



# HER SECRET HOT SPOTS

 **GABRIELLE  
MOORE**  
*Better Sex. Better Life.*

THE 5 SECRET EROGENOUS ZONES  
THAT WILL DRIVE HER WILD EVERY NIGHT.

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## Introduction to Female Pleasure and Orgasm

Welcome to the fantastic world of Secret Female Erogenous Zones where I will lead you in your journey to uncover the mystery of female sexual pleasure. This e-book is written with the most up-to-date information on female erogenous zones. It features hands-on exercises and techniques to help you easily learn new sexy skills that you can start using on your partner today.

In this guide you will discover the 5 most erotic erogenous zones on the female body. This includes 3 secret hot spots that are fairly new and not very well known. As you explore these highly sensual areas of a woman's body, you will learn how to stimulate them to give your partner ultimate pleasure and mind-blowing orgasms. Get ready to fulfill her desires like never before as you uncover proven tips and techniques that will erotically stimulate her pleasure zones to sexual ecstasy, so she craves your touch again and again!

Are you ready to rock her world? All right, let's begin!





## The Mystery of Female Sexuality and Female Pleasure

Remarkably, not much was known about female sexual pleasure at all until fairly recently. This is in part because of our culture's sex-negative conditioning and the lack of funding for sexual research. Some sources including Baumeister and Twenge in *Cultural Suppression of Female Sexuality* (2002), believe that female sexuality has been deliberately 'suppressed' which has lead to women being deprived 'of their natural capacity to enjoy multiple orgasms.'

Furthermore, *In the Case of Female Orgasm* (2006), Elisabeth Lloyd revealed that women obtain orgasm much less that they desire. Sadly, only 25% of women can experience orgasm during vaginal intercourse and at least 5% of women never experience orgasm at all. Luckily, we are working hard to change those statistics by providing our readers with the tools they need to succeed in bed to help them give their partners amazing orgasms.

Although Lloyd's conclusion sounds somewhat depressing, women can and do experience sexual pleasure and orgasms (even during intercourse) when they are aroused in the right zones by the correct techniques. It is not because women can't enjoy sexual pleasure or orgasms that the stats are so discouraging. It is because we haven't learned the right skills or which erotic buttons to press.

We don't talk openly about sexual pleasure in our society. It is shunned and repressed and kept behind closed doors. So, it is no surprise that in a society that believes that sexuality should be veiled, that the majority of the population is still in the dark about female sexual pleasure and the erogenous zones that turn a woman on. This is why the average lover is only average, or even worse, has no clue about how to fulfill their partner's sexual desires. And many women don't understand their own powerful orgasmic potential either, because we don't encourage self-pleasure or erotic exploration.

We are not born with the knowledge of how to have great sex with our partners or how to give them pleasure and amazing orgasms. It is something we have to

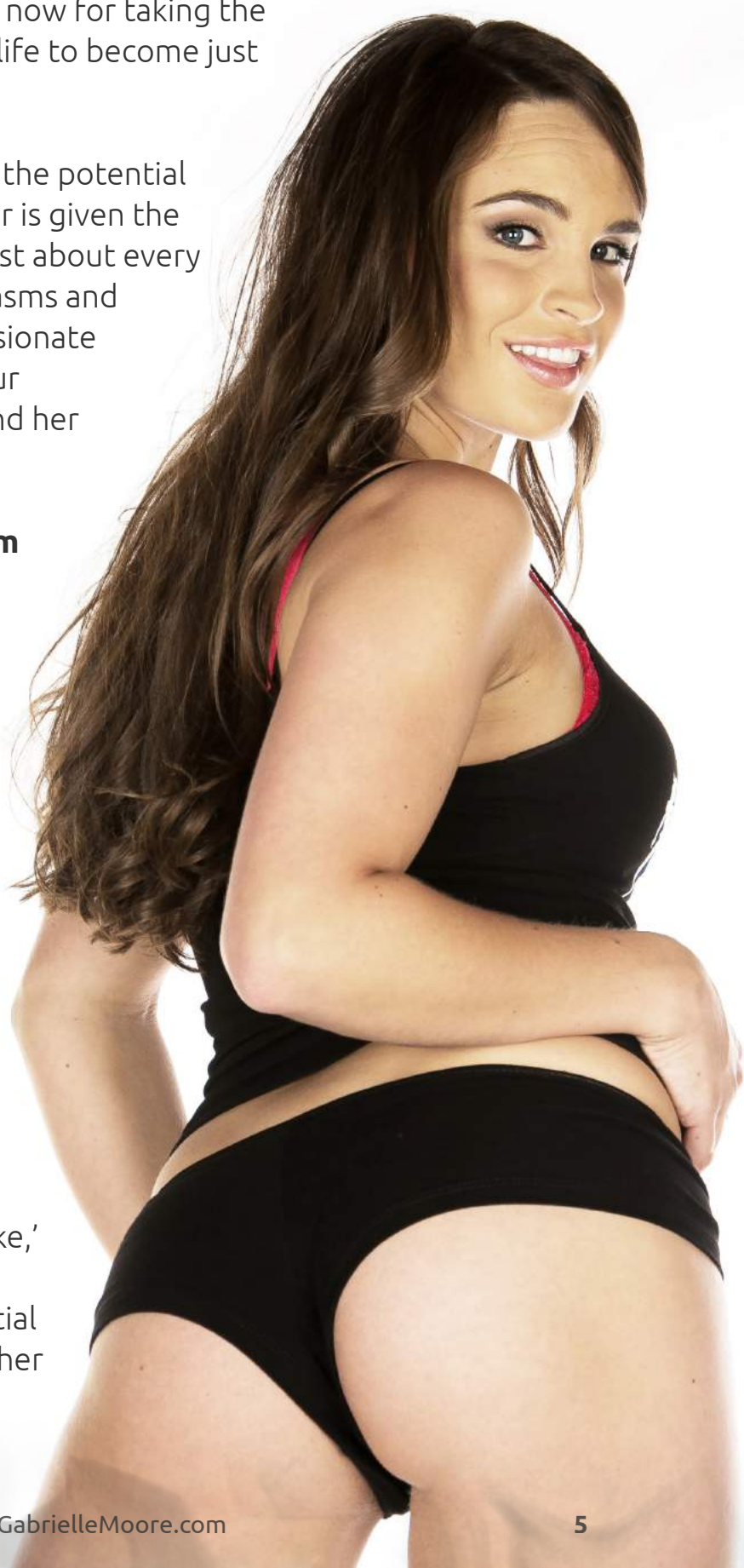
learn. So, I want to congratulate you now for taking the first step and not allowing your love life to become just another boring statistic. Way to go!

