

Boobgasm Edition

OUTRAGEOUS
PLEASURE FOR
HER BREASTS
AND NIPPLES



Breast PLAY & SECRETS

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Section 1 – Facts & Theory

Breast orgasms – The unicorns of sex?!

Boobs, boobs, boobs. Admit it, you have boobs on the brain more often than not. You think about them, you ogle them admiringly from afar, you dream about them and you're always eager to give them more than a little gentle squeeze. And yet, when it comes to sex, you rush past the girls convinced that the real treat and actual secret to an orgasm lies between your partner's legs. Why is that? Do you consider them mere accessories put there for your viewing pleasure and for giving you that kick you need to get yourself hard and ready? If so, I'm here to clear the cobwebs away from this terrible myth. Breasts can and will induce an orgasm if you treat them the right way.

Now, for the purpose of complete transparency, I have to admit, I was once one of the non-believers as well. After all, sexual scientists have a long history of getting things wrong about the female anatomy (for example, Freud actually argued at some point that clitoral orgasms were a sign of "immaturity"). So you have to understand that when I first heard about women having orgasms from nipple play alone it sounded a bit



too good to be true. But after getting my hands on a Men's Health report of a study of 213 women that said 29 percent had experienced a breast orgasm, I was intrigued and I wanted to know more about it. I couldn't be left out of the loop if so many women were having crazy nipple orgasms – I had to learn how to have one myself.

After thoroughly researching the science in question – that of breast orgasms – and coming up with very happy and positive results (which also included me actually experiencing nipple climaxes), I was convinced. And I'm not the only one who knows this to be a true fact. Yes, up until recently, being able to orgasm via nipple and breast stimulation was thought of as a myth, or something that only a few lucky women can do and only by accident. But, that is not the case anymore. Indeed, modern research has confirmed that women report orgasms originating at different sites in their bodies, and, most importantly, they can also reach climax without any genital stimulation at all.

A study done with MRI machines and published in the Journal of Sexual Medicine in 2011, in which the scientists looked at which areas of the female brain "light up" when different parts are stimulated, including the clitoris, vagina, nipple, and (for comparison purposes) the big toe, reported that nipple stimulation activates the same region of the brain – the genital sensory cortex – as clitoral, vaginal and cervical stimulation. In other words, when you caress and play with her breasts it tickles the same areas responsible with the more commonly experienced orgasms, which means that the nipples and breasts can produce orgasms on their own without any genital stimulation what-so-ever. But, that's not all! "Studies have also shown that stimulation of the breasts and nipples unleashes the "love hormone" oxytocin which produces feelings of love and bonding, while also triggering the uterus to cause contractions which lead to orgasms", says Jessica O'Reilly, author of The New Sex Bible. So it all adds up if you think about it, and the prospect doesn't seem so impossible anymore.

If you have trouble believing the science, just watch your partner in the throes of passion and the cues her body gives will convince you. That's because you can actually see a breast orgasm coming: "The more aroused a woman's breasts become, her nipples turn a deeper hue, a sign she's closing in on a boob orgasm. Also, her breasts swell up to 25 percent, which means they get super sensitive and can produce even more pleasure", says Jennifer Wider, author of The New Mom's Survival Guide.

Now that I showered you with the best piece of erotic news you've received in a while – the fact that breast orgasms DO exist – you're probably getting ready to give your lady a special treat when she comes home from work. But hold your horses, cowboy! A boob orgasm does not simply entail rubbing her fleshy bosom with careless abandon and hoping to elicit that toe-curling pleasure you both covet so much.



The skin of the breasts and nipples is very thin and during sexual arousal it swells with blood, becoming more sensitive to touch. That's why it's important to choose your movements carefully so that you cause pleasure, and not pain. So don't go all rough on her breasts. Treat them with love, kindness and respect. Allow her to open up to your touch and get turned on. Most importantly, don't twist her nipples like you are trying to tune a radio dial. This doesn't feel good and it also shows what an amateur you are with breast stimulation. Finally, make sure you do tune into what she does like. How do you know this? Well, ask her, "Does this feel good?", to see what she enjoys and what she doesn't find pleasurable, or simply pay attention to her body language.

