

KINKY KISSING

DELICIOUS KISSING
AND LICKING
TECHNIQUES TO
IGNITE HER
EROGENOUS ZONES



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Introduction

Why do we kiss?

Kissing is an extremely important part of the human sexual experience. It's oftentimes the first sexual contact you have with a potential partner. If it goes well, there will likely be more kissing, more sexual activity, and maybe even love and a relationship. If it goes badly, many times the interaction might end there or soon after. In simple terms, it allows us to gauge our attraction for another person and confirm whether or not there is chemistry there. But this still doesn't answer the question why do we kiss each other.

There are a few theories. When you look at sexual relations in the animal world, humans are some of the only animals that engaging in kissing behavior in the way that we do. Chimpanzees and bonobos kiss, but studying their behaviors have shown that while they do kiss in a similar way to humans, they still don't have the intensity and frequency in their kissing habits that we have. There are



several theories out there about why we kiss, and believe it or not, there are scientists who dedicate their careers to studying this particular phenomenon.

There is some debate on whether or not kissing is a learned activity or an instinctual one. Ninety percent of humans kiss and that 10% provides some support for the theory that the behavior is learned. The most commonly known and accepted theory on why we kiss is because it feels good, plain and simple. Us humans react positively to feel-good activities, and if it's not hurting anyone, why not do it more? Another theory, backed by a recent Oxford University study, says that kissing is the way we choose a partner. In the book *The Science of Kissing*, the author tells us that "women are most attracted to the scent of men who have a very different genetic code for their immune system in a region of DNA known as the major histocompatibility complex." In plain English, when our faces are close together we can pick up on pheromones that give us information about whether or not this would be a good potential mate, biologically speaking. If the answer is yes and we find that our mate has a good genetic potential, it increases our sexual attraction to them. This study also showed evidence that compatible kissing is linked to happy long-term relationships.

Bottom line? Kissing is important. Even after you have established a strong attraction with your partner, kissing is important for communicating affection and attachment. In the same Oxford study, they found that kissing in a relationship is more important to women than it is to men. In fact, some women reported that great kissing was even more important than sex in their relationship. That means you really need to be on top of your game when it comes to kissing if you really want to keep your partner happy.

The Mouth, The Best Erogenous Zone?

There are many different erogenous zones in the human body. The mouth may one of the most important ones. Not only is it, in itself, a key erogenous zone, but it is also one of the most popular body parts used to stimulate all the other erogenous zones. Knowing how to use your mouth, tongue, and lips to please your partner is key to becoming a sexual genius.

The mouth and tongue are full of nerve endings which make the area particularly sensitive to stimulation. On top of that, the hormone oxytocin is one of the chemicals produced during kissing, the same hormone that is released

after an orgasm or when a mother gives birth or breast feeds. It's often called the "love hormone" because it promotes loving feelings and connection.

The three different types of romantic kissing that a person usually experiences are:

1. **Lust** - unbridled, raw sexual attraction for your partner
2. **Romantic love** - the thrilling, giddy, butterflies in your stomach feelings you have when you're with a new love
3. **Attachment** - security, affection, and comfort found with trusted long-term partner

Each of these different kinds of kisses will activate different kinds of brain chemistry. Generally speaking, the one that we're most interested in when it comes to erotic kissing is lust. Testosterone is the hormone triggered in the body when both men and women begin to feel lust. The other types of kissing are just as important because they will help your relationship solidify and grow. When you're in a long-term committed relationship, you probably won't have just one kind of kissing.

Each interaction will likely combine bonding, attachment, romance, and good old lust. When it comes to this eBook, we're interested in maximizing the amount of lust that your partner is experiencing, while not forgetting that those other types of kisses are just as important.



