

MODULE 2

HOT LICKS

GOOD & DIRTY:

KEEPING IT SAFE,
SENSUAL, & SWEETLY
SCRUMPTIOUS



GABRIELLE
MOORE

Better Sex. Better Life.

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MODULE

2

Good & Dirty: Keeping It Safe, Sensual, and Sweetly Scrumptious

HERE'S A SAMPLING OF WHAT WE'LL COVER IN THIS MODULE:

- Why it's important for both of you to do at least a little bit of **personal grooming** before oral sex, and how to go about it.
- How to turn a woman on using a variety of **sexual stimulants**.
- **What a dental dam is**, why it's important, and how to use it.
- Why some women **smell and taste differently** than others, and what to do about it.
- How to choose **the best oral sex lubricant**.
- **How to tell if she's had an orgasm or not**, and where she is along the sexual response cycle.
- Why it's important to **seduce a woman before** oral sex, and how to go about it, step-by-step, with lots of variations and suggestions.
- What **safe sex precautions** need covering during oral sex escapades.
- What you can do to **get your body in shape** for oral sex.

CHAPTER 5

Preparation 101

There are more than a handful of tidbits to share before we get into the seduction aspect of oral sex, all of which are required learning for a fun, sensual experience. This section of the series will explain all of those nearly-forgotten tidbits that other programs may gloss over, but we delve right into because without them, you'd be only getting (and giving!) half of an amazing experience.

HAIR!

Most folks, when speaking of hair, think of what's on their head. But in this case, we're talking about the hair in her pubic region, and the hair on your face because both are integral to a great oral sex experience. So let's talk hair, and what works best for both of you, as well as some suggestions.

Men's Facial Hair

For those of you with full beards and no interest in changing that, your facial hair is probably long enough that it'll feel soft rather than scratchy. Just be careful about the bits and pieces around your mouth that are shorter than the rest of your beard; these areas can rub a woman the

wrong way and in no time at all. If you're in this boat, I suggest using a dental dam and/or a lot of lube to alleviate the friction issues.

As for the rest of you? If you've got even a little bit of stubble, it's time to shave it off with as much care and precision as possible. Using your softest shaving gel, warm your face with a bit of hot water, and make sure your razor is sharp. Then, take special care around your lips, because that area will be in contact with her genitals more than anything else.

Here's the basic 'rule': if she'd complain you're giving her beard burn during a long make out session, then it's time to get your face baby-soft again.

If you don't have the time or don't feel like shaving, you can always yank out the dental dam like your hairier counterparts. Just make sure that you've got something to cover her inner thighs as well, or prop her legs open really wide the last thing you want is to give her bikini area beard burn instead of her privates.

All of these suggestions however are negated if she's sporting the au naturel look between her legs. Just like your longer beard will protect her, her longer pubic hair will protect both of you.



Women's Pubic Hair

There are an infinite number of variations about how a woman prepares her pubic region for devouring: untouched, trimmed, shaped, barely there or completely hair free. Every woman seems to have a preference, as to most men, mostly due to upkeep or hygiene issues. And then there's the method of hair removal: shaving, waxing, sugaring or permanent.

If you aren't fond of the hair removal regimen that your partner currently prefers, there are a couple of options available to you: talk to her, get her a gift certificate to have it professionally taken care of, or help her yourself.

