you can incorporate breast massage and vulva massage.

Breast Massage

- Again, start with light feathery touches, barely touching her with your fingernails, in a soft, sensual, teasing manner.
- Next, you can begin to massage her breasts deeper using massage lotion, kneading and gently squeezing her breasts, and rubbing more deeply.
- Circle the areolas with your fingers, then softly grasp her nipples and pull them so they become more erect. Continue massaging her breasts deeply, and then repeat the nipple arousal.
- While you are massaging her breasts you can also caress her upper chest, massage her shoulders, and run your finger down the sides of her torso and belly.
- Continue this as she likes it and until she is aroused.

Vulva Massage

Vulva massage is one of the best ways to explore



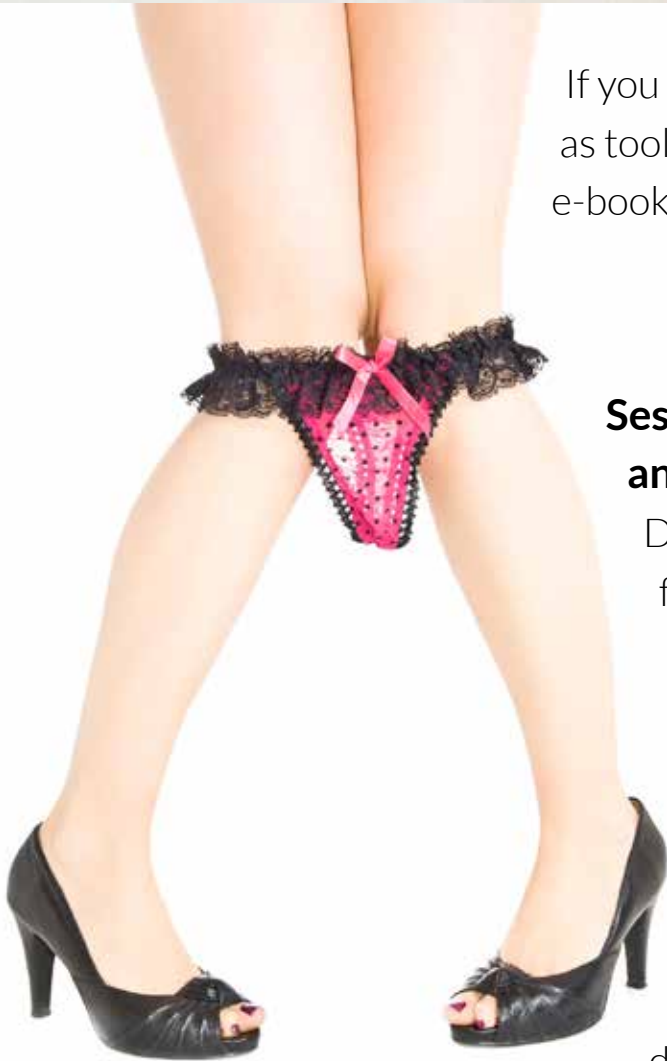
and stimulate all the erogenous zones within her vulva. These include the clitoris, labia, vaginal opening and U-spot. Make sure to explore this with her slowly, allowing her lots of time to feel and get turned on.

- She should lie comfortably on her back with legs bent and open to expose her genitals.
- Begin by anointing her vulva with coconut oil (or silicone lubricant), using upward strokes from her perineum to her pubic mound, one hand at a time and repeat.
- Next, squeeze the labia lips together with thumbs and fingers and slide up and down, to lubricate her vulva and awaken her hot spots.
- Now you can gently tug on the lips as you squeeze varying pressure and speed.
- Open the petals of her vulva (the labia), and with well-lubed fingers, stroke softly from her perineum, over and around the vagina opening, up around the U-spot (urethra opening) and around her clitoris. You can do this in a series of figure eights. Make sure your fingernails are short and smooth, or wear gloves.
- Try soft percussion or tapping on her mound and over the vulva, with the palms of your hands, like womb drumming.
- Caress the top of her U-spot with a well-lubed finger tip, and then the sides and top of the clitoris. Repeat until she is very aroused.
- At this point she may want to have intercourse, or use a vibrator, or you can use your fingers to get her off, if so desired.





If you want to become an expert on using your fingers as tools for erotic touch, download my Naughty Fingers e-book here: <http://www.mynaughtyfingers.com/>



Session 3: Advanced Sensate Play with Oral and Fingers on Her Erogenous Zones

During Session 3, you can incorporate oral play. In fact, you want to use your lips, mouth, tongue and teeth as much as possible and avoid using the hands at all if possible until the end.

During this session you can incorporate breast massage and vulva massage.

- Again, start at the top and work your way down her body, kissing her face, eyelids, tip of her nose, earlobes and so forth. Continue down her neck and include sucking and licking. You can also try different ways to kiss her mouth and lips.
- Continue this all the way down her body, using the Spiral of Desire, to slowly zone into her most intimate spots. When you get to her breasts you can spend lots of time there as she likes it, using your mouth and hands to pleasure her.
- Finally, when you reach her genitals, you can use oral play to arouse her.