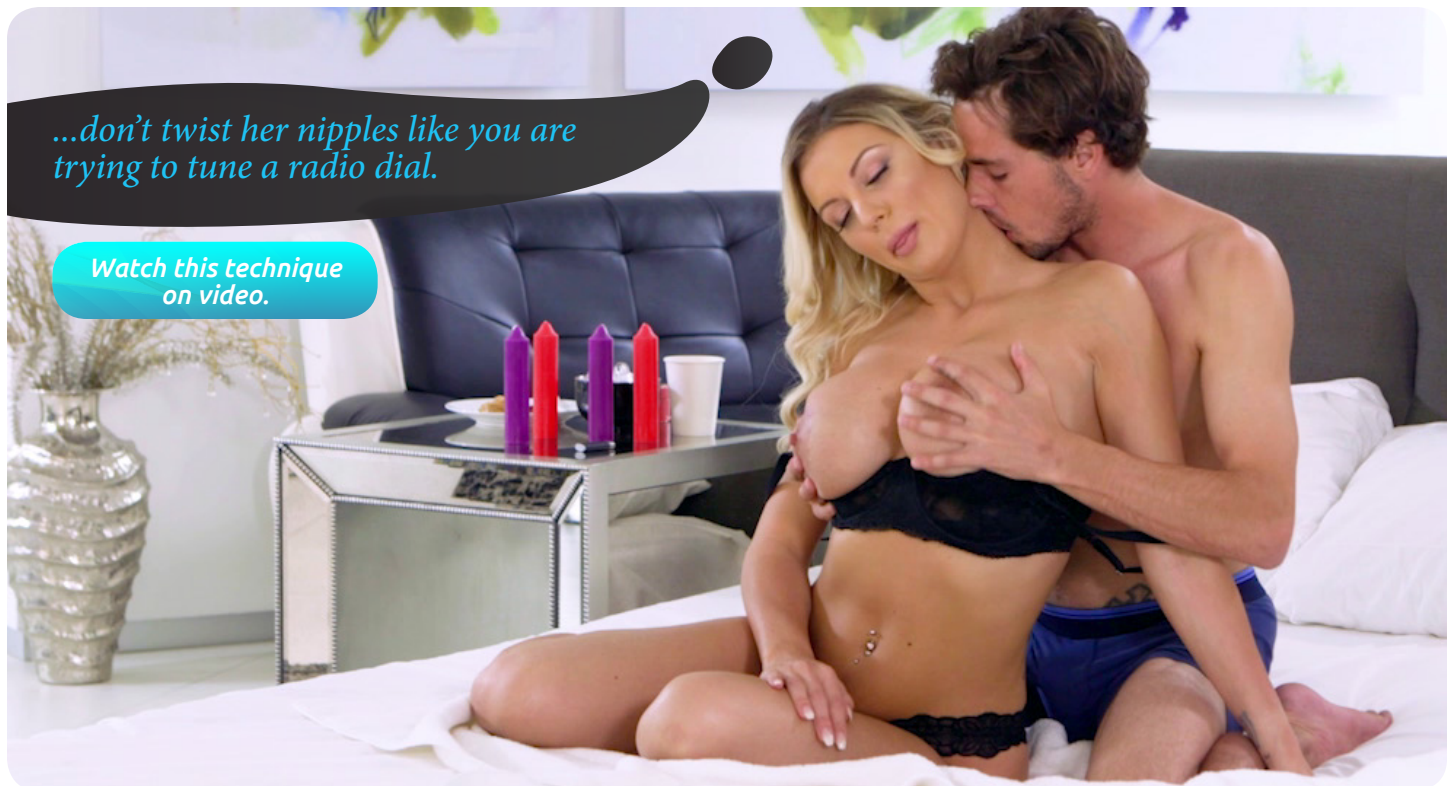
While men tend to focus on the nipples during sexual stimulation of the breasts, don't forget about the rest of those fleshy goodies, as stimulating every inch of them can be highly erotic for your partner. Maybe there are areas she likes more than others? "Try feather-light strokes with your fingertips to stimulate the tiny hairs on the skin and give her shivers of delight", says Ava Cadell, author of *NeuroLoveology: The Power to Mindful Love & Sex*. Use the palms of your hands to massage the breasts or cup, rub, gently squeeze, kiss, lick or suck to lead her to a heightened state of orgasm. Also, keep in mind that the size of her breasts have nothing to

do with sensitivity (it's not true that the bigger the breasts, the rougher your caresses can be). Another thing to remember is that her breasts sensitivity can vary at different times of the month as well, due to what phase she may be in during her menstrual cycle, whether she is breastfeeding, going through menopause, pregnant, or for various other reasons.

There are two types of orgasms that can happen during erotic breast play and throughout this course I'm going to teach you the best ways to successfully achieve them both. The first one is called a "Unigasm". This is an orgasm where stimulation is directed to one primary erogenous zone such as the clitoris, G-Spot, anus or nipples. In the case of the nipples, receiving localized stimulation of the nipple and or breast results in a "Nipplegasm". I'm not going to lie, it's not the easiest of feats and you have to put quite a bit of work into it but trust me, once you see the results, you'll want to try your hand at it again and again again. The other type is the Expanded Orgasm (Bigasm, Trigasm and Blended Orgasm), which happens when two or more erogenous zones are stimulated together, like the breasts and clitoris, thus resulting in a combination orgasm that radiates throughout the body. Now this is one hell of a pleasure bomb and you really want this on the menu for your partner. Stick around and let's see how we can make this a deliciously naughty reality!

...don't twist her nipples like you are trying to tune a radio dial.

Watch this technique
on video.



Stay hot for each other

Have I scared you with all that talk about different kinds of orgasms and what they entail? Does it sound like something you and your partner will never be able to achieve, taking into account the state of your current erotic endeavors? If you're not that adventurous in the sack anymore, whatever the reasons, you have to know this is by no means irreversible. It's actually the most annoying paradox of being part of a long-term twosome: Though your emotional connection is strong and your devotion for each other is deep, the supernova-love sparks that made your pulse pound during your early days as a couple is not that present anymore and the sex you're having is tame, to say the least. And if you're wondering if this loss of erotic juice means you'll never be able to have sex like I describe it in my books and my films, don't panic.

Most likely, the passion that fueled the both of you at the beginning hasn't disappeared – it's just hiding within your real-life couple routine. "The first year that you're together, your attraction is so new, you get goose bumps just looking at each other. But as you become a steady duo, those fireworks just reveal themselves in different ways", says Pepper Schwartz, author of *Everything You Know About Love and Sex Is Wrong*. So don't fret, with a couple of tips and tricks, your sex life can grow right back into that ball of energetic chemistry and carnal adrenaline that's responsible for nights of consuming and orgasmic passion. And the orgasms that I described earlier will suddenly become something that you cross off your list with ease and confidence. Here's a checklist of what you have to do to bring back that punch-drunk passion buzz that made you so freakin' hot for each other in the first place.



Create erotic anticipation

The days of not knowing when – or if – you’ll sleep together are long gone... and so is that libido-lifting sense of wonder. Well, you can’t go back in time, but you can reignite that excitement. Plan a really hot evening for both of you, but don’t let her in on the details. Just tell her that you’re cooking up a really sexy surprise for her. Build the anticipation by teasing her with hints of what’s to come. Let her imagination work overtime.

Share a saucy secret

Tell your partner an erotic fantasy that you’ve never revealed before. It doesn’t have to be something extreme – it could simply be a sexy dream you had about the two of you. Knowing that there are layers

“*Give your partner an advance warning before doing things you’ve never done before.*”

to your sexual personality that haven’t yet been peeled away will pique her interest... and her attraction to you. For more tips on how to spice up your sex life and try as many carnal tricks as possible, check out my program on the subject, The Sex Starved Couple – www.gabriellemoore.com/tw/ff.