I believe that almost all women have the potential to be multi-orgasmic and if their lover is given the correct information and skills, that just about every woman can experience amazing orgasms and sexual pleasure. That's why I am passionate about teaching you how to ignite your partner's passion and pleasure beyond her wildest dreams.

## **Female Arousal, Desire and Orgasm**

The capacity for women to obtain orgasm including multiple, continuous and different varies of orgasms may be endless. Since little research has been done in the field of female sexual desire, we are only still learning the myriad pleasures that a woman can experience sexually.

In her article Seven Types of Female Orgasm—or—Annie Sprinkle's Models of Orgasm, pioneer sexologist, Annie Sprinkle Ph.D. maintains that, 'Orgasms are like grains of sand; no two are exactly alike,' which is a great way to think about female orgasms and women's potential for pleasure. She, as well as many other



sexperts in her film Annie Sprinkle's Amazing World of Orgasm (2007), believe there are numerous types of orgasms that women can and do experience.

As we journey into the world of secret erogenous zones together, I want to show you that indeed, this is true. Just about any woman has the potential to experience ecstatic sexual pleasure and earth-shattering orgasms. All they need is a well-informed lover with proven techniques. The subject of female orgasms is so huge, that we can't fully encompass in this e-book. To find out more about the fascinating subject of female orgasms you can download my e-book 7 Day Orgasm at the site <http://www.7dayorgasm.com>

## **What Are the Benefits for Learning These Skills?**

First of all, she will thank you for it in more ways than one. Again and again and again! Wink! Wink! Her pleasure is your pleasure and the more sexually fulfilled she is, the more she will want to return the favor, by reciprocating that pleasure back to you. It's a win/win situation that leads to greater intimacy, love and sexual bliss. And, who doesn't want that?

Numerous studies show that couples who have a healthy sexual relationship create more intimacy together, are overall happier and healthier, and have less stress in other areas of their lives. Trying new thrilling ways of exploring our sexual desires together on a regular basis helps keep our sex lives fun and exciting so it doesn't become stagnant. Learning new ways to pleasure your





partner keeps your sex life stimulating and will allow your love to grow to deeper and greater levels of passion. After reading this e-book, you may want to learn even more techniques on how to drive her wild in bed. You can check out my e-book on female arousal called, Double Her Desire to learn more at: <http://double-her-desire.com>

Now that we've covered the basics, let's begin learning about these amazing secret erogenous zones, to enable you to become the best lover ever!

## **The Female Erogenous Zones**

Erogenous zones are certain areas on both the male and female bodies that when rubbed the right way can awaken the libido. They can be broken down into two separate categories: Nonspecific Zones and Specific Zones.

### **Nonspecific Erogenous Zones**

These zones include the lips, the breasts, the back of the neck, the inner arms, the feet and other ticklish types of areas on the skin. While it's true, stimulating these zones can set the stage to erotic awakening, and, are an important part of foreplay, on their own they are not necessarily orgasmic.



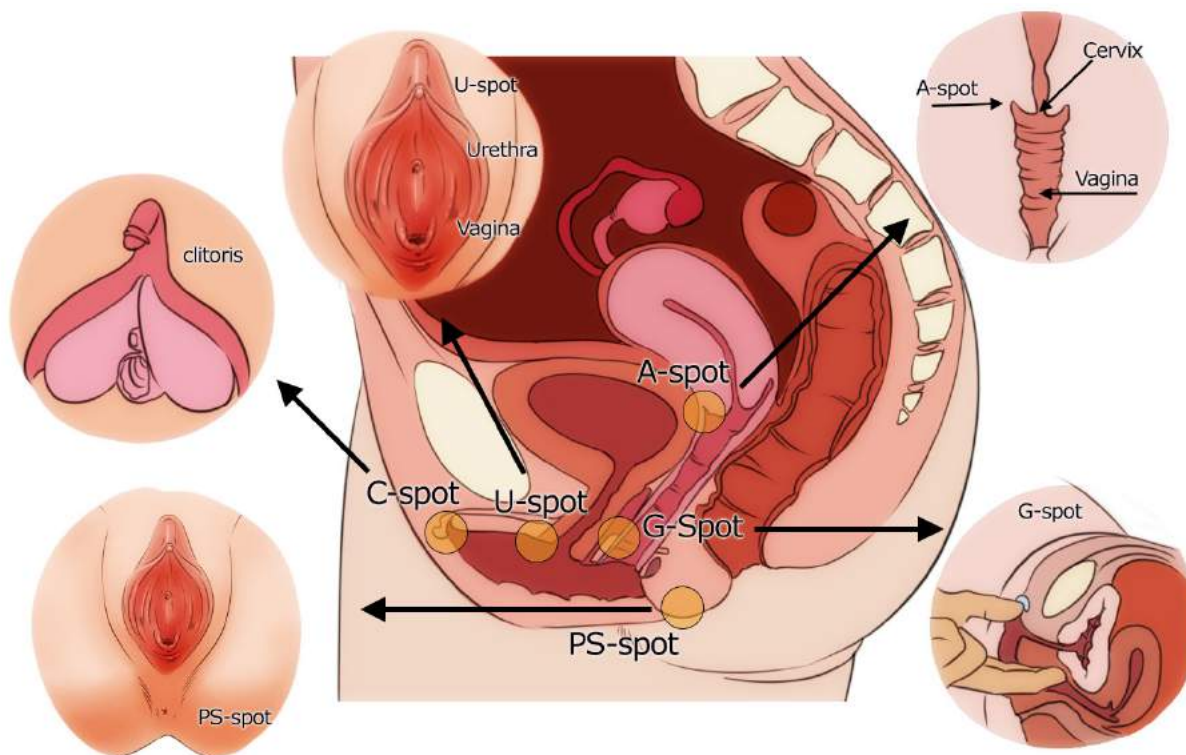


## Specific Erogenous Zones

Specific erogenous zones, on the other hand, can be very orgasmic and are associated with the sexual response in women. They encompass the genitalia of women including the vulva, the clitoris, the vagina, perineum and anus. In fact, the entire genital area could be considered one BIG erogenous zone as it is composed of many sensual parts that are all somewhat interconnected, as we will see when we look closer at each individual zone in the next section. So, moving right along...