Remember to take your time, kissing her inner thighs and stroking other areas of her body, before diving in. At the end of this session you may also use penetration if you both are game. Yippee!

Oral Sensate Play

For women, oral sex can be one of the best ways to reach orgasm. With oral sex you can focus in on her hot spots in ways that you can't achieve via fingers and other forms of touch. Plus, your tongue and mouth are already wet, which adds additional lubricant to stimulate her pleasure zones.

Various Tongue Techniques

The tongue is an amazing instrument. Just think of how your mouth and tongue can move to make different sounds and create language. Now, think about how you can use your mouth and tongue to create oral pleasure. How hot is that?!

- Flat Licks

Flat licks are long sensual licks that are like licking an ice cream cone.

- Lapping Licks

Lapping licks are done by curling your tongue as you lick up the body.

- Flickering Licks

Flickering licks use the tip of your tongue to create firmer licks and are used rapidly.

- Kissing

Just as it sounds, you use your lips and tongue to kiss her orally.





- Sucking

Sucking feels great on the clitoris and U-spot, and can be varied by the amount of suction involved.

- Circle Licks

This involves circling around an area, like the clitoris, without touching it directly.

- ABCs

This type of licking involves spelling out the alphabet with your tongue. Also a great technique for the clitoris and fun as well!

Oral Pleasure

The tongue is an amazing instrument. Just think of how your mouth and tongue can move to make different sounds and create language. Now, think





about how you can use your mouth and tongue to create oral pleasure. How hot is that?!

- You have explored her body with your sensuous kiss, and now have reached her golden gates: her labia. Take time to admire her perfect form, and to kiss her outside lips, working your way inside.
- Use various tongue techniques on her vulva, starting slow with long flat licks, and then shorter lapping licks.
- Next focus in on her clitoris and/or U-spot for flickering, circling, kissing and sucking. Some say the best technique for the U-spot is to lick it like an ice-cream cone, with long wet, flat licks, whereas the clitoris responds more to fast flickering licks. However, the idea here is to find out what SHE likes, so try various types of licking, and contrast pressure and speed as well. When you find what she likes the most, focus on those techniques to build arousal to orgasm.
- The PS-spot can also be stimulated by licking and sucking on it. This is the area where the perineum lies. Try different types of oral techniques, combined with fingering techniques (next).
- Notice how she responds to each spot you lick, and the way you are using your tongue on her. Make a mental note of what she likes best.
- At this point she may want to come from oral pleasure, which is fine. If she can continue to fingering pleasure (next), then go right ahead.
- Also a great technique for the clitoris and fun as well!





Erotic Fingering Fun

This is a continuation of the above exploration.

- With your fingers, you can now explore her vagina including the G-spot, the A-spot and the PS-spot. The G-spot and A-spot are in the same general area (on the top wall), except the A-spot is further back and surrounds the cervix.
- Begin with just feeling around and exploring the spot where her G-spot is. Feel body of her G-spot and where it starts and ends. It is wrinkled and pruny, whereas the surrounding flesh is smooth and silky. As you feel it, you can then start trying sensual come hither strokes, stroking back towards the opening. If she likes this, begin to explore with deeper, firmer strokes, massaging the G-spot. Once aroused, the G-spot should swell with fluid and she may experience female ejaculation as well as orgasm.





Again, try varying strokes: circles, swirls, come hither, deeper penetrating; to see what turns her on the best. Find out more about the amazing G-Spot in my most popular eBook, “Mastering Her G Spot” here: <http://www.masteringhergspot.com>.

- The A-spot is deeper inside as described earlier in this eBook. This spot can also be explored with your fingers, towards the very back of the vagina where the cervix lies. It has a Frisbee-like lip encircling it and this is the area you should stimulate, not the cervix itself. You can feel around for the dip and groove as if scooping out the groove. Forceful penetration of this area with fingers, penis or a sex toy can also cause it to explode with vaginal lubrication and orgasm.
- The PS-spot is opposite the G-spot, so on the back side of the vagina wall, just inside the vagina. Both outside and inside this hot spot can be stimulated with fingers or penis penetration. The skin here is thin so be delicate. Try softly pinching the flesh, pulling it, and rubbing it. While stimulating the PS-spot may not end with orgasm, it can be highly arousing. The PS-spot is also closely connected to the anus, so anal play and anal sex can also stimulate this area. Stimulating the PS-spot can also get her ready for anal play or the idea to try it out. To learn more about the divine pleasures of anal sex, check out my eBook, “Anal Pleasure for Her” here: <http://www.analpleasureforher.com>.

*“A great tool for mapping the body’s
erogenous zones.”*



Female Pleasure SPOTS

YOUR SECRET TREASURE
MAP TO HER UNTAPPED
EROGENOUS ZONES

Wrapping Up

As you can see, there is a world of pleasure awaiting your exploration via her erogenous zones and main hot spots. Taking time to learn what turns her on will teach you to be a better lover and make her super orgasmic.

So use this guide as a roadmap to female ecstasy and take lots of time exploring together. You never know what hidden erotic gems you will find.

Until next time, play safe and have fun!



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