Venture into unfamiliar territory

Entering into a joint erotic venture that causes a little trepidation can be a bonding experience because you’re embarking on the unknown as a team. You don’t have to do anything too out there: just step a little outside your carnal comfort zone by, say, trying to have sex blindfolded or learning a new trick to go down on her. You’ll be creating great sexy memories together that will become a shared reference point for future reconnecting. Word of caution: Give your partner an advance warning before doing things you’ve never done before. “You don’t want to overstep boundaries. No matter how close you are, everybody has them”, says Paul Joannides, author of The Guide to Getting It On: A New & Mostly Wonderful Book About Sex. For example, instead of just sinking your teeth into her shoulder, let her know what’s in store by licking her shoulder and saying something like “Mmm... you taste so good” and then giving her a little nibble. If she moans, you know she’s into it.

Save time to be sensual

Once you've become an established couple, all those hours you used to devote to just hanging out together tend to get eaten up by daily obligations and chores. But it's essential to shut out the rest of the world and chill as a twosome. Take a back together, give each other massages, or sit in bed and cuddle. The point is to relax and remind yourselves how much you enjoy your physical and emotional closeness.

Make some noise

You may feel silly when an "Oh, God, yes!" escapes your mouth during orgasm, but most women love the background vocals. "When you make sounds during sex, it lets your partner know that she's pleasing you, which is a major turn-on for her", says Linda De Villers, author of *Love Skills*. But how do you go from silent sex to out-loud romps? To start, don't fake it: If you try to make noises that don't come naturally, you'll feel more awkward. Instead, just start slow. "When you feel a moan coming on, resist your urge to stifle yourself and let it out. You may also want to try saying what's in your head, like 'That feels so good' or 'Keep doing that'", says Betty Dodson, author of *Orgasms for Two*. As you become more comfortable being audible, you won't worry so much about what you sound like during an intense, climactic moment.

Touch each other... a lot

Nothing telegraphs closeness



and caring more than touch. The simple act of holding hands when you walk together or resting your head in her lap when you're watching TV will keep you connected as a couple. It's not necessarily about being sexual – though it's great if that's the end result – it's just that touching each other throughout the day helps reaffirm your affection.

But have No-Hands sex also

For your next steamy session, bewilder your partner by suggesting you both keep your mitts to yourselves. "There will be a whole new focus on your bodies making contact with hands out of the picture. Just the act of trying to initiate sexual intercourse without using your hands will be a thrilling

“Take advantage of her lustiest peak by grabbing her for sex as often as possible...”

and challenging change”, says Carol Queen, author of *Exhibitionism for the Shy: Show Off, Dress Up, and Talk Hot*. When assuming the missionary position, keep your palms planted on the bed for support and pay attention to how your bodies – particularly your pelvic regions – undulate together. Things will slow down and might even get comical – which is absolutely fine. Sex isn't always meant to be serious business. Besides that, this little exercise will remind you how amazingly good sex feels when you can use all your digits.

Section 2

The Hows and Whys of Breast Orgasms

Most me don't that that women's breasts are orgasmic. You're so focused on giving your partner an orgasm through clitoral stimulation and/or vaginal penetration that you miss out on so many other great

forms of stimulation. A woman's entire body is orgasmic and I think I have proved that to you in all my courses. But today I want to introduce you to the breast orgasm. With the practices I'm explaining in full detail below, you will be able to give your partner an amazing boobgasm with merely your hands and mouth. Does that sound amazing, or what? Let's get started, shall we?