Talking to her is the obvious first step, although it can be a tricky one. Asking a woman to shave her own private bits and pieces is huge, not only because you're asking her to navigate some very challenging territory with a sharp implement, but also because it's even more challenging to see what she's doing. There are some parts she won't be able to see without a mirror and a little bit of moving around, and it makes for a somewhat stressful experience.

~~~~~  
*Asking a  
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Yet, many women find that the work is well worth the reward, and their partners can't get over how wonderful it feels. That is, until the new hair starts growing back but that's a whole different conversation.

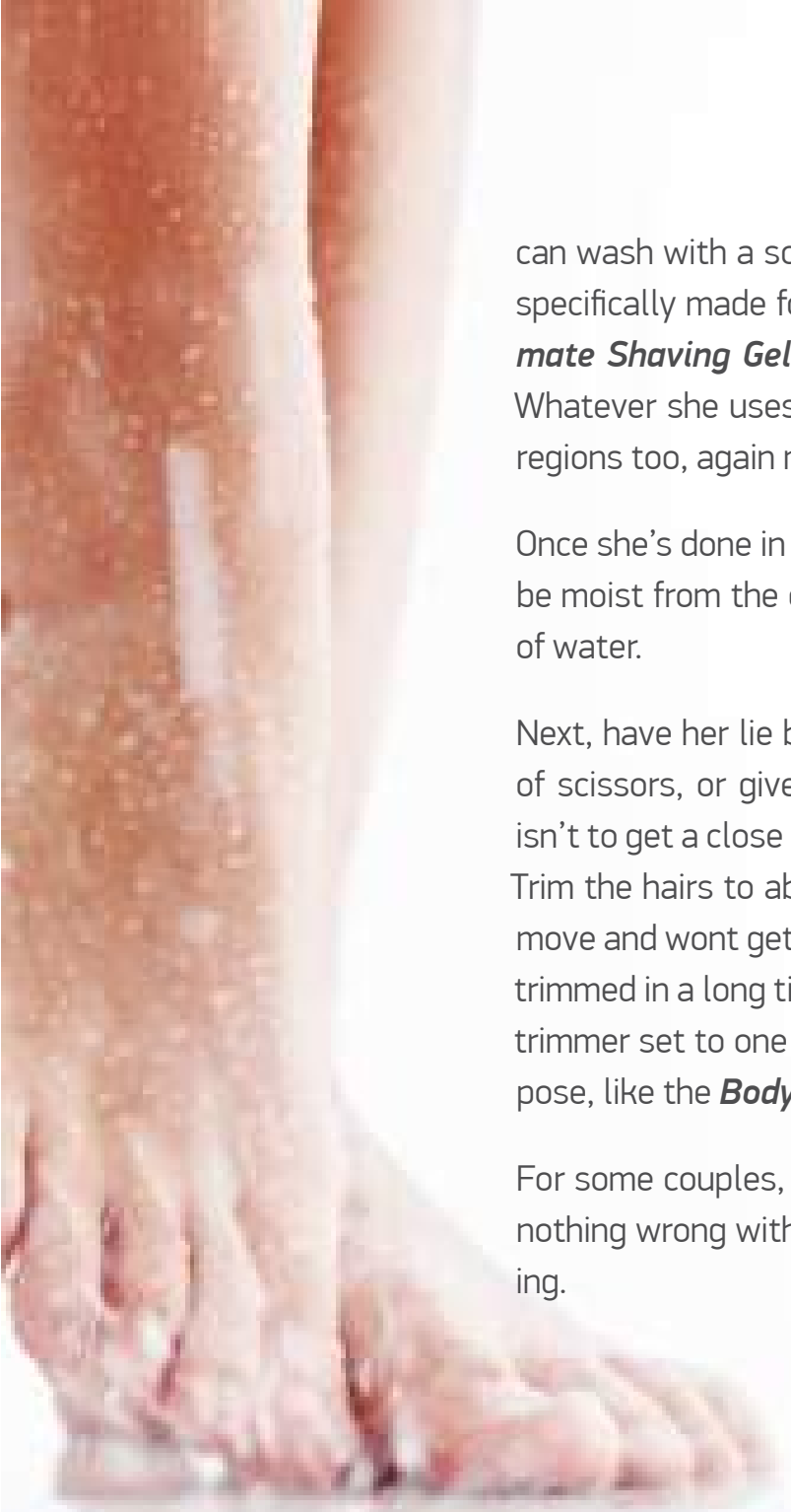
Therefore, if you'd like your partner to be clean shaven, why not suggest that you help? It could well be a bonding experience, plus an arousing one to share just before cunnilingus. Take a peek at the next how-to section to see if it's something you'd like to try.

Genital Shaving How-To

The first thing you'll want to tackle is softening your partner's pubic hair. Most people's hair down there is coarse and wiry, which makes it more of a challenge to remove and keep soft and silky. Therefore, softening up the hairs will make them more likely to come out gently, and will offer an easier shave.

To do this, get your partner into a warm (but not hot) tub or shower, and have her massage an equal mixture of sugar and oil (olive oil works just fine) over her genital region, making sure not to get any inside of her. This abrasive, inexpensive and softening mixture will help lift any hairs not quite ready to poke out yet, as well as soften the hair that is already present and make her skin feel like the softest thing in the world. Alternatively, she





can wash with a soap-free product (there are products out there specifically made for this type of cleaning, such as *Sliquid's Intimate Shaving Gel*) and then use a conditioner on her pubic hair. Whatever she uses on her head will work just fine on her nether regions too, again making sure she doesn't get any inside of her.

Once she's done in the tub, have her dry off really well. She'll still be moist from the oil, but there shouldn't be any visible droplets of water.

Next, have her lie back and let you trim her pubic hair with a pair of scissors, or give her a mirror to do it herself. The point here isn't to get a close shave, but to allow for movement and visibility. Trim the hairs to about an inch long so that they are easier to remove and won't get stuck in the razor. If her pubic hair hasn't been trimmed in a long time, you may want to use an electric mustache trimmer set to one inch, or a shaver made specifically for this purpose, like the *Body Bare Electric Shaver*.

For some couples, this is as far as they'll want to go and there's nothing wrong with that! But for the rest of you, let's keep on going.

Find another dry towel and a fresh razor. You'll want a razor that has a brand-new blade, because reusing a razor for the genital region can increase the chances of infection, razor burn, red bumps, irritation, nicks and/or cuts. Plus, you'll want something extra-sharp to make sure she's getting the closest shave possible. You may also want a mirror, a well-lit comfy place for her to recline on, high-quality moisturizing shaving cream, and a bowl or sink full of warm water.

The **Body Bare Electric Razor** does an excellent job of taking off the rest of the short stubble, just move it around in tiny little circles until it's all gone. This system is fantastic for women who have problems with bumps, rashes or ingrown hairs after shaving or waxing really common for most women in this area of the body because of how the hair grows because this shaver was made specifically to avoid these issues altogether.

For everyone else with a hand held, non-electric razor, it's time to have your female partner lie back on a comfortable chair. She'll need to open her legs up wide, and either use a mirror to face upwards so she can see every nook and cranny, or have you between her legs with her bottom propped up on a towel. Move whatever lights you have around so you can see everything without shadows, and don't be afraid to be picky with positioning it'll make the job infinitely easier.



Now, take the razor and dip it into the warm water. Then, use the water to moisten the area that's about to be shaved. Put a thick layer of shaving cream over top, and start.

Although it's tricky, try shaving **in the direction of the hair growth** at first. The razor should glide around effortlessly with a firm yet gentle touch, without hanging or getting stuck on any one hair. Rinse the razor with every pass, no matter what, making sure there are no hairs stuck in the razor before going back for another pass. Pull back the skin where needed to get a better look; you'll definitely need to do this around the Labia Minora and Majora, as it's normal for most women to have hair along the insides of these areas too.

Take your time, and make sure to take a breather and move around if either of your bodies start to cramp up.

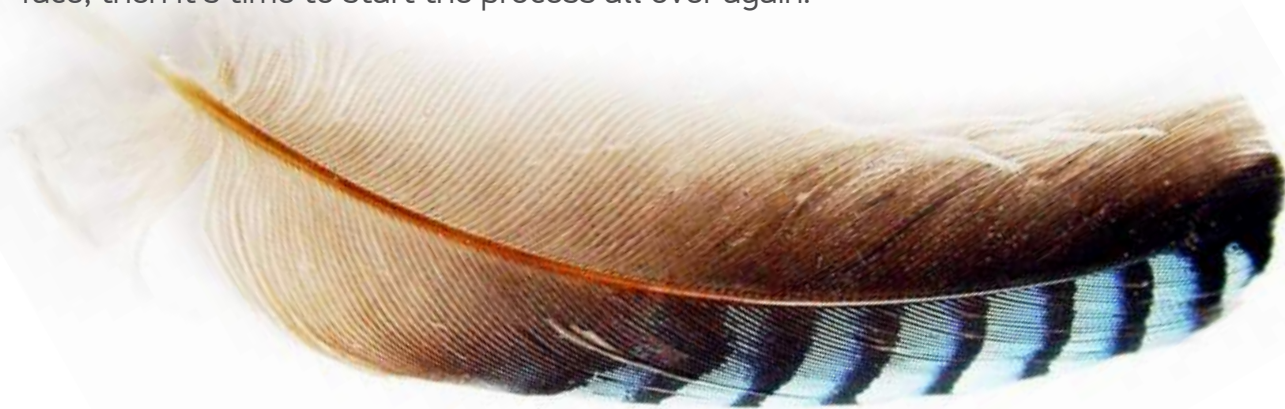
Once the bits that you can easily see are done, it's time for her to stand up and bend over at the waist so that her rear is on display. If she's shaving herself, she'll want to put one leg on the chair and one on the floor, with the mirror propped up so she can see what she's doing. If you're shaving her together, she can move into any position

that's comfortable for both of you, although I've found that her on her hands and knees is the easiest with her partner and a light behind her.

When finished, it's time to get back into the shower for a super quick rinse with warm, not hot water, to get rid of any remaining stray hairs and shaving cream. If you've used the sugar/oil scrub beforehand, just pat her dry when you're done. If not, use an aftershave meant specifically for this area, such as **TendSkin** or as weird as it sounds a zinc-oxide based diaper cream. Whatever you do, don't use a hydrocortisone cream in this area, no matter what anyone else tells you; they thicken the skin over time, a look that isn't terribly attractive between the legs.

When the hair starts to grow back—depending on the woman it could be anywhere from a few hours to a few days—she'll want to use the oil/sugar scrub to keep the hairs from getting stuck in the skin as they grow back. Or, a light, unscented, hypoallergenic moisturizing cream (cocoa butter is great) will also do the trick.

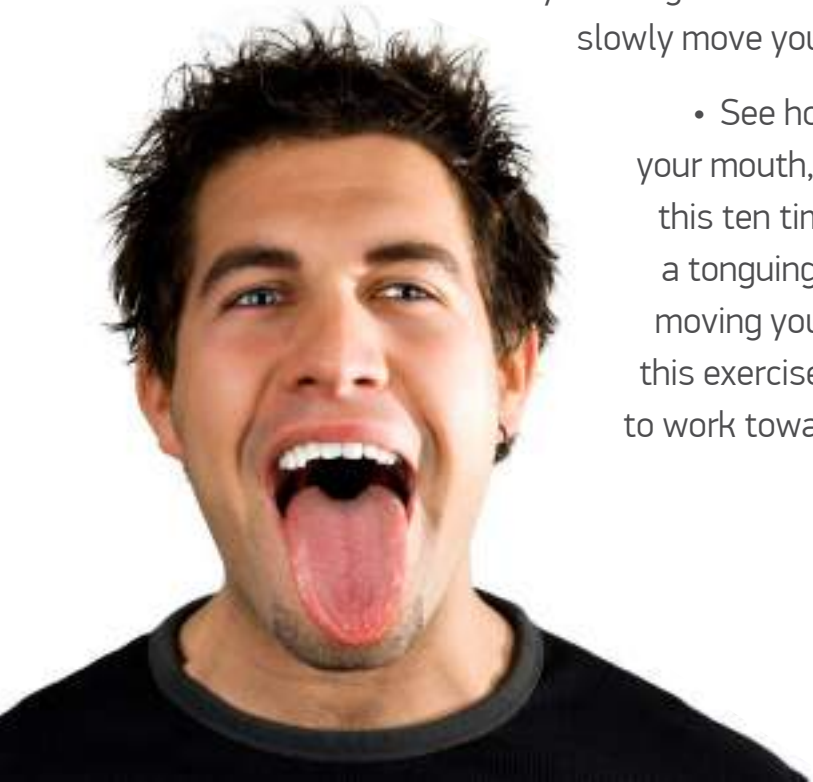
When you start going down on her and her hairs are long enough to burn and hurt your face, then it's time to start the process all over again.



PRACTICE, PRACTICE, PRACTICE!

A complaint I've heard from those who aren't used to these techniques, or the time needed to get a woman off, is that their tongue or jaw gets tired after a few minutes of interaction. If you fear this issue, or if it's been a problem in the past, here are some suggestions to get your tongue in tip-top shape:

- Take your tongue and stick it out as far as it will go. Wait for a few counts, then try stretching it out even further. The trick is to move it further without moving any part of your head or mouth. Next, touch your nose (or try to) with your tongue, then stretch your tongue towards one ear, then the other, and finally towards your chin. With each pass of this circle, try and extend your tongue even further out. Start with one circle a day then slowly move your way up to five a day.
- See how fast you can dart your tongue in and out of your mouth, trying for the longest extension possible. Do this ten times, in and out, in five seconds, and you'll be a tonguing master. Then, try and do the same thing, but moving your tongue from side to side. Four minutes of this exercise a day is more than enough, and something to work towards.



- Purse your lips closed and try to make your tongue as flat and wide as possible. Then, try and keep your tongue in contact with the sides of your mouth at all times while moving it slowly in circles. Contrary to the last exercise, this is one of precision rather than speed. Five circles in each direction is an excellent start, with 50 as the ultimate goal.
- Take your tongue and make it flat; use a mirror if you need to. Then, take just the tip and curl it up, then down, without moving any other part of your tongue or mouth. Start really slowly to make sure you've got the movement down pat, then get faster and faster until your tongue resembles a butterfly flitting her wings. The first day aim for thirty seconds of this, moving your way up to five minutes straight.
- If you can (not everyone is able to) curl your tongue so that the edges touch. Then stick your tongue out of your mouth while it's still curled up in a ball. Do this back and forth ten times, getting up to fifty eventually.

If tongue exercises aren't your bag, then there's another thing to try: think of giving head as a meditative state or a piece of rhythmic music. Find a rhythm that works for both you and your gal, and then do something to remind yourself of it. Maybe there's a perfect song tempo that you can time yourself to (so make sure to have it playing in the background), or maybe it's a rhyming device that works for you. No matter what it is, make sure that you commit your system to memory, so that when the time comes, you can repeat it over and over again until she climaxes.

APHRODISIACS



Who wouldn't want to heighten the experience of you or your partner during sex? That's where aphrodisiacs come in. Not only do they tantalize the sense and bring passion to a whole new level, but also many of them are everyday items that are easily added to sex play or a meal before a big event so as not to be noticeable.