## Female Sexual Anatomy

Here is a map of the female erogenous zones. Think of the female genital anatomy as a new country that has yet to be discovered. And, as an enthusiastic explorer, it is your duty to study this map and learn its details so you can find the source of female orgasmic sexual pleasure, which is the ultimate treasure that you seek.



There are 5 major erogenous zones that make up parts of the map with different pleasures to explore. Like I said above, this encompasses the vulva and all the hot sensual zones that reside within, as well as the vagina and the anus. As you can see, these erogenous zones are all closely related, in that they are connected to each other and form the entire genital pleasure system.

## The Vulva

The vulva is the exterior part of the female genitals and consists of the external clitoris (or C-spot), the urethra opening and U-spot, the opening to the vagina, the perineum (the skin between the vagina opening and the anus), as well as the inner and outer labia. It's all good stuff! The entire vulva is rich in nerve endings, blood vessels and is highly sensitive to erotic touch. However some areas are more sensitive than others, and those are the erogenous zones we want to focus on.

## The Clitoris

The clitoris is an amazing structure and is often referred to as “the jewel of a woman’s pleasure”, and for good reason. It is akin to the male penis and like the penis it contains erectile tissue that swells when aroused. It is the only organ in the human body that is designed exclusively for pleasure (amazing!) and it has



more than 8000 nerve endings in the glans (that little clitoral head that peeks out under the clitoral hood), which is double the nerve endings that are found in the head of the penis. All in that tiny little gem! This makes up the external clitoris.

## The Internal Clitoris

But that is only the tip of the iceberg, as much of the clitoris is hidden beneath the surface of the body. The internal clitoris runs deep inside where it encircles the vagina, urethra canal and urethral sponge (also called the female prostate or G-spot). From there, two legs branch off like a wishbone (the crura), which are attached to two bulbs (the clitoral vestibules), that run under the labia lips. These vestibules are highly sensitive and engorge with blood when aroused. The clitoral structure is a labyrinth of erectile tissue and nerve endings that encompass every other erogenous zone in the female genitals. Many sexologists now believe that the G-spot (as well as the other zones) are only another part of the clitoris itself.





## The U-spot

Recently discovered by American clinical researchers at the University of Chicago, the U-spot is a highly sensitive erogenous zone that can create strong orgasms and also takes part in female ejaculation.

The U-spot is located in the vulva above the vagina and below the clitoris. It surrounds the urethra opening (above and to either side) like an upside-down U, and is a highly sensitive bundle of nerves as well as erectile tissue. This is where urine passes from a woman's body, but also where female ejaculate comes from as well. So, it is closely related to the G-spot and urethral sponge (a spongy cushion of erectile tissue) which surrounds the urethra tube inside the body.

The top and either side of the urethra is highly sensitive to soft stimulation, while the bottom is not very sensitive at all. It can be stimulated via oral sex, by using your fingers or with the head of the penis. But, more on this in Part 2.

## The G-spot

While the G-spot is called a spot, it is actually an erogenous zone that is typically located about 2-3 inches inside the vagina on the frontal wall or belly side. It was discovered by Ernst Gräfenberg in 1950 and later named by Ladas, Whipple, & Perry in their 1982 book *The G-Spot and Other Discoveries About Human Sexuality*. When stimulated correctly, it has the power to unleash explosive orgasms and female ejaculation.

The G-spot is a spongy, wrinkled area with grape-like clusters of erectile tissue that can be felt beneath the skin of the vaginal wall. This wrinkly mound features valleys of



smooth tissue on either side. Once aroused, the erectile tissues swell with blood and the entire zone becomes super sensitive to touch.

The G-spot was also called the female prostate in the 17th century after Dutch anatomist, Regnier De Graaf, who identified the ducts and glands that make up the G-spot which produce female ejaculate. Later, in 1880, Alexander Skene further described the glands (now called Skene's glands), around the urethra which are the source of ejaculatory fluids which drain into the urethra. As noted in our description of the clitoris, many sexologists now believe that the G-spot is actually a part of the internal clitoris. Stimulation of the G-spot can result in female ejaculation or gushing. Learn all 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 has also been referred to as the epicenter, second G-spot or female degenerated prostate. We'll keep it simple for now and just call it the A-spot.

Discovered by Dr. Chua Chee Ann during his research on vaginal dryness, the A-spot can produce intense orgasms as well as sudden and abundant release of vaginal fluids. Dr. Chua claims that by using his special A-spot stimulation technique, a woman can lubricate within 5-10 seconds of stimulation. He also says with regular practice a woman can have 30-40 orgasms in one minute and reach orgasm without the aid of foreplay. Fabulous!

The A-spot can be stimulated during deep vaginal intercourse, or by using the fingers or a long G-spot type toy. Get ready to learn how to stimulate this amazing new zone in Part 2.