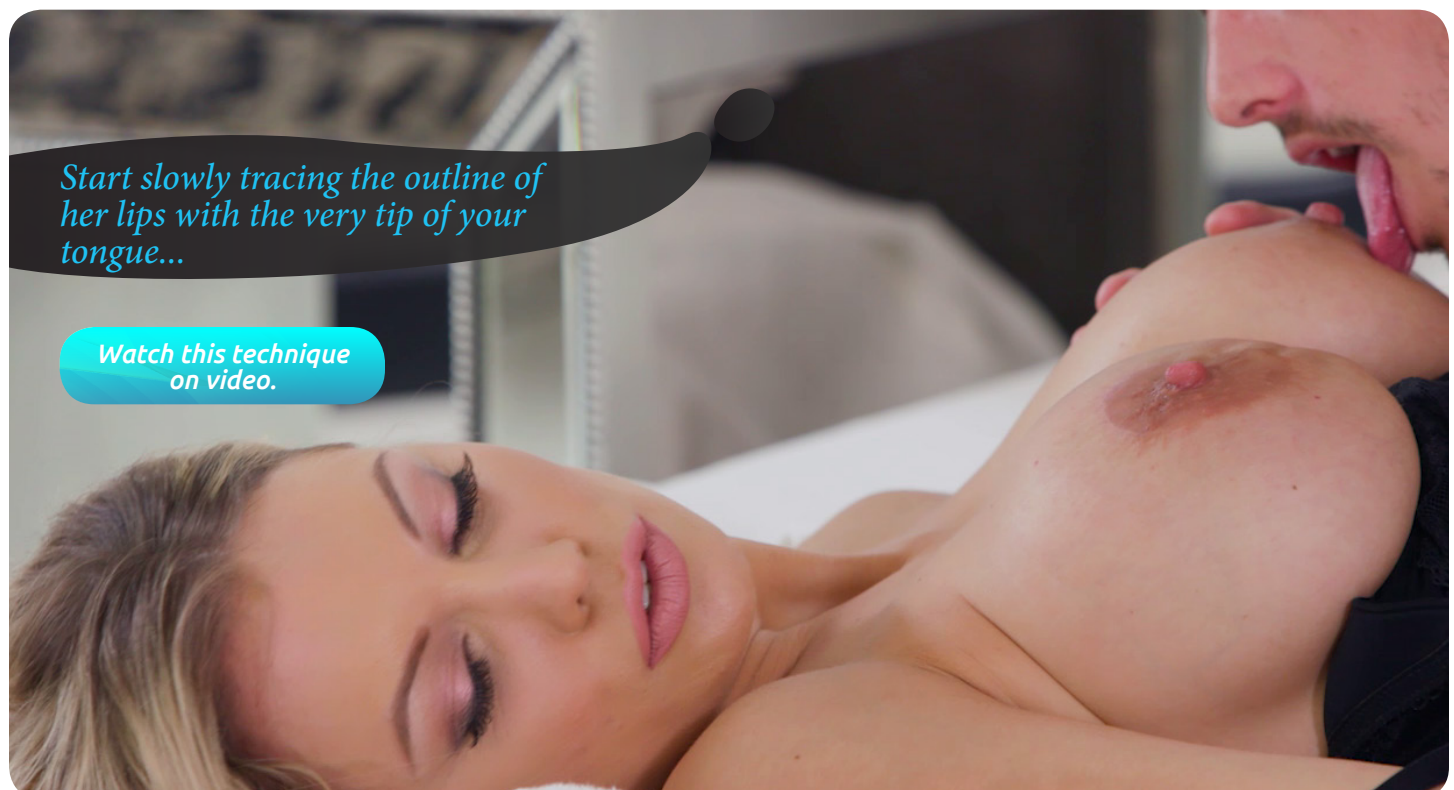
TECHNIQUE 1

Crack the breast massage code

Light her breast fire (and yours!) with some hands-on boob pampering. I've created a tempting and super-easy massage technique that primes her girls for a steamy nipplegasm session. Try this tonight and I'll promise she'll feel so good she'll definitely want an encore.

Her secret pleasure triggers

At this point in your frisky history, you know where to touch a woman to render her speechless. That's why I'm always working hard to cast an even wider nookie net. Well, I hit the jackpot when I



discovered five spanking-new moan zones on your woman's body. "There are unexpected areas of arousal close to the traditional hot spots that are begging to be discovered. Not only are these 'almost zones' loaded with nerve endings, making them highly sensitive to touch, but their proximity to the primary pleasure points increases physiological arousal", says Patti Britton, author of *The Complete Idiot's Guide to Sensual Massage*.

In other words, playing with her almost zones builds the anticipation until she's aching (and I do mean aching) to have the actual areas toyed with, and you need this if you aiming to give your partner a boobgasm. So where exactly are these neighboring erotic wonderlands? Here, I provide the map to your woman's pleasure, plus the ultimate tease-her techniques.

Obvious Spot: Her lips

▀ Almost zone: Her pucker perimeter

If you've ever had one of those killer kisses that leaves you throbbing, you know just how lusty the lips can be. But circling her smacker is an equally hot (and uncharted) area. The feel-good territory starts under her nose, just above the bow of her lips, and radiates outward toward her laugh lines, encompassing the entire circumference of her pout. "Stimulating this peripheral region is incredibly pleasurable because it's one of the most sensitive spots on the body", says Michael J. Bader, author of *Arousal: The Secret Logic of Sexual Fantasies*. Start slowly tracing the outline of her lips with the very tip of your tongue, letting it linger near the corners of her mouth. Pull back, then seductively suck your pointer finger and retrace your tongue's titillating

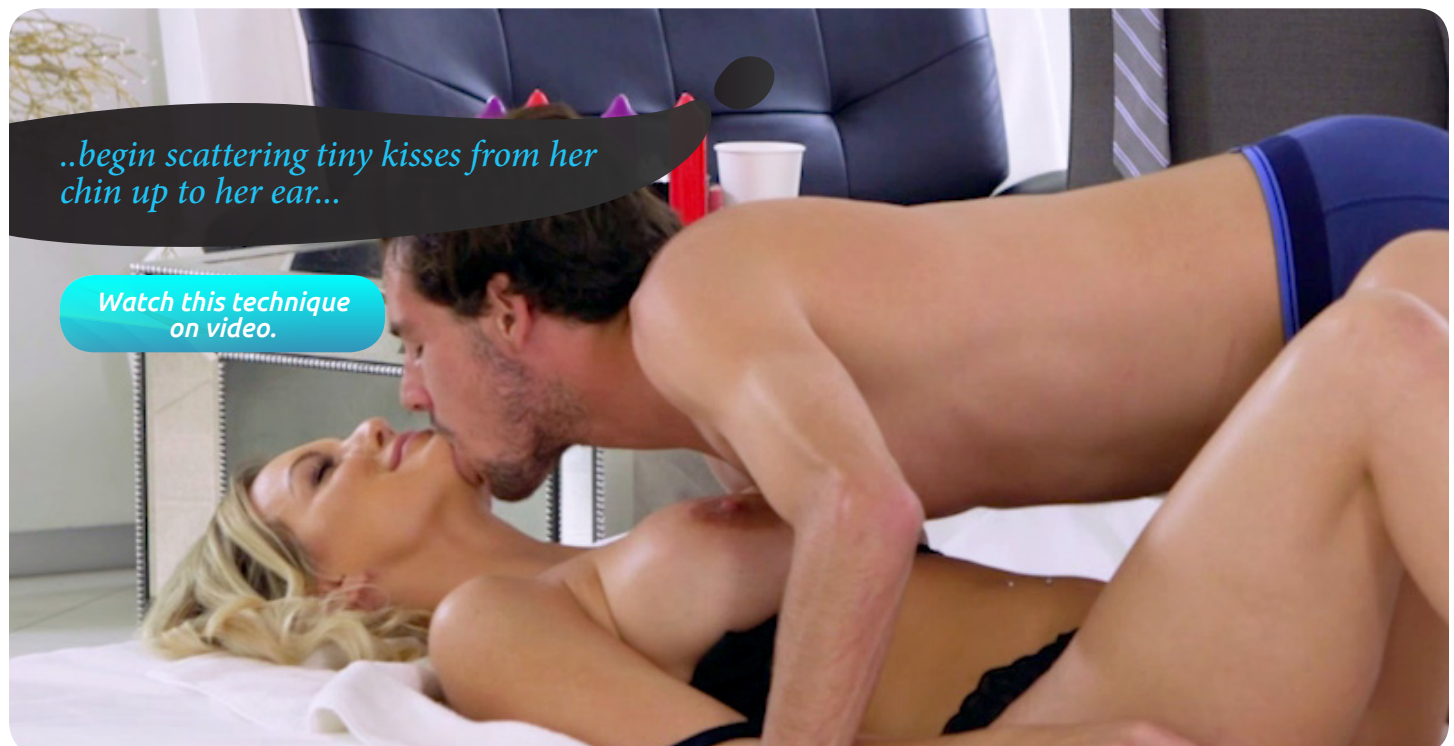


path with your digit. After a few sexy laps, your lady won't know her lips from her loins. Now it's time to up the erotic ante. I suggest following the same trail with an ice cube. When you finally move in for a kiss, the heat from your mouth – contrasted with the cold – will intensify the sensation.