Many of the aphrodisiacs listed have been around for centuries; many people believe that they originally started with Greek mythology's goddess of Love, Aphrodite, who bore Cupid as her son.

Origins of Aphrodisiacs

It doesn't take a much of a stretch of the imagination to understand why plants with heart shaped leaves were what ancient civilizations used to increase one's sex drive or cure heart problems. Imagine how these peoples used foods that looked sexual in

nature such as asparagus, oysters or juicy fruits as vitality and libido boosters, and spicy foods for increasing lustful thoughts.

While most sex researchers don't agree on the actual aphrodisiac qualities for these types of foods, there is a placebo effect in play, where merely thinking that they will help will improve your lovemaking ability because truly good sex comes from as much the body as it does the mind.

The Proof Behind the Pudding

There are a few circumstances where myth and reality meet for aphrodisiacs, specifically with caffeinated foods and drinks. Cola, chocolate, tea and coffee all increase blood flow and in turn, one's libido. Additionally, chocolate holds antidepressant qualities in the form of phenylalanine, which is sometimes referred to as the molecule of love.



Sexual Stimulants

While chocolate and caffeine are great stimulants, there are also some not so common aphrodisiacs that may greatly affect your randiness, such as:



GARLIC: Great for getting the blood flowing, garlic is an excellent health tonic, but has to be taken in moderation as too much can do some harm, or may interact with other medications.

FISH: Fish such as salmon, mackerel, herring and halibut have been known to get things moving similarly to how garlic works. Fish oil is especially good for getting blood moving in the genital region, which can greatly boost a man's ability to get an erection and a woman's to get aroused.

GINKGO: This is a relatively new comer to the list of aphrodisiacs. Ginkgo has been shown to increase blood flow to the penis and clitoris, as well as to the brain.

GINSENG: Korean researches claim this herb works wonders on the libido. Ginseng is mostly used to promote feelings of well-being.



LICORICE: Researchers out of Chicago claim that the smell of licorice and fresh donuts create the most blood flow to the penis over any other scents. So next time you want a night in with your partner, try lighting some licorice scented candles or massage oil to heighten the mood.

OYSTERS: Oysters are high in zinc, which is crucial to maintaining sexual health. Therefore, if either of you suffer from a low sex drive, it is recommended to add zinc to your diet as a libido enhancer.

OATS: This is where the expression of sowing your wild oats comes from. Ranchers around the world swear that by feeding wild oats to their horses, it makes the horses much friskier and libidinous.

MACA: Found to be a sexual enhancer by people who lived in the Andes for centuries. Chinese researchers also agree with the claim after testing it on male rats. You can find Maca root at the health store in powdered or tablet form.

WILD YAM: Wild yam has been used for many years and regarded highly for gynecological ailments, such as vaginal dryness.



OTHER PREPARATIONS BEFORE ORAL SEX

A couple of suggestions to get you and your partner ready for oral sex. They are quick, easy and straightforward, but worth mentioning.

Here they are:

- As discussed earlier, **do not brush your teeth or floss** before performing oral sex, since both of these activities increase the incidence of cuts, sores and bleeding (which can increase your chances of giving or receiving an STD). Instead, rinse your mouth out with a light mouthwash if you want a clean, fresh feeling prior to going down.
- **Have some music on hand** that both of you enjoy, that adds to the mood, and has a definite rhythm so you can use it while going down on her later. You'll even find that certain songs lend to better tongue rhythm, so while reading through the routines part of this series, have a tune or two in mind.
- The first time you go down on a woman, or the first time you utilize the techniques in this series, **plan for at least an hour start to finish**. Although younger women, as you've learned, are more comfortable with oral sex than older women, there are still many who are a bit squeamish during the first

encounter. Oral sex, for a woman, isn't meant to be a quickie; this will only lead you both down the road of frustration.

- **Have all of the necessary items on hand beforetime**, such as ample amounts of lubricant, dental dams/condoms/Saran Wrap, etc. Don't forget lots of pillows (to raise her hips and support your shoulders) and towels just in case she becomes heavily lubricated, you spill some lubricant, or she squirts.
- **Clip your nails and file them** so there aren't any painful bits.



CHAPTER 6

It Tastes Like an Ice Cream Cone?

Some folks find the aroma and taste of a woman's genitalia exquisite and inviting, and go out of their way to get their fix on a regular basis. Unfortunately, not everyone feels the same way.

In *The Hite Report on Male Sexuality* (Hite, 1981) almost half of the 7,239 male respondents stated that they enjoyed giving oral sex, but that hygiene issues were still on their minds during the act. Basically, most of the gents (who ranged in age from 13 to 97) said that a woman's private parts smelled bad to them.

Sure, there were also some men who just plain didn't care, and they were a vocal group in the study as well. But overall, *The Hite Report* and other studies since have stated that anywhere from two to seven percent of the male population are not fans of a woman's taste and/or smell.

Because of this lack of interest and/or longing, women have responded by attaching the act of receiving oral sex to a host of negative experiences and thought processes: squeamishness, dread, self-loathing,

distress, embarrassment and unwillingness. Think of how a man reacts when a woman provides oral sex, or his sheer excitement when he learns she swallows, and you understand the imbalance clearly.

The funny thing is, the debate about a woman's cleanliness is based more on fiction than reality. Her vagina is always moist not because she's excited, but because that's how her body rids itself of any bacteria that isn't conducive to her inner processes. A woman's reproductive system is clean, hygienic, and extremely functional, and whatever smells emanate from her nether regions are no different than those a man does when he hasn't showered after a long run. Plus, our mouths harbor more scary bacteria than any woman's vagina.

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SMELL AND TASTE

Unfortunately, there are women who are concerned with how they smell or what they taste like, in part because of the media's portrayal of a woman's need for freshness 'down there'. All you have to do is turn on the television or read a magazine to witness an advertisement discussing such matters in a matter-of-fact way that seems to imply how a woman naturally smells or tastes is wrong.

In reality however, **a woman's body is a well-oiled system that ensures its cleanliness on a regular basis.**

In fact, those Bartholin's Glands that we spoke of earlier are a big part of the process, providing lubrication for a woman's vagina so as to flush out potential toxins and infections regularly. Same goes for the sweat glands, which can definitely lead to a funky smell after being left alone for a while, but just like a man's, they are there to cool a woman down and ensure smooth functioning.

For women whose smell or taste seem overwhelming to you, watch what she's eating or putting into her body when she's around you. All manner of things can affect her taste and smell (as we just discussed in the Common Objections section), just like a man's semen is affected by his surroundings too. The Pill is a common culprit, as are unprotected sex, smoking, drugs, diet deficiencies, and medications. Some women will also evolve as their cycle progresses; some researchers are currently looking into the idea that a woman's scent is more pleasurable during her most fertile times of the month.

When it comes down to it, every woman is different, and the same goes for how she smells and tastes. Plus, not every woman will remain the same throughout the time you know her. Usually a quick run down with a warm, moist cloth will eradicate any issues with her aroma, however, there are situations when that might not be enough.

First, you have to ask yourself: does this woman merely possess a stronger smell than what I'm used to, or is there something going on that needs looking at? An easy way to find out is to encourage both of you to eat more yogurt, which offers a lot of beneficial health qualities including how you smell and taste in the genital area.

I'd also recommend both of you avoiding foods with yeast in it during this process, as well as bubble baths, scented bathing products, panty liners, and douching.

If however she smells like a fish market, it's probably an infection that needs medication to clear up. If that's the case, both of you should go get treated, to clear it up once and for all, and ensure you don't re-infect each other.



Why Does She Smell Differently Now?

“My girlfriend and I were together monogamous for four years before we broke up for the summer after college. During those four years I never had a problem with her ‘down there’, but now that we’re back together, I’ve noticed a distinct change in how she tastes and smells, and I don’t find it very appealing. It’s... stronger than before, although it seems to be getting better now. Does she have an infection, or is something else wrong?”

There are a couple of reasons why your partner’s genital area smells and tastes differently than it used to. Unprotected sex can lead to something called vaginosis in women (a nondescript infection that changes how a woman smells and the amount of discharge she has), because sperm is so alkaline it changes the pH balance of a woman’s very delicate ecosystem. So each time she has unprotected sex with someone new, the pH levels have risen, leading to a higher chance she’ll get this infection.