Kissing is Good For Your Health

Your partner thinks it's extremely important in your relationship, it feels amazing, you're working a sexy erogenous zone... as if you needed another reason to love kissing, well, it's also good for your health. Here are just some of the many ways it makes you and your lover healthier:

- 💋 Because kissing makes your body release oxytocin (that love hormone), it is also has a calming effect on the body and can be a great de-stresser.
- 💋 A serious and deep make out session will work out all the muscles in your face (there are about 30 muscles activated in kissing), and that could keep you looking younger longer.
- 💋 You burn a small amount of calories when passionately kissing.
- 💋 Kissing stimulates brain activity. There is a huge section of the brain that receives sensation messages from the lips. Remember how we mentioned they are full of nerve endings? The brain receives more information about sensations in those little lips than it receives from your entire torso. Kissing activates your brain! In fact it stimulates 5 out of your 12 cranial nerves.
- 💋 Swapping saliva helps to fight plaque in the mouth.
- 💋 Sharing your germs actually boosts your immune system.
- 💋 Dopamine and norepinephrine are released during romantic love kissing.
- 💋 Being sexual in general is great for your health. You probably don't need a lot of convincing to be more sexual with your partner, but sex and sensuality are things that activate many areas of our brain, body, and psyche. It's good for your overall well-being.

What's involved in Erotic Kissing and Licking?

We're going to be discussing 3 important erotic kissing and licking techniques in this eBook: Mouth kissing techniques; Kissing and licking erogenous zones; and Kissing and licking leading to oral sex. Although we have broken it down into three important categories, what you'll actually receive is a lot more information than you ever imagined about kissing and licking your partner in ways that will drive her crazy.

The body parts most important in this activity for you are obviously the lips, mouth and tongue, but that doesn't mean that rest of your body can take it easy. Erotic kissing and licking should be a full body, complete sensory experience that also taps into her emotional and psychological being. Remember, women consider kissing extremely important in a relationship, so you want to be able to really blow her mind.

One tricky thing with any type of sexual technique is that not everyone likes the same thing. One important piece of advice that applies to all of our programs is to communicate with your partner about what she wants and likes. There are many kinds of communication. One is listening. Listen for her verbal and physical clues.

You should be able to tell by the sounds she makes and the way her body moves if she is enjoying something. Another is observation. People generally kiss in the way that they want to be kissed. Pay attention to the clues that she is sending you by observing how she kisses you. Let her take the lead and see what you learn. And finally you should ask. There is nothing wrong with checking in with your partner and asking her if she likes something. She will love you for it because what you're doing is focusing on her pleasure and trying to improve her sexual experience.



Erotic Mouth Kissing and Licking Techniques

If you have been in a long- term relationship for a while you probably barely ever think of your mouth kissing technique. It's probably second nature by now. It's true that a person's style of kissing is instinctual, but there is always room for improvement. Studies have shown that people can improve their kissing technique. It's all about finding out what little tricks and techniques really get your partner going. You might think you already know everything about her and what gets her going, but chances are, there are a lot of things you haven't even tried yet. Couples who have been together for a while tend to get stuck in a sexual rut or routine. You have already learned what gets the other person off and maybe you've stopped trying to get creative. You just go for the sure thing. While the sure thing might work every time, is it really helping you have a hotter sex life? Probably not. Here are some great tips and techniques to try out in your next make out session:

Keep your lips soft - Having the perfect balance between soft kissable lips and a firm and confident pout is essential to a good kiss. It's kind of like a handshake, you don't want to be a limp fish, but you also don't want to break the other person's hand.

Get to know the buccal nerve - The edges (or border) of the mouth make up what is called the buccal nerve, an extremely sensitive area of the mouth. Try running your finger lightly around the border/edges of your lips. You can probably feel a little tingle, even when you do it to yourself, so imagine how great it will feel when you use your tongue on her buccal nerve. You can stimulate this area in two different ways. When you're just getting started you can slowly run your finger over the area like you just did to yourself. This will not only feel great, but it will also give the



impression that you're overwhelmed with how delicious and tempting her lips look. The other technique that you can use a lot more is to run your tongue over the area. Remember that a lot of pressure is not necessary here. The area is ultra-sensitive and if you over stimulate an ultra-sensitive area, you're not going to get the kind of response you want, you're probably going to make the area numb to sensation. Don't overdo it with this one. Kiss as you normally would, once in a while pulling back to gently trace the top or bottom edge of her lip with your tongue. This gentle licking action will make her tingle in all the right places and will subconsciously get her thinking about other places you could try out your oral techniques.

Sloppy, wet kisses? - Men generally like sloppy, wet kisses because saliva has traces of testosterone in it, but that doesn't mean that women do. In fact, most women prefer a less wet kiss. Again, there aren't any hard and fast rules, your best bet is to ask your partner what she likes and follow suit.