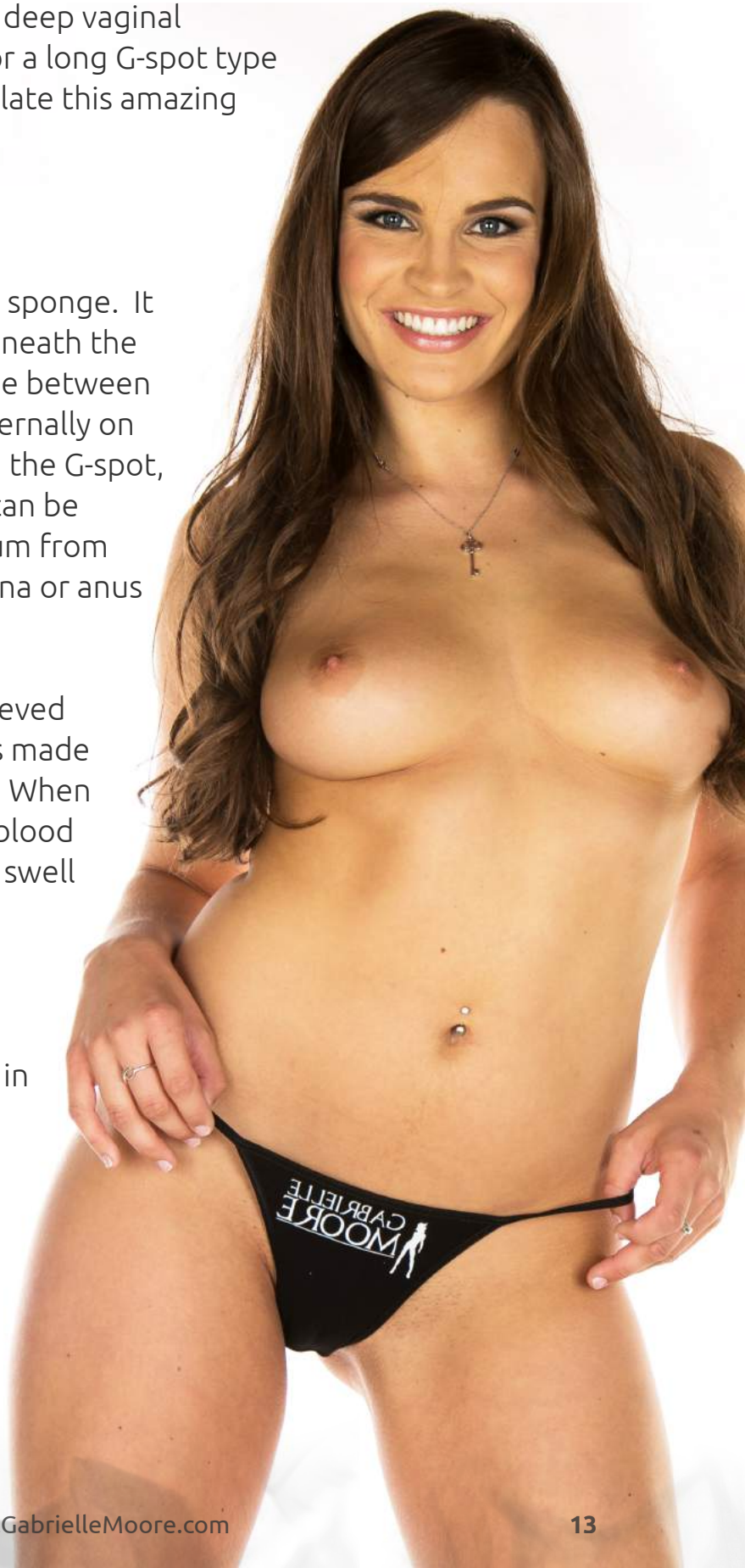
## The PS-spot

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.

Similar to the G-spot, this area is believed to be part of the clitoral bulbs, and is made up of highly sensitive erectile tissue. When aroused, it becomes engorged with blood making the outer third of the vagina swell and become much tighter.

There are many exciting ways to stimulate this area as well as cool techniques which you will learn next in Part 2.

So let's get on with the program!





## Techniques on How to Stimulate the 3 New Erogenous Zones

### Section A: Getting Started Be Prepared

I know you are psyched to begin, but before we start learning these new techniques, we first need to prepare. Trying out new types of sexual exploration as a couple can sometimes be a challenge. There are a few things you should do before attempting to awaken her erogenous zones.

#### Be Open

Before you begin you want to make sure you have an open-minded attitude. You shouldn't focus on results, or put pressure on yourselves to perform. Instead, think of this as an exciting sexual adventure to explore together. The journey itself and what you both learn about her sexual response are your rewards. Also, be sure to be supportive whatever the outcome. Stimulation of these various erogenous zones will feel different for everyone and your partner may not enjoy the sensations the first time. In fact, she may need time to get used to these new sensations before they feel erotic to her. Start with the right attitude and have fun exploring!

“*During your sexual adventure it is also extremely important that you both communicate with each other.*”

#### Communication

It is very important to talk about exploring these pleasure zones with her first, before diving right in. Your partner must be open about exploring her own sexuality and be just as excited about it as you are. It is also a good idea for you to share this e-book with her, so she can learn about her erogenous zones as

well as know what to expect during your exploration. It is essential to talk about her fears or worries, as well as both of your expectations. For more exciting tips on how to spice up your sex life, check out my e-book *The Sex Starved Couple* at: <http://www.thesexstarvedcouple.com>

During your sexual adventure it is also extremely important that you both communicate with each other. She should tell you how she is feeling both physically and emotionally during this experience to help guide you. “Yes, that feels good”, “Don’t stop”, or “That feels weird”, and “Slow down” are all examples of things she could say. Be sure to check in with her from time to time



as well to make sure she is enjoying it. Watch her body language and ask her every once in a while how its going. And, don’t forget to encourage her. “Oh, baby you look so hot”, or “This is really turning me on”, or “Wow, this is so sexy”, are all good! Let her know how much this lights your fire and how grateful you are to be sharing this together.

## Preparation

There are a few things you can both do to prepare for your sexual adventure. She should use the bathroom beforehand just in case she experiences female ejaculation. Put an absorbent towel on the bed also to soak up any fluids. Having a bath or shower with help you both relax as well as alleviate worries of body odors and tastes. It is also important to bathe so you are both clean, to avoid infection from bacteria getting into her most intimate places. Make sure your hands are clean, callous free and fingernails neatly trimmed.