It might not be unprotected sex though some women are allergic to latex condoms, lubricants, or the spermicides found in certain brands of condoms all of which can lead to pH imbalances or infections.

Either way, a woman's body is usually able to bounce back on its own with very little effort, especially if she's used to the brand of condom or man she's sleeping with. But add someone new or a new product to the mix, and it can temporarily change up what's going on down there.

Eventually she will return to normal, but if you're struggling with it you can opt to use a dental dam (discussed at length in the next section) in the meantime, or suggest she eat some yogurt to balance things out faster.

LIKING 'IT'

There are a couple of things in life that, although amazing, are acquired tastes for many folks the first time around: sushi, beer, coffee and wine all come to mind.

Going down on a woman is a similar experience, especially if you aren't sure what to expect. Yet no matter what your first experience is, after you've given your partner a mind-blowing orgasm using your tongue, and she thanks you breathlessly for everything you've done? There's no comparison, and suddenly oral sex seems wonderfully appealing.

Not everyone will get addicted to giving oral sex right away though. For some, it takes a while, or at least until that point



when you realize you've got a skill set that is in hot demand, and you really feel comfortable with the moves you've mastered. So in the meantime, while you're faking loving it till you 'make it', here are some suggestions to make the process a bit more painless:

- **Take a bath or shower together** first, making sure that you soap each other up well before getting into bed. The only thing to remember is that you don't want any soap inside of her (remember, it's a self-cleaning system, and soap isn't the right pH level for her inner bits), use something that is unscented, and gentler.
- **Buy a sample package of flavored lubricants** just for the occasion. Try out each one individually, there's always one that people enjoy more than others, but you'll never know until you taste them in the heat of the moment yourself. As well, pay attention to which ones provide the longest lubrication and what feels best for both of you.
- **Edible clothing, underwear, body paints or moisturizers** are also great additions to your playtime, just make sure to (a) keep them out of her vagina, and (b) ensure she's not allergic to any of the ingredients.
- **Grab a dental dam**, especially one that's scented, flavored, or both. You'll be practicing safe sex (brownie points!) and with a bit of lube on her side, you won't be able to taste or smell her at all.

- If licking her clitoris really isn't something you're ready for, **get a vibrator** that does the work for you. There are several on the market that offer a tongue-like feel, as well as the standby ***Pocket Rocket***, which offers different stimulation levels making it a good choice because it is important to vary as she gets closer to climax. Or, you can use the toy(s) to stimulate other parts of her genitalia that you may not be comfortable licking, such as her Anus or Perineum.

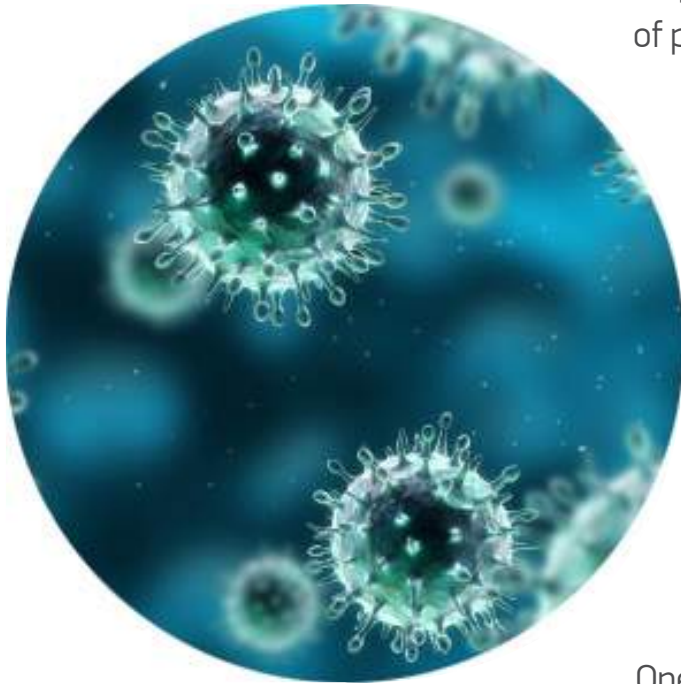
HEALTH AND WELFARE

It's relatively common for people, especially with younger couples, to engage in oral sex without talking about safety first. As the Guide to HIV at About.com reports in an article called: ***The Risk of Oral Sex***, many believe that oral sex is a low-risk activity because of its inability to get someone pregnant. Unfortunately STDs are still a concern, even if they aren't as prevalent as with penis-vagina intercourse.

If you are thinking about having oral-genital sex, then you must think about safe sex practices in turn.

Thinking you aren't at risk, that you know your partner well enough or are too embarrassed to talk about it just doesn't cut it. HIV and STDs are still on the rise, with one in every four Americans between the ages of fifteen and fifty-five becoming infected at least once within their lifetime.

The risks however aren't what most people think they are. Contracting the HIV virus through oral sex isn't as prevalent as once thought according to the Guide to HIV at About.com again, but there are formally documented situations where it has happened. Switch to oral-anal contact and you've got a much higher chance of HIV infection, Hepatitis A, B, and a veritable cacophony of parasitic infections.



Oral sex also increases the risk of other STDs, such as Herpes, Human Papillomavirus (HPV), Chlamydia, Gonorrhea, and Hepatitis C. These nasty bugs are transmitted by saliva, skin-to-skin contact, genital lubrication, and/or ejaculate, and can then be passed along to someone else via more oral sex, kissing, or other forms of skin-to-skin contact.

One positive aspect to the HIV-transmission aspect of sex in general (not just oral sex) is that a 2003 study published in the *Journal of Antimicrobial Agents and Chemotherapy*, found that washing one's hands and genitals with only soap and water after contact with another person's sexual fluids decreased the incidence of HIV-transmis-

sion by 57 to 87%. So while not 100% effective, it does make a definite difference, and therefore might be something you want to do after each sexual experience, regardless of the STD status of your partner.

If you haven't run away screaming yet, I do hope you'll continue reading. It's relatively simple to avoid these diseases, which shouldn't be anything that I have to convince you of now. Basically, use some form of safe sex barrier between you and your partner until you get tested together, and then remain monogamous. If you have several sexual partners, or are with someone new, buy a handful of dental dams and you'll save yourself the discomfort and potential life-threatening issues that an STD may bring into your life.

Barriers for Oral Sex



You may be familiar already with dental dams; they are what dentists use to keep any bits and pieces during a root canal or other mouth surgery from falling down your throat. These simple pieces of latex are slowly becoming well known in lesbian and bisexual circles, and men are now following suit.

Most, but not all dental dams are made out of latex. They stretch and are flexible, but hold their shape

and are much firmer than say, *Saran Wrap*. They are square and come in several different colors, translucency and tastes. Almost all of them are powdered, and it isn't terribly difficult to find ones that are flavored, scented, or both.

If the taste or smell of an oral sex encounter isn't your favorite part of the occasion, dental dams are a very welcome addition to your arsenal. The only issue with them however is that latex takes a bit of getting used to in the taste department as well, so it's highly recommended that with your first few attempts, you **purchase a package that offers a variety of flavors or scents** to get you through those first few moments of uncertainty.

What a Dental Dam Feels Like

'Feeling' a woman while using a dental dam takes a bit of getting used to—just like using a condom. You won't feel the squishiness of your partner's excitement, and it'll be more difficult to tell how

Latex Allergies

For those with allergies to latex, there are a few options to consider. The easiest is to buy some *Saran Wrap* that isn't made to be used in the microwave; there are extra additives in the special stuff that isn't vagina-friendly. A step up from *Saran Wrap* (which can be difficult to keep in place) is to buy some non-latex condoms, like polyurethane *Avanti Condoms*, and then cut a slit up one side of them to make it into a longer, flatter piece.

she's reacting to your hard work. Getting your tongue in the right place can also be trickier, because you're having to feel her with your tongue through the barrier. Yes, these are definite drawbacks, but no more so than using a condom... and as already discussed, their drawbacks are more than worth the knowledge that you're having protected sex.

Getting the Dental Dam Ready To Use

Before you put a dental dam to use, **run it under some cold water** first to get rid of the latex taste. **Warm water next**, so that your partner isn't getting a cold slap of wetness down there in the middle of a heated woman, but not too hot because it will change the texture of the latex, and can easily burn your partner too. However if you are using a product that is lubricated, scented or flavored, skip this step.

Then, **check to make sure there aren't any holes** or jagged edges along the dental dam. It doesn't happen often, but it's worth the two seconds to look.

Next, **choose the side** that you want to lick and the side that you want pressed up against your partner. Make sure to keep the same side on her each time, or else you've defeated the purpose of using a dental dam. If you can't remember which side you were licking, discard it and grab another one. An easy way to ensure you don't get mixed up in the heat of the moment is to take a magic marker prior to your sexual encounter, and write on one side, "Lick here!"

Lick here!

Broaching the Subject

Never used a dental dam? That okay. Most women haven't either. That doesn't mean she'll be adverse to using one though she'll just need a bit of information is all, so she knows what you're up to, and why. Learn as much as you can before, so that when you do whip one out, you can easily answer all of her questions and alleviate her fears of the unknown.

Do however make a point of letting your partner know that you plan on using a dental dam, especially if it's the first time that you're together intimately. Worst case scenario? You don't tell her and she stops the whole flow of the moment with a, "What on earth is that?!" or something even more jarring, and you're left crouched between her legs looking sheepish and trying to explain yourself.