Give her a nibble - There is nothing wrong with using your teeth a bit when it comes to kissing, but knowing the right amount of pressure and amount is key. While you're kissing her, very gently take her bottom or top lip (not both at the same time) between your teeth and slowly pull back to allow her lips to slowly slide through your teeth.

Sucking - Using a technique very similar to the nibbling technique above, you can lightly suck and pull on her lips with your own mouth and slowly release them, returning to kissing.

Use your hands - When you're kissing her your hands should never be inactive. Don't let them rest alongside your body or leave them stuck resting lamely on her hips or shoulders. Using your hands will heighten the kissing experience and bring it to a whole new level. Women love to have their face, hair and head touched while kissing. When starting out you can lightly stroke her face and hair with your hands. This feels really intimate and will accelerate her getting into the mood. Once things get going it feels amazing when you hold her face and draw her closer to you while kissing her deeply. You can also stroke her neck, which has a lot of sensitive areas. Feel free to let your hands explore her body the more intimate and passionate your kissing becomes. Wrap your arms around her and bring her body in closer to you. Push your hips slightly into hers. This will send her a message that you are extremely turned on by her and you just can't

keep your hands to yourself. That, in turn, will get her really excited, when she feels how much you want her.

French kissing - There are many different ways to use your tongue when it comes to kissing. Start by running your tongue along her lips. You can also gently suck on her tongue, moving it in and out of your mouth sensually. This will get her thinking about what other things you might be suckling later on. When you slip your tongue into her mouth, make sure you're not putting it in so far that she's choking on it. Kissing should be sensual not feel like an assault on her mouth. Another fun french kissing technique is swirling your tongue around hers like you're cleaning up an ice cream cone. Engaging in french kissing while having sex and/or while your climaxing will send you both over the edge. This type of full body connection and sensations are a huge turn on for both of you.

Change it up - Although this section is solely devoted to mouth kissing, that doesn't mean that you have to approach erotic kissing and licking in a particular order. We will cover kissing erogenous zones and oral sex kissing techniques later in this program, but it's important to remember to change things up when you're making out. Switch to a hot and highly sensitive



erogenous zone, like the neck or ears, while you're kissing her on the mouth and then come back to kissing her deeply. The key to a good make out session is variety. If you do the same old thing over and over, it ceases to be hot and sexy and becomes boring and expected.

Know when to take control and when to let her take the reins - Both can be extremely sexy. By letting her take control you are showing her she has the power to direct your sexual experience. For a lot of women this is a huge turn on. Remember that allowing her to take control doesn't mean that you sit there passively, it means allowing her to demonstrate what she wants and then actively following her lead. Other times it might be more appropriate for you to take control of the situation. She will be turned on by your confidence and assertiveness. It's important to feel out the waters and be able to tell when she wants you to take over, or if she wants to be the one to take the reins. When in doubt, pay attention to her body language and the signals she is sending.

The things that go without saying - But we're going to say them anyway. Scent and taste are extremely important to a good kiss. Make sure you're clean all over your body and that you have brushed your teeth. Sometimes we're not able to sense our own bad breath, but this is a huge turn off, no matter how well you kiss.

Extra-bonus activity - Blindfold make out - Whether you're into using props, like blindfolds, in the bedroom or not, this can bring a regular make out session to a whole new level. This is especially useful for women who might have trouble staying in the moment, getting turned on, or orgasming. You will be taking away one of the most important senses and therefore her other senses, especially the sense of touch, will become even more sensitive. She will never know what you're going to do next so each kiss, caress and lick will excite her even more than when she's anticipating it.

Erotic Kissing and Licking the Erogenous Zones

An erogenous zone is an area of the body that creates sexual excitement when licked, kissed or otherwise stimulated. There are probably a lot more erogenous zones on your partner's body than you ever imagined. You all know about the obvious ones: The genitals and the breasts, and maybe you also play around with some of the other popular ones like the neck or the ears. It's time to learn about and explore some of those lesser known zones and learn some new tricks on the old faithful ones. Learning how to stimulate the erogenous zones with erotic licking and kissing is going to seriously increase her desire and pleasure when you're getting physical. Do note: not all erogenous zones are hot spots for every woman. Try out each of these techniques, get your partner's feedback, use what works and discard what isn't doing it for her.