Obvious Spot: Her ears

Almost zone: Just around her jawline

Some naughty ear-nibbling can get her wet faster than you can say "Got milk?" But turning on the area right below her lobe along her jawline and up to the other ear is just as scintillating. The skin on this path is incredibly thin, so even the slightest touch can be highly arousing. Plus, pleasure spots positioned around her noggin fuel intimacy because you're so up close and personal. To fire up this almost zone, cradle the back of her head in your hands and begin scattering tiny kisses from her chin up to her ear. This creates a tingling sensation that shoots a shiver down her spine. "As soon as you get close to the lobe though, pull back and move down her jawline and up the other way. It causes an ebb and flow of sensation because the closer you get to her ears, the more turned on she'll be", says Beverly Engel, author of *Sensual Sex: Arousing Your Senses and Deepening the Passion in Your Relationship*. Once your jawbone back-and-forth has her jonesin', take her love between your lips, letting out a hot breath of air as you gently suck.



Obvious Spot: Her nipples

Almost zone: Breast periphery

Handling your woman's headlights can send her to nipple nirvana in no time flat. But her nips aren't the only thing aching for action. The perimeters of her pointers, including the areolae and the skin circling them, are packed with pleasure centers. "The nerve endings radiate outward from the nipple, so the outer area is also super receptive to touch", says Lou Paget, author of *How to Give Her Absolute Pleasure: Totally Explicit Techniques Every Woman Wants Her Man to Know*. Start your breast path by licking along the crease where her arm meets her chest. Then move inward toward her breasts, tracing your tongue around the outside of the areola, making smaller and smaller circles as you approach her nipple. Once you reach the N spot, gently blow on it for a bit before flicking it with your tongue.

Obvious Spot: Vulva

Almost Zone: North of the nether regions

Due south of her lower abs, between her hip creases and above her Mons Pubis, is a feel-good minefield waiting to be set off. Being so close to her genitals is a huge turn-on because the anticipation factor is so high. The problem is, men often neglect this district because of that close proximity. To entice this everything-but area, start by gently spreading your palm over the center of her groin between



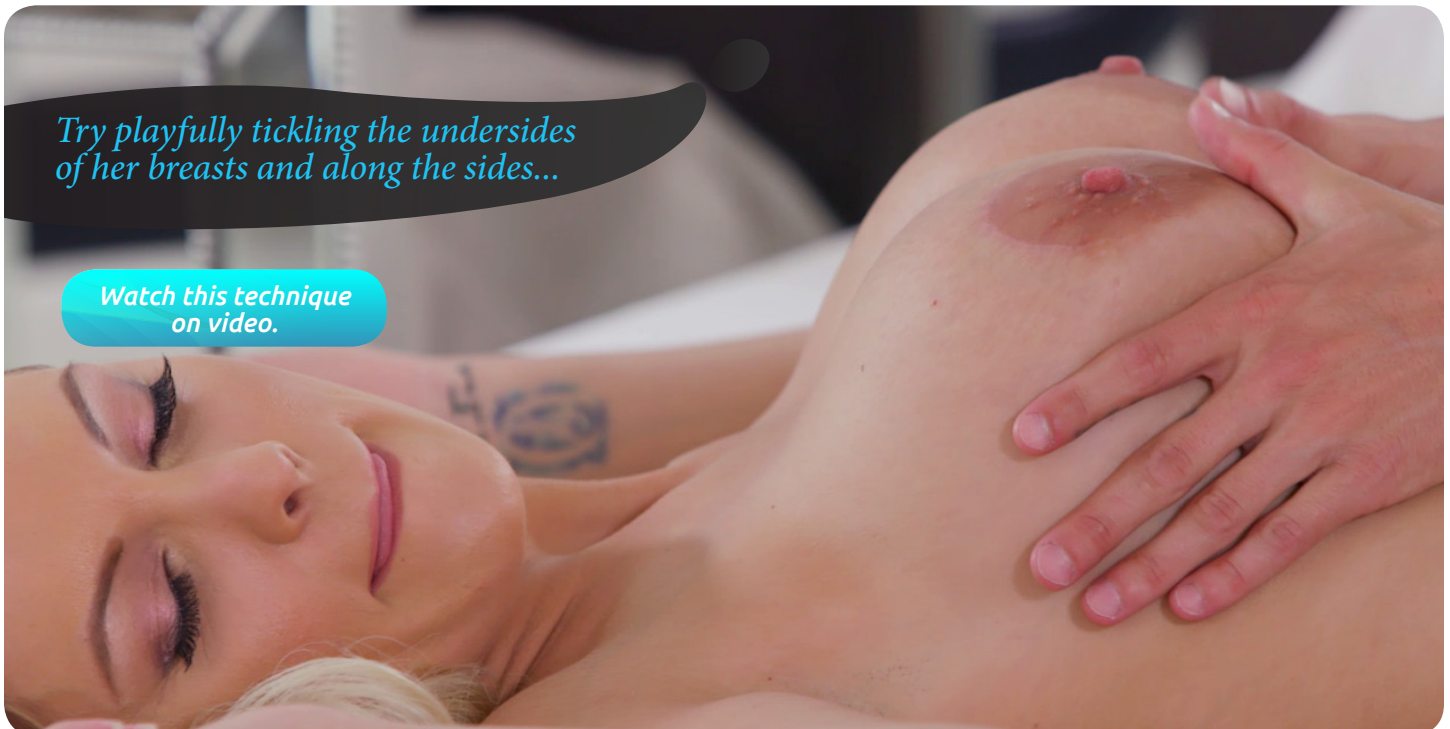
her hip bones. Then pull your fingers in, lightly grazing the sensitive skin with your fingertips and nails. “This gentle clawing motion – similar to a cat pawing a blanket – sends shocks through this area”, says Ian Kerner, author of *She Comes First*. Now heighten her horniness by doing the same thing... orally. Open and close your mouth repeatedly, using just your lips to caress her skin lightly. (Think fish lips.) Just a warning though: After a minute or two, she'll be dying to interrupt the action.