Trust me: if you take a bit of time to explain what a dental is, and why you're using one, you'll save yourself tons of embarrassment and heartache, and might even earn a few brownie points for ensuring you're both safe sexually.



***“What
on earth is
that?!”***

How-To Use a Dental Dam

Let's first begin with keeping the slip of latex in place. There are only three ways: you hold it, your partner holds it, or you use something to hold it in place. Of the three, having something else hold it in place is by far the most desirable. In the throes of passion she'll struggle with keeping it in place, and you'll want the extra hand for other activities as we move through this process.

Therefore, when purchasing dental dams, look for the ones that have an adhesive tip along the top, so that it sticks to wherever you put it in this case, along the top of her Mons Pubis. If the woman you are giving oral sex to is clean shaven however, you can use double sided tape or spirit gum instead, just make sure that you don't get any near her vulva or vagina.

Make sure to take a bit of lube and put a drop or two on her side as well. Too much and the dental dam will get too slippery, but not enough and it'll rub her the wrong way. As well, check periodically to make sure she's got enough lube, as some women find the use of latex makes them more dry than normal.

When first using a dental dam on your partner, try and do what you'd normally do without one. See how she reacts, and if she asks for more or less stimulation. Check her sexual response as well, and if she's not getting aroused as you'd expect, increase the pressure somewhat or add a bit more lube to see if that makes a difference.

After finishing your oral sex experience, throw out the dental dam in the trash not down the toilet, as it'll clog everything up, and who wants to explain to the plumber what happened, and why? As well, wash your hands afterward to remove any of the residual powder, lubricant and/or bodily fluids.

Fingers and Nails

The last thing you want to hear in the midst of all your effort is, **OW!** Since you've been reading this series, it's likely not because you're being too rough, but rather, because you haven't taken a few minutes to properly manicure your hands before getting down to business.

As most of the techniques described here use a combination of mouth and hand stimulation, you'll want to take a bit of time on a regular basis to ensure your hands are in tip-top shape, just like your tongue. Here are some ideas to get you started:

- For those with long fingernails, or if you don't have the time to file off any rough bits, cover your fingertips with cotton balls, then cover them up with a medical-grade glove or finger cot. If you're a lady who is reading this to get oral sex ideas for your female partner, wear the gloves too if you happen to be partial to nail polish.



- Take a moment to file and trim your nails, ensuring that any hangnails are removed completely. You'll want to remove any dirt and oil as well, as both degrade latex condoms and dental dams.



If you've recently cut your hand (even a paper cut) clean it, cover it, and then wear a finger cot (pictured to the left) to ensure safety for the both of you. First aid companies and medical supply shops keep these on hand, and they are very inexpensive additions to your arsenal.

ORAL SEX DURING MENSTRUATION

For those who aren't squeamish or aren't concerned about STDs, **giving a woman oral sex while she's menstruating is a fantastic gift.** Not only will it help her release some well-needed oxytocin into her system, it also helps with cramps, mood and general feelings of wellness. Still, **there is a much higher risk** of HIV and other STD transmission during that time of the month, so please use a dental dam whenever you're going down on someone while they are bleeding, and if you aren't 100% sure of their health status.

Successful oral sex during menstruation used to mean having the woman put in a tampon, and then using a dental dam. Now however, there's another, more appealing option called Instead.



The Instead Cup is a polyurethane ring with a cup attached at the end, which a woman inserts prior to intercourse or oral sex. It sits long the top of her cervix, snug and in place, and catches her menstrual fluids when inserted correctly. Although it isn't a contraceptive device, nor does it protect against STDs, it does stop the flow of blood and is virtually impossible to feel for both, a man or a woman, during use.

BLOWING INTO THE VAGINA

Ever heard this, or a variation of, this story?

"I was going down on my girl, and she thought it would be funny if I blew into her vagina, just to see what it felt like. So I puffed my cheeks up, blew, and she laughed,

saying it tickled. I did it a few more times before moving on. I really wish I hadn't now though, because the next day I had to rush her to the hospital, and she died of an embolism."

There's a tiny bit of reality to this story, but only a small part. For the most part, the embolism wouldn't have happened because the guy blew into his partner's vagina but there are some circumstances where it's possible. If you don't know, then the safest thing is just not to do it, period.

For those who want the nitty gritty as to when this might be possible...

A woman's pelvic area fills with blood at certain times say, when she's just terminated a pregnancy or is in the last month or two of pregnancy. When this happens, it's possible to blow air into a woman's bloodstream by blowing air into her vagina. This air could then technically block a blood vessel, which



means either stopping the flow of blood completely, or moving the air bubble along her system to her heart, brain or lungs none of which are good news. No matter where the air ends up, it's called an embolism, and it is possibly fatal.

There are a lot of what-ifs in the last paragraph, I agree. But who wants to take the chance, especially if you aren't 100% sure if your partner has a condition or situation where her nether regions might be filled with more blood than normal? Therefore, if you must 'blow' anywhere, think about blowing lightly on a woman's vulva, not in her vagina, and you should be just fine.

ORAL SEX DURING PREGNANCY

Oral sex during a pregnancy isn't a bad thing, unless her doctor has advised her that it's an activity to avoid. In fact, it's relatively common for an obstetrician to say that orgasms are important to getting labor moving in the right direction. Why? It's that hormone oxytocin again, which both men and women produce after climax. Basically, it makes the ligaments in a woman's body all wobbly and flexible (this is why she may have a hard time walking after a particularly good orgasm), and more able to get a baby out during the birthing process.

As well, it's common for a woman to become sexually charged during the last two trimesters of pregnancy, mostly because of the extra blood flowing around in the genital area. Taking advantage of this sensitivity is an excellent idea.

Some precautions to take with oral sex for women during the second and third trimesters:

- Women are advised **not to lie flat on their backs** during the latter stages of their pregnancy, because doing so restricts blood flow to the bottom of their bodies including the fetus by compressing a large blood vessel called the vena cava. Therefore, have your partner lie down with a pillow under one hip and along her back so that she's angled somewhat.
- It is especially important **not to blow into a woman's vagina** while she's pregnant, as already explained.
- **Have lots of towels on hand** more so than normal when going down on a pregnant woman. The pressure from the baby can lead to even wetter, more forceful orgasms than normal, thus requiring a bit more cleanup.





CHAPTER 7

Foreplay

FOREPLAY. The word can instill fear in a man's heart, joy in a woman's brain, and extreme pleasure for everyone. Yet too many folks believe that foreplay is the appetizer to a sexual experience, rather than the experience itself.

In a recent study, seven hundred nurses were surveyed as to their sexual experiences. The main reason they didn't orgasm wasn't due to stress, which would make sense considering their choice of profession. No, the main reason was no surprise here—lack of foreplay. Their partners didn't take the necessary time that was required to get them to where they needed to go sexually. Therefore, this chapter focuses entirely on getting her in the mood and ready for oral sex, which as you'll quickly learn, benefits you both.

REMEMBER AROUSAL RESPONSES

Before we start, one thing needs mentioning briefly.

Remember our earlier discussion about a woman's sexual response, and how it differs from a man's? It's really important to remember this information as you work through this chapter; without it you're missing the

main part of why you're doing this. She's not you, and thus, won't react like you do so try and make that exploration part of the fun, learning what turns her on quickly, and which methods are more of a slow burn.

Still, with most women, how they experience foreplay is more like turning on an oven than anything else —slow and steady whereas men are more like a light switch, able and ready to get in or out of the mood at a moment's notice. Keep this in mind as you continue reading, and you'll have the mindset to succeed beyond what you ever believed possible.

HOW WET IS WET ENOUGH?

Wondering just how much lube she needs to be comfortable, or what kinds to use? Read on for a detailed explanation of both.

Lubricants

Lubricants add a lot to the lovemaking process. Depending on their function, timing, and use, they can help a woman achieve orgasm faster, make sex feel better, and alleviate uncomfortable aftereffects (like chafing or burning). Sure, your own spit works just fine it's free, always available, and works. But it only works for a short time, and