The neck - The neck is often an instant "get her turned on quick" zone. The area where the neck meets the shoulders is particularly sensitive. Try lightly licking this area and let your tongue travel up toward her ear. Then passionately



kiss and suck on her neck, being careful not to suck too hard and leave a mark. You don't want to give her a hickey, we're not 16 anymore. Once things getting going you can lick her neck with more pressure and go back and forth between licking, sucking and kissing her on different parts of her neck from her ears down to her collarbone. Steer clear of the front of the neck. If your partner is ticklish, it's best to stick to more firm kisses and licking and avoid light touches that might just make her giggle and push you away.

The ears - The ears are very sensitive to being licked and kissed. You can begin by sucking or nibbling on her earlobe. Then take it up a notch by running your tongue along the curves of the ear and inside. Finish it off by pushing your tongue into her ear (not forcefully), this action will send shivers down to her genitals and remind her of other areas that you can enter.

The back of the neck - While you're at it, the back of the neck is another hot spot. You can approach her from behind and give her a moist, sensual kiss that will send shivers down her spine. From there you can either make your way to the sides of the neck, up to the ears and mouth or continue down to the back.

The back and shoulders - After kissing the back of her neck, make your way down and begin kissing, sucking and licking all across her shoulders and neck. You can bring



this to the next level for both of you by reaching your hands around her body and kneading her breasts as you kiss her from behind. From this position you also have the perfect opportunity to press your hard penis into her butt to let her know just how much you turn her on. But don't go too far, you have a lot more work on the erogenous zones to do before you move on.

The back and shoulders is a key erogenous zone because it's often neglected. Stimulating this area will also help to make her feel more relaxed, which is key to her letting go completely to the sexual experience. The entire back is sensitive and kissing, sucking, and licking, while perhaps also kneading with your hands, feels fantastic. Make a trail of moist kisses down her spine and make your way to her lower back. This part of her back, just above the butt is extra sensitive and should get a little extra attention.

The stomach - It's important to know your partner here. Being kissed and licked in this area can be a huge turn on and feel very intimate. The stomach is very sensitive and sensations here can feel so intense that they can even be ticklish. If you have a ticklish partner, avoid this by using a more firm technique to your kissing, licking and caressing. A light touch will only make her squirm, in a bad way. Many women are self conscious of this area of their bodies, so be aware of this when focusing on it. Sometimes a few sincere compliments can make a woman feel more at ease and open to your advances. If you feel she might be pulling away, try mummering into her ear how sexy her body is and how much touching her turns you on.



The breasts and nipples - Men tend focus right in on the nipples when it comes to this area and they leave the rest of the breast relatively untouched. This is a mistake. The nipples are extremely sensitive, but there are a lot of nerve endings in the breasts as well. Because they might be neglected, it feels extra good to have the breasts stimulated. Try licking her breast starting from the bottom and going up. Let your tongue relax so that is wider across (as opposed to when it is tense and more rounded). Move your tongue up and over her nipples and swirl around them until you get to the center. The amount of pressure here will depend on your partner's sensitivity and what she likes. Some women have extremely sensitive nipples and if you're too forceful, it will hurt instead of turn her on. Move between sucking on her nipples and licking them and the area around them. Some women like light nibbling on their nipples, but if she has very sensitives ones, this will probably be too much. Also be mindful that women's breasts usually get sore before they are about to get their period so their nipples and breasts should be handled with extra care during this time.

The fingers and toes - Have you ever had a woman suck on your fingers or toes? (Side note, if you haven't, ask your partner to do it right away!). This feels amazing. If you're not into feet or she's too ticklish, sticking with the fingers will get a similar result. Start by licking her finger up and down. You can even start before this with a hand massage that will get the blood flowing to the area. Once you have enticed her by licking her fingers, start slowly teasing her by putting her finger in your mouth and giving it a little suck, but then returning to licking or massaging. Finally give in by fulling sucking on her finger. Don't be afraid to put a little pressure in your sucking here. Make sure you continue to change it up as you stimulate this area. Learn more about how to incorporate erotic massage into your sexual routine at www.eroticismassagemastery.com.