Breast Massage Step-by-Step

First, make sure your hands are callous-free, nails are neatly trimmed and smooth, and you have an erotic massage oil on hand. Start with lots of foreplay, kissing and feeling her up as you slowly undress her. Put your arms around her and use both hands to remove her bra and free the saucy sisters. Continue to kiss her, nibbling her ear lobe and kissing down her neck. Rub her shoulders and back where the straps were to help remove any stress from her body. Encourage her to breathe deeply into the belly during this massage so she can build sexual energy into her center and lower abdomen, where the sacral chakra (sexual energy center) resides. For more juicy tips on how to make sex an emotional journey just as strong and powerful as it is carnal, check out my program on the subject, *The Tantric Touch*, - <http://www.the-tantric-touch.com> - you'll discover that sex can be used as a tool to improve your relationship and your intimate bond as a whole.

Try playfully tickling the undersides of her breasts and along the sides...

Watch this technique on video.



Next, push her back on the bed as you continue to make out with her, kissing and nibbling down her neck and softly caressing her breasts with both hands. Make sure you are both in a comfortable position when you do that. Now going forward, you've got a number of massage strokes you can use to really knock her socks off big time. I'm going to go through all of them so that you see the wonders each make in literally setting her breasts on fire.

Let's start with lightweight touching from the outside in. This feather-light stroke is perfect for teasing because it grants you the opportunity to work your way from the outside of her breasts inwards, massaging the pulpy flesh lightly without touching the nipples just yet. Experiment with circular motions with your fingers either splayed or closed together, alternating between different pressures to see to which type of touching she responds best.

Next, go for soft scratching all over. Scratching lightly in long strokes with your nails, barely touching the light hairs on her breasts is also really arousing. Try drawing circles with just one finger, then try all fingers for more intense stimulation. Now would be the perfect time to add some teasing tickles into the mix. Try playfully tickling the undersides of her breasts and along the sides of her ribs, under her armpits, her inner and upper arms, and down the sides of her body. Don't for-



get about lip-locking! “Sometimes men get so consumed with what they’re doing that they stop kissing during sex. To make her feel like you’re present and into her, you have to keep up that connection”, says Yvonne K. Fulbright, author of *The Hot Guide to Safer Sex*.

- **To really set her on fire, continue with what I like to call the under pressure move.** Sure, soft and sensual caresses are great, but adding a bit more pressure with your fingers, palms and side of your hands feels heavenly so definitely don’t overlook this step. Place your fingers and palms between her breasts and begin to rub them up in the middle, around the top, down the sides, and then back towards the middle and up again in long, continuous, firm strokes.
- **Don’t forget about the sliding sensations.** Press the palms of your hands at the sides of her breasts and slowly slide them together and upwards, creating cleavage, hold for a moment, and then let them drop free. Do this a few times. Also, a good dose of cupping crescendo will do magic right about now. Cup her breasts from underneath and push them up and together, holding for a moment with palms flat and pressed, then allowing them to naturally drop.
- **Now that she’s properly moaning and fidgeting with pleasure, let’s take this to another level by adding some nipple stimulation into the fun!** Place your thumbs on her nipples, slightly pressing them in, while holding her breasts and pushing them together down, out and up in large

press your fingertips a bit harder into her nipples and use the pressure to move the breasts...

Watch this technique
on video.



circular motions. Do this a few times, then release those sweet melons. Next, press your fingertips a bit harder into her nipples and use the pressure to move the breasts around once again in large circular movements. Do this a few times, circling the breasts towards each other, then a few times in the opposite direction. Release them after a couple of playful sessions.

■ **For the grand finale, let's try soft pinching of the nipples and areolas.** While pinching her nipples gently, pull the breasts out and upwards, then release and start over. "A little lightly painful passion can be very exciting for women. It turns them on when you demonstrate that you as imaginative as you are sexually assertive", says Barbara Keesling, author of *Discover Your Sensual Potential*. Repeat several times as you encourage oxytocin to ignite her desire and push her towards the best Nipplegasm of her life.