sometimes you want a lubricant that will last a bit longer, taste somewhat different, or serve another function that will heighten the sexual pleasure for both of you.

Factors That Decrease Lubrication

There are some factors that will add or decrease from a woman's natural lubricant, such as:

- **AGE:** Plays an important part of the lubrication process. As a woman gets older, she stops producing as much natural lubrication because of hormonal fluctuations.
- **HAVING KIDS:** It's common for a woman to have extra moisture when she's pregnant, and less when she's breastfeeding. Blame it on the hormones again.
- **DRUGS:** A large number of drugs (both prescribed and otherwise) play with a woman's wetness. Any medication that warns of dry mouth, antidepressants, cold medicines and alcohol all contribute to lower lubrication.
- **STRESS AND TRAVEL:** Stress reduces anyone's sexy feelings, but travel could go either way. Some folks use traveling as a way to relax and enjoy some space away from home, but those who travel for work, for instance, may see it as a chore or necessity. Some women who fly a lot have even coined a term called 'lube lag', where they find their natural lubrication severely reduced because of their lengthy travel times.

- **CONDOMS AND DENTAL DAMS:** Even though lubricated themselves, latex safe sex products have a tendency to dry a woman out, so make sure to have extra lubricant on hand when playing with either.
- **MENSTRUAL CYCLE:** It goes without saying that during a woman's cycle, the amount of lubrication available to her is going to differ. However, you'll notice that, for some women, the middle of the month (around ovulation) is when she'll be the wettest, only secondary to when she's actually menstruating.
- **EXTENDED SEX SESSIONS:** If you've ever had a marathon oral sex session, you'll be nodding your head as you read this. Not only will you feel raw and dry after about 30 minutes of stimulation, but she'll be walking a bit funny the next day because of the lack of wetness.

Different Types of Lube

There are different types of lube to look out for when shopping for lubricant:

- **WATER BASED:** Most lubricants on the market today are water based, such as the infamous *KY Jelly*. This type of lubricant is most people's favorite because it doesn't stain and can be used anywhere on the body even ingested in small amounts so there's little worry when going down on a woman. Having said that, even the best water-based lubricants dry out with extended use, and some folks have developed allergies to them.

- **OIL BASED:** Oil based lubes are fantastic for anal play, because they last forever and warm to the touch. They are also lovely for body massage. The only warning with oil-based lubricants is that they make things so slippery that condoms and dental dams can slide right off.
- **PETROLEUM BASED:** These lubes, such as Vaseline or baby oil, are also great for anal play, but they will degrade condoms or dental dams and can potentially cause infections in a woman's vagina so most people avoid these lubricants.
- **SILICONE BASED:** It isn't as easy to find silicone lubricants as the others, although most sex shops do carry them. They have a silky, soft feel to them and last longer than all of the other types other than oil-based. They are safe to use on all parts of the body and will not stain. However, make sure to test silicone lubricants before using them internally, as more than a few people have allergies.

Whichever lubricants you decide on with your partner, just remember to not squirt it directly on your partner. Instead, put the lubricant in your hands, rub them together a bit, and warm it before putting it wherever it is you'd like to get slippery.



DIFFERENT AROUSAL RESPONSES

Men and women are very different when it comes to sexual response; while it's relatively safe to say that you can tell when a man is excited, or when he's had an orgasm, it isn't so easy with women. Try to think of sexual response with a guy as a light bulb that can be switched on and off, whereas a woman is better compared to an oven that takes time to warm up. Here are some more ways to tell if a woman is excited, and where along the sexual response cycle she lies.



Breathing Cues

Pay attention to the breathing of the woman you're with and you'll learn a lot about where she's at sexually. Breathing deeply and relaxed? She's ready for you to up the ante with something new and further along, such as moving from kissing to playing with her breasts, or from licking her Labia to flicking her Clitoral Head. If she starts panting though, she's found the pre-orgasm Phase, and she's ready to climax. Some women will also clench other parts of their body the closer they get (teeth, fingers, legs, toes) or make really weird faces.

Ask Her What Feels Good

Unfortunately, a good handful of people think that just because it feels good to them, it'll also feel good to their lover. When this happens, it creates more of a distraction than anything



else. As an example: many men will play with a woman's clitoris like they would want their penis to be touched: quickly and forcefully. Yet for most women, this is too much too fast, and even uncomfortable or painful for those who are extremely sensitive or just plain not ready. On the flip side, many men complain that women do not give good hand jobs because they handle the appendage as they would their clitoris: softly with lots of movement all over the penis instead of focusing in one place.

The easiest way to rectify this situation is to communicate often and eagerly with your partner, without pushing her out of her zone. It can be verbal or non-verbal, but it needs to be done in order to share with a woman the ultimate pleasure.

Set The Stage For Romance

Nothing makes a woman's body look better than candlelight; it softens everything with a kiss of romantic light. Before you work on getting naked, turn off the lights slowly and light some candles. I assure you this will get things moving in the right direction.



Making Foreplay Last

Try to think of sex as lasting all day, if you can. For a woman, having someone set the stage for cunnilingus can be as simple as letting her know what's coming later. You may not be right next to her alone and in the bedroom, but to her you are setting the stage for a daylong arousal that will only help her to achieve orgasm when the time comes. Try teas-



ing your partner with some of these ideas to make foreplay last longer than merely a couple of minutes.

Here are some ideas you can try on your partner to tease them throughout the day in anticipation of the main event:

- **Put a note in their lunchbox**, something slightly dirty to get their mind racing at work and ready to take out the frustration on you.
- **Send text messages** through the day as a secret admirer through an online text-messaging server (that way they won't know who is sending them). This will get her heartbeat rising and tempt her mind because don't forget, the mind is our strongest sexual organ.
- **Place naughty pictures** of you in places your partner will find them, making sure to put something in the photo or write something down on it so they know it was intended just for them.
- **Give your partner something of yours to wear** through out the day like lingerie, some jewelry, or even a naughty toy to wear.
- **Make an appointment** at your partner's place of work without letting them know it's you. Then, come in and surprise them with a small gift, leaving quickly afterward. Gifts don't have to be expensive to be appreciated.
- **Instead of meeting your partner at the door**, leave a trail of roses to the bedroom, something to get them excited about. What will they find at the end? Make sure it's something they'd consider a pot of gold.

CREATING A LOVE NEST

A love nest is an ideal place for getting down to the nitty gritty, but there a few things you will want to do before you decide to bring someone over, such as:

- **Incorporate fabrics** in your living space that add texture and sensuality, such as silk, velvet and chenille.
- **Add flowers or plants** throughout your home to give it a lived in feeling, as well as to soften some of the harder edges. Plus, some flowers are so fragrant that their scents are aphrodisiacs.
- **Candles reek of romance and sensuality**, plus they give off a warm, non-intrusive glow. Make sure to have a handful wherever you think you may have sex.
- **Keep some nice wine or champagne** chilled in the fridge and crack it open when your special guest arrives to make her feel special.
- **Buy some nice, high thread content linens** for your bed to increase the comfort level of your most intimate home space.
- **Turn on some mellow music** to compliment the surroundings, something soft, jazz or classical tend to work well.
- **Aromatherapy or incense** might not be your normal state of affairs, but they can both enhance your space and make any room smell fresh and inviting. Make sure to test it out first though so that it's not too overpowering.



SAY WHAT'S ON YOUR MIND

There are few things that melt a woman's heart faster than telling her she looks beautiful, but there's an art to complimenting a woman. Being sincere trumps most other tips I can provide you with here; anything else and it'll just come across as cheesy.

The best tactic is to say what's on your mind. If the candlelight is hitting her hair at an angle that makes it look like a halo of amazingness, be sure to tell her. If her flushed skin has made her more attractive than anyone you've come across, mention it. Whatever comes to your mind, just say it. Not only will it be something she'll never forget, but also it'll help you to better express yourself sexually. Even better? If you can say it while making eye contact, although with some of the positions and situations we're discussing, that might not be possible.