Turn off the phone and lock the doors so you are not disturbed. Seriously, just do it! Turn up the heat if it is cold as you both want to be comfortable in the nude. Have a bottle of massage oil as well as lots of lubricant on the bedside table within easy reach. You can never have enough lube during erotic exploration! If you are using sex toys during your lovemaking session, make sure to have them assembled within reach as well. Also, set aside plenty of time to play, like a couple of hours. You don't want to feel rushed and remember, this is not a race. It is supposed to be fun and thrilling, so don't rush it. This will give you lots of time for exploration and enable you to both relax.

## Setting the Mood

It is important to be totally relaxed before you begin your adventure. Starting with a sensual massage is a great way to connect through touch and prepare her for arousal. Learn more about erotic massage with my e-book Erotic Massage for Better Sex at: <http://www.eroticmassage mastery.com>

Create a sensual environment by dimming the lights, lighting candles or incense, adding some mood music, or using scented oils on her body. She should also be comfortably positioned and have extra pillows around to prop her up, if so needed. Setting the mood will all help you both loosen up and get you ready for hot passionate sex.



## Foreplay

Okay, now the fun starts! I like to think of foreplay as love-play, as it is how we should begin any sexual adventure. It is part of the sex act itself and shouldn't just be breezed over, as it is very important to her sexual response cycle. In other words, she needs lots of time to get aroused. So, don't just jump right to the techniques, even though you may be very eager to try them out. Take your time, go slow and explore her body. Once she is very turned on, all of her erogenous zones will become much more responsive.

Begin by kissing, fondling and making out, teasing her in a slow seduction. This is all great stuff and the longer you spend on it, the more passionate she will become. Love-play is like a mystery novel that builds in suspense, until you can't wait to see what will happen next. A slow seduction will drive her crazy, arousing her to an intoxicating level so when she is ready to orgasm, she won't be able to hold it back. There are lots and lots of amazing foreplay techniques you can learn and tools you can use. For more delicious ideas on this topic check out my book on mastering the art of foreplay, Turn Her On Faster which you can find at <http://www.turnheronfaster.com>

## Section B: E-zone Techniques

Okay, we are ready. Let's begin!

Read through each of the following sections before starting. Each zone is related to the other, so knowing how to stimulate one zone can help you with stimulating another. This will enable you to use multiple techniques with the various zones together.

“*Love-play is like a mystery novel that builds in suspense, until you can't wait to see what will happen next.*”

## Zone 1 – Getting More Acquainted with the U-spot

Unlike the G-spot and the deep spot, the U-spot is super easy to find. You know where a woman pees from? Well that's pretty well it. Up until recently however, it hasn't been considered an erogenous zone. But, luckily we are always learning more about what turns us on.

It is located in the center of the vulva, above the vagina and below the clitoris. It is the top and sides of the urethra (not underneath) that is most sensitive, so focus your attention on those areas.

This skin around the U-spot can be very sensitive once a woman becomes sexually aroused. The U-spot is connected to the erectile tissue of the female prostate and the Skene's glands, so stimulating this area can result in female ejaculation. This is not necessarily your goal, but if it happens—Bonus!

### Zone 1 – Techniques for Stimulating the U-spot

#### ➤ *Step 1: Vulva Massage*

We are going to begin with Vulva Massage. This is the best way to awaken all the erogenous zones in the vulva including the clitoris, the



U-spot, labia lips and vaginal opening. We are going to get to the U-spot in a roundabout way, by exploring the various other erogenous zones first. This is because a woman must be very sexually stimulated before we touch the U-spot. Also, the U-spot is very sensitive, so rubbing it the wrong way, or before it is ready may be very uncomfortable, or even painful.

## ➤ **Step 2: Get into Position**

Your partner should lie comfortably on her back with her legs spread wide and knees slightly bent, so her vulva is fully exposed. She should have pillows behind her back, as well as under her hips and knees for additional comfort.

## ➤ **Step 3: Orgasmic Breathing**

During the massage, she should practice deep, slow breathing. Orgasmic breathing techniques are used in Tantra to expand both male and female orgasms. Deep breathing will encourage her to relax more and let go, as well as heighten all her erotic sensations and allow the sexual energy to flow through her.

## ➤ **Step 4: Anointing the Vulva**

To begin with, anoint the vulva with oil using gentle full palm strokes rubbing up from the perineum to the public mound. Grape seed oil, olive oil or a silicone lubricant are good for this. Place one hand over the vulva and slowly stroke upwards, then replace with the opposite hand and do the same. Caress your partner's vulva like this for a few minutes to warm her up. You can also alternate the direction of the strokes, one going up and the other going down.

## ➤ **Step 5: Outer Labia Squeeze**

With your thumbs and index fingers, gently squeeze the outer labia lips while sliding the fingers up and down the length of each lip. The thumbs should be positioned inside the outer labia on the shiny side next to the inner labia, with



the fingers on the outer side. Continue to do this as it will further lubricate her vulva with her own juices and awaken the inner clitoris (beneath the labia lips) as well as the clitoral nub (glans) and U-spot.

## ➤ **Step 6: Inner Labia Squeeze and Tug**

Repeat the above technique with the inner lips, varying the speed and pressure on what feels good to her. She can give you direction such as faster, slower, but limit the conversation so she is able to focus on the sensations. You can also gently pull and tug on the lips as you stroke up and down.

## ➤ **Step 7: Jilling Off**

Next, place a thumb and index finger on either side of the clitoral hood. Stroke up and down as you gently squeeze her clit between your fingers, giving it a little hug. You can also move the clitoral hood (gently!) back and forth over the glans to stimulate it. This is known as “jilling off”, as it is much like jerking off a penis.



## ➤ *Step 8: Arousing the U-spot*

Up until now, we have avoided touching the U-spot as we have been warming your partner up. You can now touch the top and sides of her U-spot sensually, making sure your fingers are very well lubricated. Trace over the U-spot back and forth in a horizontal arch above the urethra gently using the soft pad of your finger. You do not need to apply much pressure on the U-spot, as it enjoys the most gentle of touch. Occasionally, you can circle around the urethra completely and then go back to horizontal strokes. She may also like the occasional vertical stroke as well. Vary your strokes as well as the direction, but continue to focus on the top and sides.