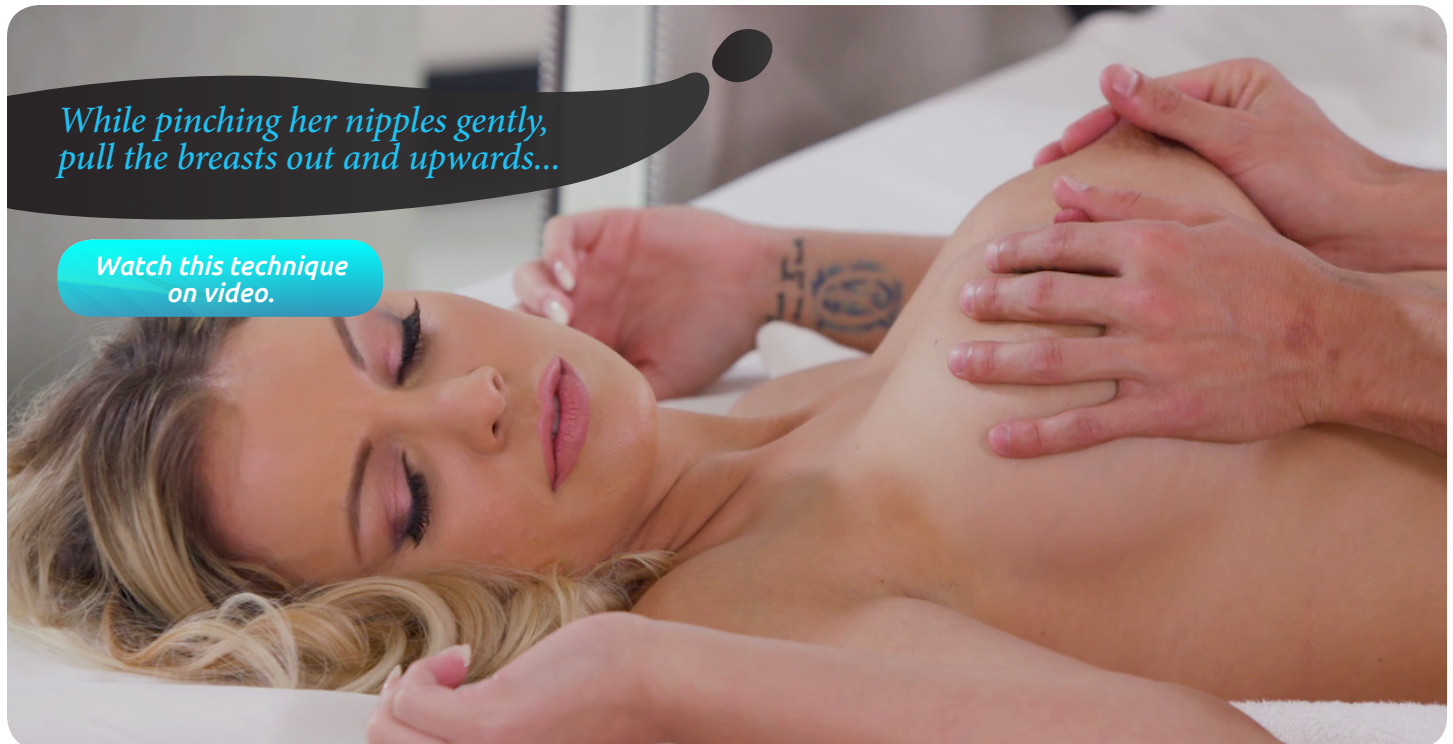
TECHNIQUE 2

Randy race to the boob bomb

Erotic breast stimulation doesn't end with simple breast massage, no sir. Using sensation breast play can actually increase her pleasure even more, leading to even stronger boobgasm. So if you want to

*While pinching her nipples gently,
pull the breasts out and upwards...*

Watch this technique
on video.



truly make this experience mind blowing for your partner, you've got to get creative! Fortunately for you, I'm here to talk you through every step of the way.

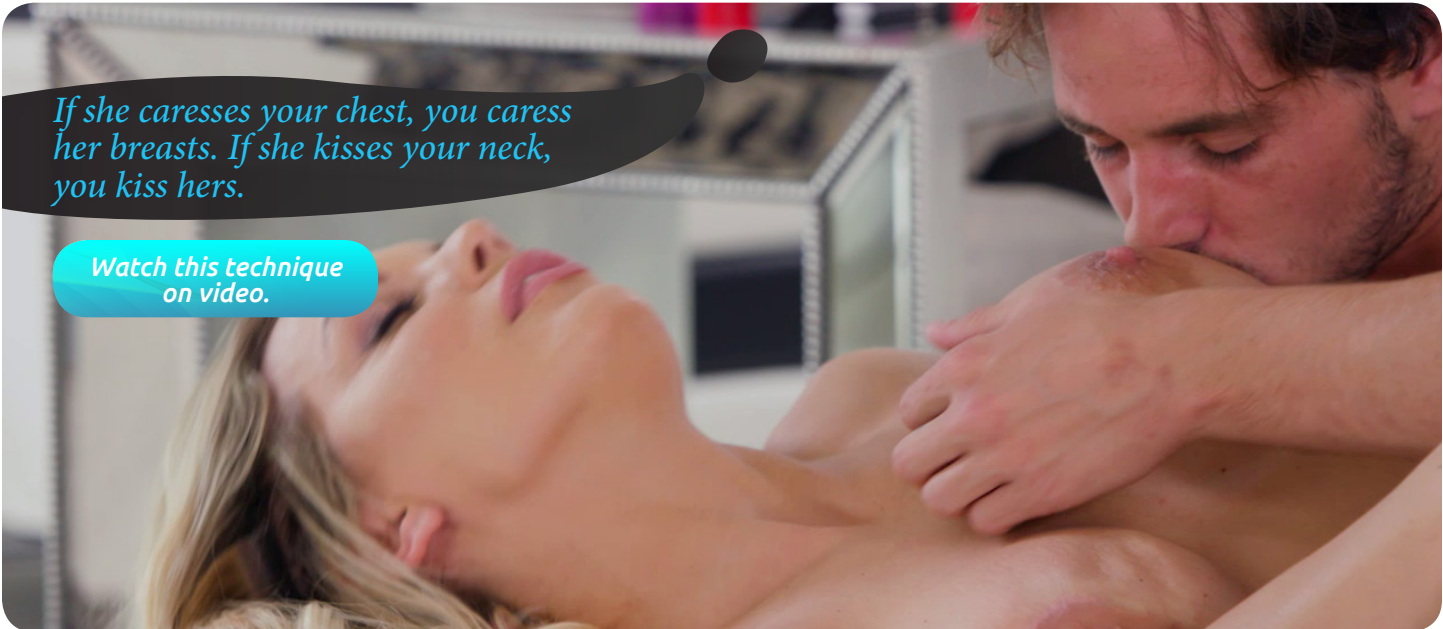
Do you know your partner's dominant sex sense?

Trust me on this: A woman says a silent thank-you whenever you're lavishing attention on her in bed. But have you ever wondered which of your moves she loves most? That's a chinch if you know whether her dominant sense is sight, sound, or touch. Although we get a rush from all of our senses, experts agree that we usually favor one over the others – and the key way to pinpoint your partner's biggest turn-ons is to zero in on her dominant sense. "If you customize your bedroom moves to your partner's dominant sense, you'll maximize her pleasure", says Rachel Hott, who led the Neuro-Linguistic Programming study of the senses.

But how do you tell whether your partner is a sight lover, a sound hound, or a touchy-feely type, and, most importantly, how do you send her into total sensory bliss? With my help, of course!

She's kinesthetic, meaning her big turn-on is touch

She most craves anything she can feel on every inch of her body. When she does talk, which isn't often, she will nonetheless wax on about "how she feels". To rock her touch-driven world, tease her with texture. Put your head onto her chest, facing forward so that she can feel the touch of your hair, and drag it slowly down to her nether regions. Or loop a silk scarf around the base of her breasts, then stretch



If she caresses your chest, you caress her breasts. If she kisses your neck, you kiss hers.