*The best
tactic is to
say what's
on your
mind.*

TOUCHING

By touching your partner during foreplay, you are telling your partner that you are interested in having sex. In fact, a recent study published in the Journal of Sex Research found that one hundred percent of the women polled feel that when their partner

touches them, it is a sex-signaling mechanism. In other words, touching someone you care about is read by women as another way of asking “would you like to have sex?”.

Try to casually touch your lover as much as possible without being clingy or needy. Merely let them know that you are interested, and you will drive the arousal levels sky high.



Undressing and Getting Ready

It really doesn't matter how you take your partner's clothes off; they can fly off in the heat of the moment, be stripped off as a tease, or peeled off gently and one by one. The point is that her clothes are coming off and that's a good thing but some items are a bit harder to get off than others. Let's look at some of these issues and how to work around them.

Should I Take Her Clothes Off?

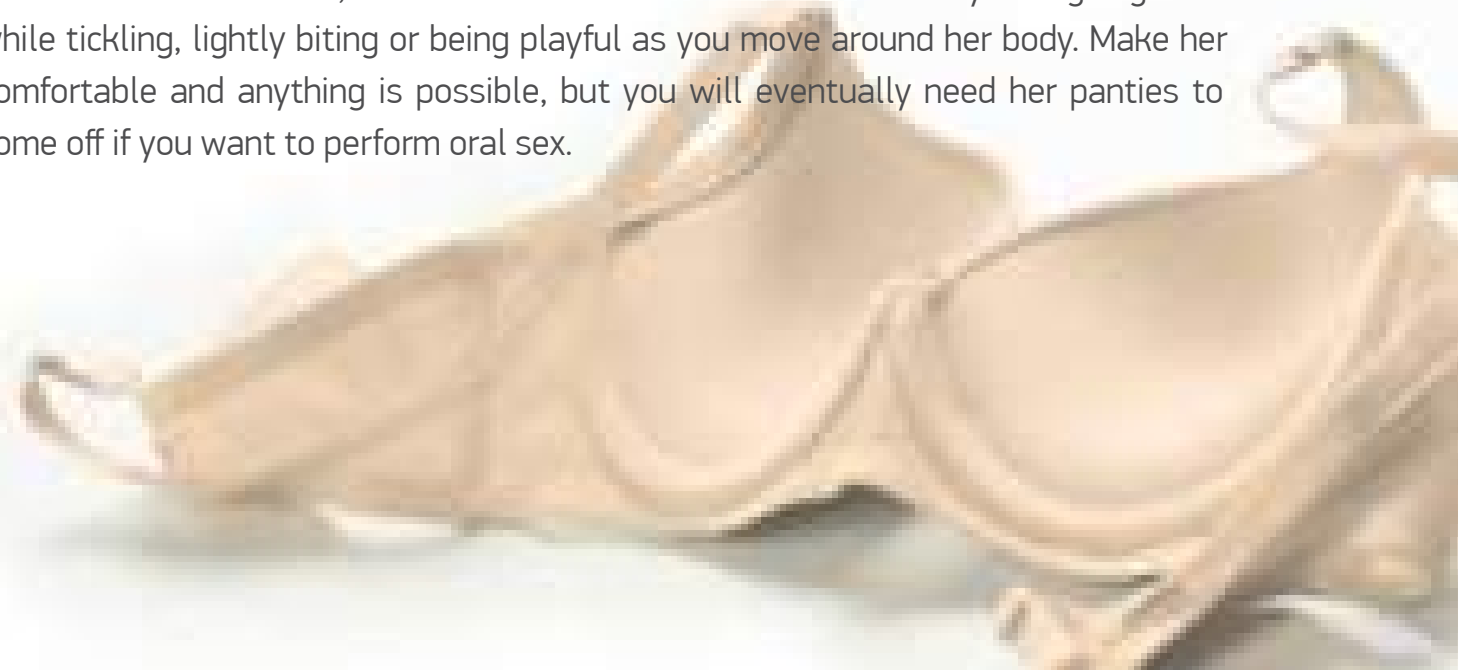
Listen to your partner, both what she's saying and her movements. Is she begging you to remove her clothes, or is she taking them off for you? Does

she offer advice on how to remove certain bits and pieces, or does she look at you provocatively in anticipation? Pay attention to the nuances.

If you find yourself nervous and fumbling, slow things down even further. Rub the places that you want to remove the clothes, first, to warm up her skin and really sensitize her body to your touch. Or, kiss and nibble those same areas lightly before detaching whatever clothing you're working on next. Trust me, the more time you take at this stage of the game, the more aroused she'll get, and the more attentive and caring you'll come across.

Should Everything Come Off?

A valid question, but one that probably is better answered in the heat of the moment. Some women are self-conscious and aren't comfortable whipping off their clothes while with someone new, but it shouldn't be too much of an issue if you're going slow while tickling, lightly biting or being playful as you move around her body. Make her comfortable and anything is possible, but you will eventually need her panties to come off if you want to perform oral sex.



How Do I Get Her Bra Off?

Like the condom wrapper or dental dam, bra clasps are a tricky thing to master, especially when you're excited and can't wait. Try first undoing it with two hands (much easier), then move on to the one-handed technique with these tips:

- Kiss her neck and tickle her with your breath; most women love this and can't get enough of it. While you're behind her, it's relatively easy to see where her bra strap is, so you can grab it with two hands and remove it that way.
- If you're standing in front of her, give her a hug. Then, use both of your hands to grab her bra clasp, and pinch it together like you're trying to open a chip bag. You'll know you've got it because the bra will come off. (And as an aside, this technique works exceptionally well with only one hand too—a man I used to date could undo my bra with one hand in mere seconds whenever he hugged me hello. It just takes a bit of practice).



MASSAGE

There are few things that feel better than a massage. It can be relaxing or invigorating, subtle or intimate, sensual or straightforward. Here are some unusual suggestions to share a massage with your partner that will prime her for the oral sex experience of her life.

Erogenous Zones

As our skin is an organ, every little bit of it is covered in sensitive nerve endings and the same is true for your partner. Lest we not forget some of the more hidden away, less known or irregularly used areas begging to be touched, let's discuss briefly where they are, and how to touch them to get your partner aroused and excited.



THE NECK AND SHOULDERS

There are few things better than a nice massage after a long day. Grab the massage oils and start rubbing her lightly, then increase your intensity as her muscles warm to your touch. Look for the cues that your partner is giving you, they'll let you know if they want a harder or softer touch by the way they respond and move. Add some kisses up and down her spine, neck and shoulders, and you'll add a romantic feel to the already relaxing benefits.

EARS

When kissing a woman's neck and shoulders, throw in a little ear nibbling too. Gently lick inside the ear lobe but don't go too crazy with your tongue. The key is finesse and a lightness of touch; you want her to shiver with pleasure, not recoil with wetness.

HANDS AND FINGERS

A lot of people overlook the hands and fingers but there are a lot of sensitive nerve endings in this part of the body. Massage each hand thoroughly with a bit of massage oil, taking special attention to rub each finger, as this feels very good. If you are feeling adventurous bring them up to your mouth and suck on each finger, or if she's struggling to get in the mood, try massaging the soft flesh in between her index finger and thumb to magically melt away her headache or tension.



FEET

Massaging someone's feet can be very intimate, depending on how you go about it. Maybe even grab a reflexology chart specifically made for lovers that you can attach to her feet such as the Sexy Love Sock—this way you know exactly where to rub to relax the corresponding body part. Just make sure to massage with enough pressure so that you don't get her laughing and tensing up from being tickled.

INSIDE OF THE ELBOWS/ BACK OF THE KNEES

These crooks aren't touched very often, so why not give them a bit of attention too? Use the tips of your fingers to lightly scratch these areas, starting just before the bend and ending just after; it's an easy way to give your partner goosebumps and in a way that few others will seek out and try.

THE FACE AND SCALP

We're not talking about the kinds of caresses that you give when you're just about to kiss a woman. No, these are deeper strokes that relax a woman around her face and scalp. Try lying her down on her back, and putting your thumbs along the inner sides of her nose where it meets her eyebrows. Push lightly to see how much pressure she likes (it can hurt or throb a bit at first if she holds tension here) and then move your fingers just a hair out towards the edge of her eyebrows and repeat. Move along the entire eyebrow area in this manner. Some spots will be much more tender than others, so make sure she tells you how each one feels, and spend extra time anywhere it's really sensitive.

Then, move behind her and fan your fingers over her hairline so that your thumbs are at the top of her head, your index fingers are almost together, and your pinkies are by her ears, then rub small, firm circles. Ever so slowly move your fingers as you rub towards the back of her head, and soon you'll have a puddle of a woman at your feet.

How To Give a Massage

Preparation is everything when it comes to giving someone a massage. Dim the lights and have candles set out. Have some massage oil or cream nearby, warm, and ready to use. A nice warm fire in the winter or a cool breeze in the summer help make your partner comfortable too, and you'll want to turn off the phone, close the blinds, and maybe even put out a **Do Not Disturb** sign. Towels nearby also help in case there are any spills, or if you get too much massage oil on your hands and you need to wipe a bit off.

Have your partner lie down on either her side or face down; it's really up to both of you which position is more comfortable, although if you plan on giving her a nice, long massage, you may want her on her stomach to make things easier for you.

After putting oil on your hands, rub them together to coat your fingers well and to warm the oil before it touches her skin. Don't ever pour oil directly on her body, as you can easily get too much on her, or it can shock her if it's too cold or hot.

Start by rubbing the shoulders and the lower back, but start off gently as some women are very sensitive. If she wants you to massage harder she'll likely

NOTE:
Massage oils aren't compatible with latex—meaning condoms and dental dams—so make sure to wash your hands thoroughly before touching either one if you plan on moving to oral sex or penetrative sex after giving a massage.

tell you, but try and keep it light for at least a few minutes to warm her muscles before you really knead anything. Ask her if anything is sore or sensitive, but otherwise try and keep talking to a bare minimum so you can both focus on how her body reacts to your touch.

Start with long strokes that cover a lot of her back, buttocks and shoulders, spreading the oil all over so that it's evenly placed. Focus where there's tension, knots, or wherever she reacts. Spend extra time around her neck, shoulders and where her skull meets her spine, as these are all places a lot of people hold their tension. When you've spent more than fifteen minutes on her upper body, move to her buttocks and legs, two places most people ignore when offering a massage, and do the same thing. It's amazing how much tension one can hold in their bum cheeks, plus it's a lot of fun to watch how her body moves and jiggles as you massage that area!

If you need more massage oil, don't hesitate to add more; not enough and your hands will pull and it'll become more difficult to massage her well. Keep your movements smooth and fluid, and stick with long strokes where possible, or kneading motions where there's a lot of tension.

After you've massaged her legs and buttocks, move up to her kidneys. If you're sitting on her buttocks or straddling her, put your hands just above where her hips sit and along the sides and back are where her kidneys lie. You'll know that you've found the

right place if she flinches somewhat; depending on where she is in her cycle, this area can be exceptionally sensitive and she might jump if you even brush against it.