## ➤ *Step 9: Infinity Stroke*

Now, using one finger, stroke from the clitoris down across the U-spot, to the vaginal opening in a figure 8, crossing over each time at the U-spot. I call this the Infinity Stroke because it feels so sensual and she will want you to do it forever! Continue this stroke for a few minutes to really turn her on before moving to the next move.



## ➤ *Step 10: Adding Oral Pleasure*

Next add your tongue and lips to the mix. Oral sex is one of the best ways to stimulate the U-spot, as it loves a super soft touch and lots of lubricant, which it will get from your saliva. Beginning at the vaginal opening, a lick upwards towards the clitoris, like you are licking a delicious ice cream cone. Continue this for a few moments until she is begging you to enter her.

## ➤ *Step 11: Fingering Her Vagina*

Add additional lubricant (seriously, you can never have too much lube!) and slip one finger into her vagina palm up to locate her G-spot. Continue to lick between her clitoris and U-spot as you stimulate her G-spot.

With this finger, try to locate the G-spot, 2-3 inches inside on the top wall. It is a spongy wrinkled area with valleys to either side which are smoother. Softly rub the G-spot in a come hither fashion as you continue to massage the U-spot with your tongue. The come hither stroke is achieved by bending your fingers while rubbing or scooping towards the vaginal opening as you stroke. Slowly increase





the pressure, pressing into her G-spot as she responds. If you are hitting the spot correctly, she may start thrusting her hips out to meet you.

At some point she may have the urge to pee. This means she is getting close to orgasm and may also ejaculate. Encourage her to keep going with the sensation until she goes over the edge into orgasm.

## ➤ **Step 12: More Tonguing Techniques**

Use your tongue and lips to lick and softly suck on the U-spot. Next, lick between the clitoris and U-spot, varying the direction of strokes, up and down and side to side as you continue to stimulate her G-spot. Apply different types of pressure to the U-spot by going faster or slower as she likes it. For more delicious techniques on how to give her divine oral pleasure be sure to check out my e-book on oral sex called Hot Licks found at <http://www.hotlicksprogram.com>

## ➤ **Step 13: The Penis Head Stroke**

By now she should be crazy with desire and ready to orgasm. She may also feel like she is going to ejaculate. Take the head of your well lubricated penis and slide it over her U-spot, then down into her vagina just a couple of inches to hit her G-spot and back again in a rhythmic manner. This will stimulate her U-spot, G-spot and urethral sponge all simultaneously, encouraging her to orgasm. The sensation this creates is incredible and she will not be able to hold back.

She may also enjoy it if you stroke her clitoris with your thumb at the same time. This is to encourage her orgasm, which she may need if she has only ever experienced a clitoral orgasm before. Continue to do this until she climaxes.

## ➤ **Step 14: The U-spot Orgasm**

Be prepared when she reaches orgasm, as she may emit female ejaculate. This is a usually result when stimulating the U-spot and G-spot simultaneously.

Urge her on with sexy talk and make sure to tell her how hot this is making you to watch her orgasm like this. If she squirts, hurray for her! It is an amazing experience the first time. And, lucky you get to partake in one of the wonders of female orgasms. She may squirt a lot (called gushing—when she squirts up to a cup or more of female ejaculate), or it may only be a few drops. Either way, this is a reason to celebrate.

## Zone 2 – Finding the A-spot

We are now going to venture into a very different part of the female erogenous zones. The A-spot or “deep spot” is a little harder to find than the U-spot as it lies deep within the vagina at the very back by the cervix. To find it, you will want to first explore with your fingers, as you would for finding the G-spot.

While the G-spot is about 2 inches inside the vagina, the A-spot is about twice that depth (3 ½ to 4 ½ inches or as deep as your middle finger can reach), at the back of the vagina, on the top wall (or the belly side). There, you should feel a smooth ridge and groove, like the edge of a Frisbee that encircles the cervix. The cervix itself protrudes a little into the vagina, so if you feel it, you are too deep. Try to avoid touching the cervix as it can feel uncomfortable when pressed.

Many sexologists think the A-spot may be the end of the G-spot, so stimulating the two together can have explosive orgasmic results.

## Zone 2 – Techniques for Stimulating the A-spot

### ➤ *Step 1: Stimulate the Vagina*

We will assume you began with lots of foreplay to get started. It is essential that she is turned on before exploring internally. You can also use the techniques for Vulva Massage (Zone 1) to warm her up as well.

Begin stimulating the vagina by arousing her G-spot (see previous steps in Zone

1), and then continue back towards the A-spot. You can move back and forth between these two zones as much as she likes, as they are closely connected.

## ➤ **Step 2: Exploring the A-spot**



Now that you have located her A-spot, you can begin to stimulate it with your finger. Use your middle finger, as it is the longest and you need to go quite deep. With your palm facing up, reach your finger in as far as it will go until you feel that smooth ridge just before the cervix. Beyond the ridge is a little valley, or groove, this is the area you want to focus on. Explore it by feeling the ridge and by pressing into the small valley.

## ➤ **Step 3: Come Hither Scoop**

The A-spot can be stimulated similar to the way in which we arouse the G-spot, by using that come hither stroke. Do this by pressing into the valley and then using the pad of your finger to pull backwards towards the ridge as if you are scooping out the area. Continue to curl your finger, pressing into the valley, and scooping out towards the ridge repeatedly. This will soon cause her to produce a large amount of vaginal fluid.



## ➤ *Step 4: Vagina Ballooning and Tenting*

As you continue to use this stroke, the vagina will begin to balloon out from muscular contractions, thrusting the cervix so it tilts back, and lengthening the vaginal canal, thus exposing the A-spot pleasure zone even better. At this point your partner may get very wet inside. If this happens, super!—you have found the right place so keep going!



## ➤ *Step 5: A to G-spot Slide*

Now that she is well lubricated, begin to slide your finger from her A-spot back towards her G-spot in one long stroke. If she likes, you can insert an additional finger into her vagina. Reach deep, back to the A-spot, curl your fingers and scoop out, and then continue to slide down to the G-spot in one slow, firm, deep stroke. Continue until this drives her wild.