Other areas to try - Not every erogenous zone might be something you can or want to explore with your mouth. The armpit, for example, is said to be a very sensitive erogenous zone. If you think this might be something your partner will like and you want to explore it, but feel queasy thinking about putting your mouth on her pits, try stimulating this zone in the shower where washing her body will already be an amazing form of foreplay. The backs of the knees, the soft skin of the inner arms, and the feet are also said to be extremely sensitive erogenous zones that could be fun to play around with. The scalp is another area that you can't use your mouth on, but you can stroke her hair and give her a scalp massage while exploring other erogenous zones in that area.

Try erotic kissing and licking in neglected areas - Even if something isn't technically an erogenous zone it can feel amazing to have someone lick, kiss and suck on parts of your body that usually don't get that kind of attention. She will feel like you are truly paying attention to every inch of her body and worshiping her fully.

Don't spend too much time in one spot - Even if you're getting fantastic results from one of these erogenous zones, remember not to overdo it by focusing too much on one area. Women are complicated creatures and in the quest to understand what gets them turned on, men can often get stuck on what they know works. Even if something feels amazing, it's going to get old and lose its sensitivity if you ligger on it for ten minutes. Keep her guessing and move between the different erogenous zones that seem to get the best results. Change up your technique by stimulating different areas of each zone and fluctuate between kissing, sucking and licking. Learn more about the mystery behind female arousal at www.double-her-desire.com



Erotic Kissing and Licking Leading to Oral Sex

It's no surprise where this is heading. All the work you have done to get your partner extremely turned on can lead to a few different things, but we're going to continue with our oral fixation and discuss erotic kissing and licking techniques leading to oral sex, and including oral sex and anal oral sex.

There are a couple of erogenous zones we didn't cover in the last section that are perfect precursors to oral and anal sex. They are:

The inner thighs - This is a great erogenous zone to save for last, just before you're about to give her oral sex. At this point she will be super turned on and stimulating this final zone that's so close to her vulva, clitoris and vagina will make her wild with desire... but, still, take it slow and build up the anticipation. Start off by licking your finger and tracing your wet finger along her inner thigh, moving toward her genitals but not quite making it there. Then move on to lightly kissing, licking and sucking on this area. Slowly make your way up until neither of you can hold off any longer.

The butt - The butt is another area that is sometimes neglected, especially when it comes to erotic kissing and licking. Men tend to be quite content to massage and squeeze their partner's butt, not realizing that there is a way to take it to the next level. Using erotic kissing and licking techniques on this zone is also a great way to lead up to anal oral sex and anal kissing. Kiss, caress, massage, lick and suck all over her cheeks and into her butt crack. If she hasn't experienced this before she will be surprised about how sensitive this area feels when your mouth is on it.

Anal Oral Sex

Anal play can be a terrific way to bring your erotic kissing and licking to a whole new level. Even if you and your partner have never ventured into the world of anal play, that doesn't mean you can't start now. Many couples engage in anal play and it brings yet another exciting element into their sexual relationship. Most people don't realize that, like the surrounding areas, the anus and surrounding tissue are rife with nerve endings highly sensitive to touch.

If cleanliness is a concern for you or your partner, you can start your sexual adventure off by bathing together. A great way to start foreplay by washing each other and getting slippery wet. You can begin the anal play and make sure everything is clean by inserting a wet finger into her anus. Try wetting it with your saliva or lube as opposed to water. Once you're sufficiently clean and turned on, you can get out of the shower and get down to business. To further protect yourself you can use a dental dam, which is a thin sheet of latex or polyurethane used to protect during oral sex.

💋 Sometimes anal oral sex, or anilingus, is



combined with regular oral sex and the man will move between the two areas stimulating both with his hands and mouth. Please note that if you are inserting your finger, a sex toy, or your penis into the anus then you need to wash it before inserting it again in the vagina in order to avoid giving the woman an infection. If you're using your fingers you can designate certain fingers for the anus and others for the vagina.