Brush up and down along the sides of her lower back, using your hands to lightly squeeze the entire area without focusing too much on one part. Continue with the long, flowing strokes. If she falls asleep, try waking her up with butterfly kisses along her spine, or lean against her back and whisper sweet nothings in her ear, like,

“Honey, we’re just getting started! I hope you’re ready for the second course...”



Pleasurable Points Acupressure Routine

Acupressure can release tension and toxins throughout the body, helping both you and your partner experience increased blood flow and energy. As circulation heightens, nutrients (like oxygen) are better dissipated throughout the body, helping to increase sensuality and arousal. Most acupressure points are used as therapy for stress relief, but they can just as easily be used to increase eroticism. Use the following techniques on one or both of you to start off a night of lovemaking.

Time Required: 30-60 minutes

What You'll Need: Each other

How To Perform:

1. Use just the tips of your fingers to push down on the required spot.
2. Start gently and slowly increase the pressure as your partner tells you how it feels. It doesn't take much with some acupressure points for the pressure to be too much, or for reactions to be felt in other parts of the body.
3. Each time you move to another spot, ask your partner how it feels.
4. Apply pressure for at least one minute per acupressure spot; more if your partner finds particular pleasure with one or more of the points.
5. Focus on what you're doing, and imagine that you and your partner are energetically connected through this pressure point.

Pressure Points:

Get her to lie on her back. Move from her feet to her head with slow, seductive strokes as you pass between the acupressure points.

- Massage the feet gently first, then take one of her big toes and press along the top inner and outer sides. Do both toes.
- Open their legs slightly so that you have access to where the legs meet the groin area. Take the palm of your hands and place just the heel in that crease. Put your fingers on your partner's belly, and lean your whole body forward slowly.
- Take a nipple in each hand and roll them between your fingers. Start gently and then increase the speed and pressure before sucking on them.
- Lay your entire body on her while you lick, suck and nibble on each side of her neck.
- Keep your partner on her back, and slide your hands under her back. Find the two indentations along the base of the spine, called the sacrum. Press these bits with curved fingers, letting her weight do most of the work.
- Glide your hands along her sides to her belly and lay them to rest about two inches below her bellybutton. Press gently, while tickling her between her legs ever so gently with the other hand.

You can let her repeat the favor on you, using the same routine.

The Magic Touch Massage Routine

Time Required: 20 minutes

What You'll Need: Water, oil and lubricants

How To Perform:

1. Decide who will be the recipient of the rub down.
2. The person who is being rubbed should lie down comfortably, naked, on their back with their eyes closed.
3. The person who is giving the rub down should then explore every nook and cranny of their partner's body; every hair, every bump and soft spot, every place they can reach and touch and feel. Ask them every few minutes if it feels good, and make sure to spend extra attention anywhere they react physically by moaning, groaning, or telling you outright not to stop. Remember the places that they enjoy the most, making sure to cover the erogenous zones just discussed. Use lubricants or massage oil where necessary.
4. When you've massaged every part of their front, turn them over and do the back. Repeat any areas that need extra attention or that your partner asks you to spend more time on.
5. When you find a particularly wonderful spot, create a pet name for it so that only the two of you know what you're referring to it in the future. Then, either of you can ask for that kind of massage again in a playful and fun manner

Sensory Play Massage Routine

The eyes are an important part of foreplay but what if you removed your sight and needed to rely on your other senses? This foreplay example uses the power of the unknown to create an unforgettable experience.

Time Required: 30 minutes

What You'll Need: Water, oil and lubricants

How To Perform:

Take a blindfold and cover your partners eyes so that they cant see anything. For this exercise you will need different items to cover the four senses. Use the following examples as guidance:

- **Sound:** Rattles, chimes, whistles, music box (anything with a unique sound)
- **Touch:** lotions, powders, feathers, silk, wood, ice cubes (anything with an interesting texture)
- **Smell:** Coffee, cheese incense, perfume, spices (any smell that will tickle the senses)
- **Taste:** Strawberries, candy, various fruits, whip cream, nuts, olives, breads (anything with different tastes and textures)

The Steps:

1. Blindfold your partner and sit them in a comfortable chair.
2. Gather all the items that you'll be playing with and make sure to do this after they are blindfolded so they don't see what you're up to.
3. Tease them by saying that you are going to play with their senses in a fun and sexy way. Use your imagination, and really have fun with it!
4. Begin with your first sound, smell or taste, giving it to your partner to explore fully.
5. Alternate between the different items. Make sure to take a little break between each one to give your partner a breather.

Don't rush. Take your time and let your partner enjoy the experience as you play with them they'll likely go crazy in anticipation. It's also incredibly fun for the person doing the sensory play with them, as you watch their expressions and reactions.

SHOWERING AND BATHING TOGETHER

After your massage, you're both going to want to clean up a bit, especially if you plan on using dental dams or latex condoms later on in the evening. So grab some fluffy towels, turn on some sexy music, and make your way to the tub. Either way you'll both have a ton of fun when cleaning each other off, but if you have a choice between a bath and a shower, choose the bath as the more romantic of the two.

In the Shower

For those partial to showers, have some unscented body wash on hand. Why unscented? Because you'll want to rub her nether regions at some point, and you don't want anything that might lead to an infection around the area. Many couples are so aroused by this time that they want to move to intercourse in the shower too which is great, just make sure to grab lubricant if you want to use condoms, as water and latex don't mix well together.

In the Bathtub

When you get into the bath, make sure you get in first and have your partner's back facing you for some fun ways to soap her up. First, have her lean forward a bit and she can get another small back massage and wash from you. If she wants to wash her hair, she can put her feet up, scoot her bum down and lie back so you can wash her hair for her. When that's done, have her lie snuggled into you with her back to you and

your legs intertwined; this is a great time to wrap your arms around her and nibble her neck, tell her how much you want her, or sit quietly and enjoy the moment.

GETTING HER READY

Once you're both ready for oral sex physically (i.e. you are both clean and tension-free), there comes a point when she'll need a bit of extra help to get in the right mind-set, and this is what we'll cover here.

Foreplay includes so much more than just kissing, heavy petting sessions and oral sex. What you say and how you say it will allow your partner to feel fantastic about herself which is just as important (if not more so, as you've learned) as the rest of it. So tell her how you feel about her, how wonderful she looks when she's all flushed and excited, and why she's the only person that makes you react in such a way. Tell her she's special not just that she is special, but what makes her unique, different than all of the other women on this planet. Don't create things where there aren't any, but if you're planning on really romancing a woman and providing her with the best oral sex of her life, there's got to be something positive you can tell her. Keep it real, and it'll melt her heart as well as any remaining inhibitions.


Remember that turning a woman on is just as much about the body as the mind. Stimulate both for total success.

Now begins the art of cunnilingus.

ORAL EXAM

After reading today's portion of this series, you should be able to answer the following questions:

- What erogenous zone, when scraped with one's fingernails, can lead to shivers down your partner's spine?
- Which bathing method is preferable before oral sex, and why?
- Why do you need to wash your hands after massaging your partner with oils?
- How do you remove your partner's bra if you are standing in front of her?
- What breathing cue will your lover give if she's almost ready to orgasm?
- What is the best lubricant to use for oral sex, and why?
- Why is lubrication important during oral sex?
- How can you stop a dental dam from slipping around?
- What is the perfect beard hair length if you plan on going down on a woman?
How about a woman's pubic hair length?
- What is a definite no-no during oral sex, especially if a woman is pregnant?
- How can you alter a woman's scent or taste if you aren't fond of it, or what products can you use?

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- What kinds of aphrodisiacs can you use to get both of you in the mood?
 - How can you have safe oral sex?
 - What things can you do to keep your body in tiptop shape for oral sex?
 - Why are massages important to women to get them in the mood, and how can you give her an amazing, relaxing massage that beats all others?

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