## ➤ **Step 6: Pelvic Thrusts**

Encourage her to rock and thrust her hips out to meet you in a rhythmic manner. This will allow her to build up orgasmic energy and cycle it through her.

## ➤ **Step 7: Clitoral Stimulation**

At this point you can add in clitoral stimulation, while continuing to stroke her A to G-spot zone with your fingers. You can choose to lick her clit, or manually stimulate it with your thumb. Your choice! Or, hers!

## ➤ **Step 8: Press Down on Her Pubic Area**

Use the palm of your hand to press down on her pubic area just between her public bone and belly button. Your palm should be just above where your fingers are stimulating her from below, rather like sandwiching her together. Applying pressure from above and below will further stimulate her erogenous zones within.

## ➤ **Step 9: Adding Sex Toys**

To relieve your hands you may want to at some point switch to sex toys to aid you with stimulation. Rather than being intimidated by sex toys, think of them as tools that will help you increase her pleasure. A small clitoral vibrator can be used now to stimulate her clitoris. To stimulate her A-spot, use a long G-spot type toy with a curved bend at the end. This can be a firm dildo or a G-spot vibrator.

Insert the G-spot toy with the curve facing up towards the A-spot and use it in a scooping motion like you did with your fingers. Apply firm pressure, as she likes it.

## ➤ **Step 10: Missionary Position**

When your partner is nearing orgasm, you can add in sexual penetration. There are a few positions that work better for A-spot stimulation including advanced missionary position. In this position her bottom is propped up on a pillow and her legs rest on your shoulders, so her pelvis is pointing up in the air. Penetrate her fully and deeply and with each exiting stroke, lean backwards so the head of your penis strokes the upper wall from A-spot to G-spot.

## ➤ **Step 11: Deep Thrusting**

Now is the point of no return. She is on the verge of climax. At this point she may desire very deep, firm thrusting into her A-spot, as hard as she likes it. This will produce a deep, full body orgasm and she may even have a series of multiple and continuous orgasms as well. Congratulations! You have just rocked her world!

## **Different Types of Orgasms**

Unlike the clitoris, the A-spot is not overly sensitive after orgasm, so women can experience multiple and continuous orgasms if this area continues to be stimulated. Below are brief descriptions of each type of orgasm, so you know what to expect.





As described earlier in this e-book, Part 1: Introduction to Female Pleasure and Orgasm, “the capacity for women to obtain orgasm including multiple, continuous and extended orgasms may be endless.” Sexologists agree that there are various types of orgasms that a woman can experience.

## **Clitoral, Vagina and Combined Orgasms**

Female orgasms can be categorized by the areas on the body in which they occur. Clitoral orgasms are the result of clitoral stimulation and this is the way that most (70%) of women achieve orgasm. These types of orgasms are referred to as tension and release orgasms and are rather quick, like an explosion of pleasure, lasting from a few seconds up to a minute. During a clitoral orgasm, sexual tension builds up until it peaks in orgasm, causing the release of orgasmic energy.



Vaginal orgasms are the result of G-spot and/or A-spot stimulation and are said to be deeper, longer and more powerful, full bodied orgasms that use the pelvic floor muscle. Vaginal orgasms can last anywhere from 45 seconds to several minutes and can be very intense.

Combined orgasms are orgasms that result from both clitoral and vaginal stimulation. As we have already discovered, the clitoris goes deep inside the body and the G-spot may just be an extension of this powerful orgasmic organ. More and more women are learning how to have combined orgasms as they and their partners explore the various other erogenous zones on the female body.

There are also other ways to obtain orgasms including anal orgasms, orgasms resulting from breast and nipple stimulation and mind-gasms (in which a woman actually thinks herself to orgasm!) So, indeed the possibilities for orgasms may be endless!



## Multiple, Continuous and Extended Orgasms

But, orgasmic potential doesn't just stop there. Multiple orgasms are separate orgasms that happen one after another. They are usually a result of continuous stimulation after the first orgasm and occur more with vaginal stimulation. However, they can also be a combination of clitoral and vaginal stimulation, as well as anal stimulation. Multiple orgasms are like a series of peaks of muscle contractions or rapid climaxes in a row. Each peak may be as intense as the one before it, or may slowly fade off.

A continuous or extended orgasm is one prolonged orgasm that erupts from the core of her being and rolls out like a series of waves through the body. This type of orgasm is the most powerful of all orgasms and is practiced in Tantra. Extended orgasms have been described by some practitioners as a sustained peak of ecstatic pleasure which is much like a spiritual awakening or rapture.

## Zone 3 – Finding the PS-spot

The PS-spot is almost as easy to find as the U-spot. Stimulating it to orgasm is a bit trickier matter however. It is an area of spongy erectile tissue beneath the perineum (the skin between her genitals and her anus about 2 inches in length), and makes up the perineal sponge. The skin of the perineum itself is quite thin and only about ½ of an inch deep, which is why anal stimulation can be felt through to the vagina and produce G-spot orgasms. The PS-spot can be pleasured by stimulating the perineum from the outside, or internally via the back wall of the vagina or the front wall of the anus during penetration. It can be tickled, stroked, licked, sucked and massaged as well for various types of pleasure.

According to Em and Lo, in their article, 5 Things You Should Know About the PS-spot (2010), the PS-spot is full of blood vessels that 'fill with blood upon arousal'. This very sensitive erogenous zone makes up part of the pelvic floor muscle (PC muscle) and flexes when a woman contracts that muscle. There is very little research on pleasuring the PS-spot, but we do know that it is a rich source of



nerve endings and that stimulating it can make orgasms more intense including extending that pleasure, as well as creating an orgasm in its own right. At any rate, it feels great, so why not learn how to stimulate it, right?

## Zone 3 – Techniques for Stimulating the PS-spot

### ➤ *Step 1: Erotic Vulva Massage*

We learned how to perform vulva massage in Zone 1: Techniques for Stimulating the U-spot. We will pretend that you have gone through the steps of vulva massage, up until Step 9: Clitoris to Vagina Infinity Stroke. So, use all those great techniques you've already learned to give her a sensual vulva massage and we will continue on to the PS-spot.