- With anal oral sex you can try several different positions. If you want to perform oral sex on her vulva as well, she can lay on her back in the traditional position, but with a pillow or two propped under her lower back/upper butt, in order to give you full access to all the areas. You can also have her lay on her stomach also using a pillow under her lower abdomen and hips to give you access to everything. Standing up is another option or having her lay down at the edge of the bed with her butt slightly hanging off and her legs propped up.
- Start off slowly. You should have already been stimulating some of her erogenous zones and using your erotic kissing and licking techniques in other areas. Maybe you have even been leading up to it by licking and kissing her butt. Slowly spread apart her butt cheeks and blow some warm air onto the anus and surrounding area. Lean in closer and breath onto the area.
- Using your tongue, try out several different techniques to see what gets the most pleasurable response. Try letting it go fat and flat and lick the anus and surrounding areas with a similar technique to the one you used on her breasts. You can also flex your tongue to make it harder to be able to give a more powerful stimulation. Try flicking your tongue on the rim of her anus. Use the tongue to tap the anus. Trace the rim with your tongue. You can also make your tongue stiff and hard and penetrate the anus with it.



👄 Your mouth can also kiss and suck the anus and the surrounding areas, including the perineum (the area between the anus and the vaginal opening, aka the taint), the crack, the butt cheeks, the lower back, and the upper thighs.

Your hands should be fully engaged here as well. You can use them to stimulate the butt or anus as well. You can use them to stimulate the clitoris or to finger her vagina.

- **Bonus positions:**

- *Your partner can sit on your face*
- *The 69*
- *The woman on all fours with her back arched and her legs spread*

Oral Sex Tips

After a lot of work on her other erogenous zones you've finally made it to oral sex. Who doesn't love this form of sexual pleasure? It allows you, as her partner, to give to her completely without thinking about your own sexual pleasure. And she is free to let herself go and be completely selfish in receiving. Oral sex is usually pretty popular among both men and women. Here are a few final tips to make sure this erogenous zone gets as much special attention and care as other others.

👄 Take it easy down there. You might be all worked up and she's probably even more so, but just like the first time she touches your penis in any sexual interaction, her clitoris is super sensitive to the touch, so you need to be gentle at first.

👄 Start licking, sucking and kissing the area around the clitoris before moving in. You can run your



tongue along her lips and insert your tongue into her vagina. This will give her a chance to get warmed up and it will build anticipation.

💋 When you do begin stimulating the clitoris with your mouth, do it very gently. Begin first by licking the clitoral hood (the area just above the clitoris). The clitoris actually continues inside the woman's body so licking this area will stimulate the part of her clitoris that is just below the surface. It allows her to get more excited without you coming directly in contact with the ultra sensitive, exposed clitoris until she's ready.

💋 Keep it interesting. Yet again, even if you seem to have found a licking stroke that seems to be getting a great response from your partner, you should still change it up every now and then. What's going to eventually bring her to orgasm will be a variety of different stimulations down there, not the same thing over and over. Pay attention to her reactions. Does she seem to be pulling away when you do certain things and pushing her hips upward when you do others? Listen to her breathing and moaning as well. When in doubt, ask her if she likes something.



💋 After she has become more aroused you can gently suck on her clitoris for some extra stimulation. You can also kiss it and take it into your mouth with soft, full lips. Try doing this and then slowly running your tongue over her clit with everything in your mouth. This will stimulate the areas you're licking and your mouth will also be coming into contact with the clitoral hood and other sensitive surrounding areas.

- ❗ Don't be afraid to use your fingers. Once she is really turned on, try inserting a finger into her vagina while simultaneously giving her oral sex. Crook your finger slightly in a come hither motion in order to stimulate the G spot.
- ❗ Don't let your hands be idle. Most of her focus is going to be on the amazing sensations in her clitoris, but that doesn't mean you can't make sure your hands aren't following up with some extra stimulation. Besides inserting a finger into her vagina, you can also insert a well lubricated finger into her anus as well. You can use your hands to massage her butt and move her hips closer to your face. You can also use your free hands to reach up and touch her breasts and nipples.



In closing...

Erotic kissing and licking is an extremely important part of the sexual experience. Honing your skills in these areas will make you a better lover who is more tuned in to your partner's needs and desires. Not only will it improve your sex life, but as we learned in the first section, kissing is an important part of maintaining a happy long-term relationship.



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