### ➤ *Step 2: Clitoris to Perineum Infinity Stroke*

We begin at the clitoris using one well-lubricated finger to draw a figure 8 from the clitoris, down around the vagina, crossing over the perineum to the anus and back up again to form a figure eight. The cross over section will unite over the perineum to begin to stimulate this area. Continue to do this in a slow continuous manner for a few minutes. As with all vulva massage, be sure to use lots of lubricant.



\*Make sure not to touch the anus directly with your fingers as you do this or you could bring bacteria back to the vagina, which could result in infection.

### ➤ **Step 3: the ABCs of the PS-spot**

Light tickling with your fingernails can also be very erotic on the perineum. But be sure to make it extra light (barely touching). Try drawing the alphabet on this sensitive skin from A to Z while you stimulate her clitoris with your tongue.

### ➤ **Step 4: Firmer Pressure**

Use two fingers (just the pads of your fingers) to stroke deeper, from the vaginal opening to just before the anus and back again. Apply firmer pressure as she desires. This can also be incorporated with some oral sex to the clitoris or U-spot.

### ➤ **Step 5: Oral Sex**

The PS-spot responds especially well to oral sex. While licking her vulva like an ice-cream, continue to go further down south and add the perineum onto the equation. This outer skin offers lots of space to play with, so try different techniques, like licking up and down, back and forth or in a zigzag pattern.

### ➤ **Step 6: Playing the Harmonica**

This technique sounds kind of funny and will probably make her giggle as well. Use your mouth to suck on her perineum and as you hum a deep vibrating tune. This will send shivers down her spine.

### ➤ **Step 7: Inside-Outside**

As mentioned above, the PS-spot is very thin, so another way to stimulate it is by using your fingers. Insert one to two fingers inside her vagina (whatever feels comfortable for her) with your thumb on the outside and gently pinch the

skin between your fingers. From there you can gently pull and tug and knead it as well. The amount of pressure you should apply depends on her response. You should start off softly and slowly increase pressure to her desired level of stimulation.

## ➤ **Step 7: Finger Play**

The PS-spot can be stimulated from inside the vagina by pressing down with 1-3 lubricated fingers on the back wall. Remember you are not going very deep at all, only ½ of an inch inside, applying pressure on the back lower wall of the vagina. Press down deeper using circular motions varying that with the come hither scooping method.

## ➤ **Step 8: Clockwork Stimulation**

Continue to stroke her just inside the vaginal opening, using a semi-clockwork stroke. Imagine that her vaginal opening is a clock, with 12 o'clock at the top and 6 o'clock at the bottom. Stroke slowly back and forth with the flat of your fingers, just inside the vaginal rim opening, from 4 to 7 o'clock. Continue this motion, slowly and rhythmically to the pace of her breathing which should be relaxed and deep. As she relaxes into it, you can press firmer as she likes. If she tenses up, loosen your touch. When she relaxes again, apply more pressure again.

## ➤ **Step 9: Add a Sex Toy**

Now, you can also add a sex toy into the mix. There is a specially designed sex toy that will stimulate the PS-spot and the G-spot simultaneously. It is a Y-shaped dildo that has two insertable arms that both go inside the vagina. To use, you press the flexible arms together and insert it inside the vagina with lots of lube (water-based is best). Once inside, the two arms spring back open and one side stimulates the G-spot while the other side stimulates the PS-spot leading to intense arousal of the two erogenous zones.



The PS-spot may also respond well to vibration, just as the clitoris does. Try a small clitoral vibrator on the outside of the perineum pressing inward.

If your partner enjoys anal sex, you can also try a double-headed anal dildo for even more stimulation. With this type of dildo, one head and shaft is inserted in the vagina, while the other head and shaft is inserted in the anus. Make sure it is very well lubricated to insert in the anus and that she is fully aroused for anal play already. Once inside, the two dildos will press against the vaginal/anal wall and the P-spot, creating a very full erotic sensation. If you don't have this type of dildo, you can use your gloved fingers to stimulate her in the same fashion, by rubbing the thin wall of skin together between your fingers and thumbs. For more information on anal pleasure, check out my e-book *Anal Pleasure for Her* at: <http://www.analpleasureforher.com>

## ➤ **Step 10: Teeter-Totter and Other Sex Positions**

Yes, you can also stimulate this area during sexual intercourse. Facing missionary and sitting on your knees, penetrate her vagina. It will help if she is arching her back so placing a pillow under her arch to accomplish this will help. In this position, you will want to teeter-totter your penis as you slide in and out with short strokes, so the bottom of your shaft rubs against the PS-spot and the penis head thrusts into her G-spot. Oh what exquisite music she will make!



You can use various other positions for targeting this area as well. Basically any position that would apply pressure opposite the G-spot and towards the back wall will work. Try woman on top (or cowgirl) with you lying back and her sitting on top as she arches backward to direct the penis towards the back floor of the vagina. She can increase or decrease the pressure as she likes depending on how far she arches back.

## ➤ **Step 11: Tapping on Heaven's Door**

During missionary position, you can also use your fingertips to press and tap on her perineum from the outside, as you thrust inside her with your penis. As she gets closer to orgasm press your fingers even deeper or get her to bear down on them.

## ➤ **Step 12: Anal Sex**

If your partner is into anal sex, you can stimulate both her PS-spot and her G-spot at the same time by inserting your penis inside her anus (again, use lots of lube), and pressing the head of it on an angle so it hits the G-spot through the PS-spot. This technique should be explored gingerly at first, by just rubbing the head of the penis in that area of the anus, and thrusting deeper as she likes it. This technique creates deep, full-bodied orgasms for women.



## Wrapping Up

I hope you have learned a lot in this book and begin trying these techniques to pleasure your partner's secret erogenous zones. Remember, practice makes perfect, so start using your new skills right away. She will love receiving such exquisite pleasure!

Good luck, play safe and have fun!





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