Watch this technique
on video.

it gently away from her body. “This stimulates both her boobs and her genital parts, since they are interconnected, increasing her pleasure”, explains Lou Paget, author of *The Great Lover Playbook*. You can also try the Mirror Game, which means copying each other’s movements in bed: If she caresses your chest, you caress her breasts. If she kisses your neck, you kiss hers. This game is great because it also provides the ultimate feedback loop, helping both of you understand exactly how the other likes to be touched. Also, your touch craving lady will no doubt enjoy the feel of a vibrator, so amaze and delight her while you’re engaging in intercourse by placing your buzzing buddy on her lower abdomen and pressing down firmly. That way, she’ll enjoy a subtle and indirect, yet sublime vibrating sensation paired with your thrusting.

She’s auditory, meaning she loves to listen

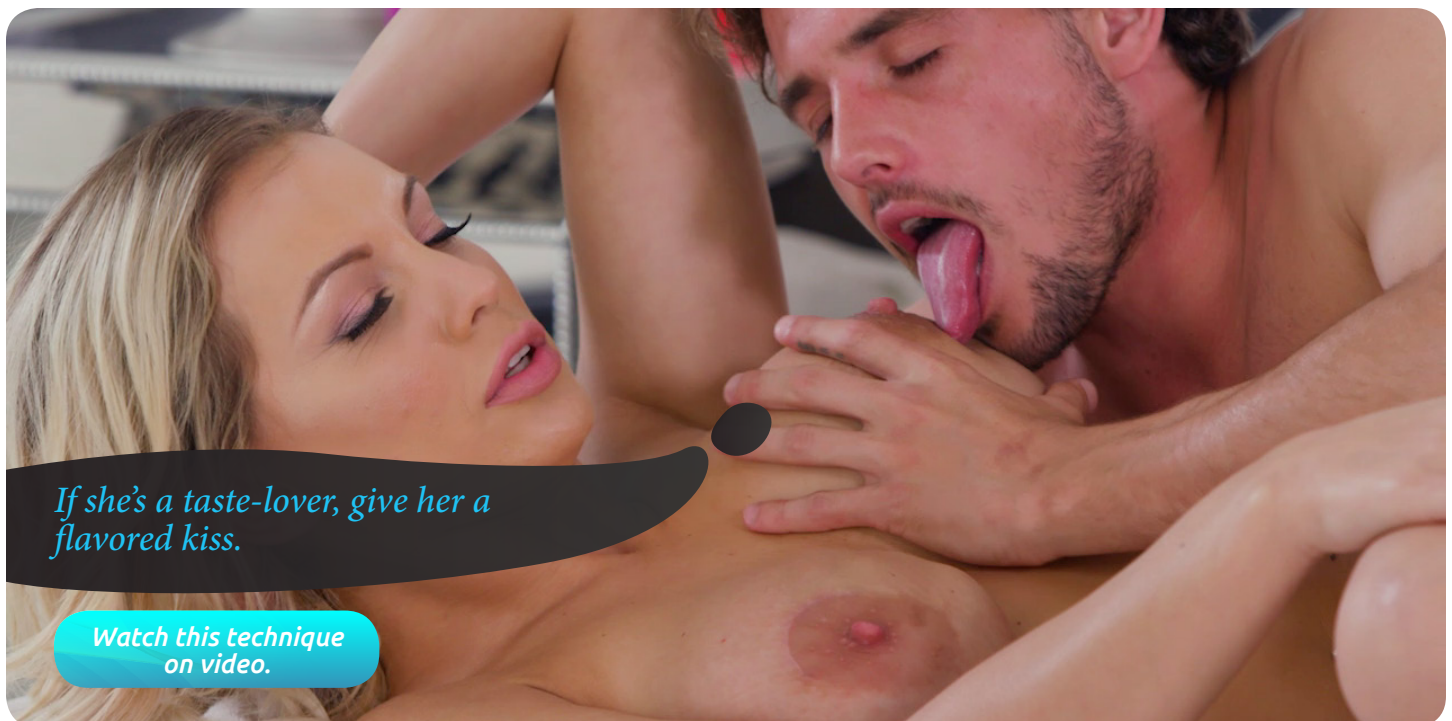
She’s a lover of long conversations and a lusty listener so the key to her heart is turning your lovemaking into a wall of hot sounds. To rock her world, up your dirty-talk lingo. A sound hound like her goes gaga for dirty talk, so describe what you’re doing (“I’m going to touch you here and here!”) what she’s doing (“I love it when you kiss my neck”), then throw in some short and sexy adjectives, like hard, hot, wet. You can also let your bodies talk. Two bodies working in concert makes for loads of interesting noises – and auditory-



type women really dig the sound of sex. The sex position that will deliver some serious erotic audio is one that traps the moisture between your bodies: Try sitting facing each other, legs entwined, and rock rather than thrust into her. Last but not least, turn on some sexy sounds. The right music will totally enhance the sound hound's experience. Anything by Barry White will do the trick, or try the sweet tones of Sade to turn her on.

She's visual, meaning she loves sexy sights

Most guys get aroused primarily by what they're looking at, this is no surprise, but women do too, especially those who also speak visually, as in "Can you picture that?" To rock her visual world, go ahead and show her your body. You may feel self-conscious to let her take your nakedness in (this is usually her part and you're the lucky viewer), but trust me, she's loving it and it's making your sexual encounter so much better. Women crave seeing a naked body. Because it's so masculine, it makes them feel more feminine. Plus, the more uninhibited the view, the more active and arousing the sex will be. Another thing to try is to make love in front of a mirror. Mirrors give her new angles on the action, so she'll love this passionate pose: Have your partner face a mirror with you behind her. Enter her, then have her lean her head against your shoulder and wrap one arm up around your neck. Your entwined bodies will look like a piece of art. And since most of the times the sexiest images are the simples, don't forget about locking eyes for the Big O. The next time you feel she's about to have an orgasm, stare into her eyes



If she's a taste-lover, give her a flavored kiss.

Watch this technique
on video.

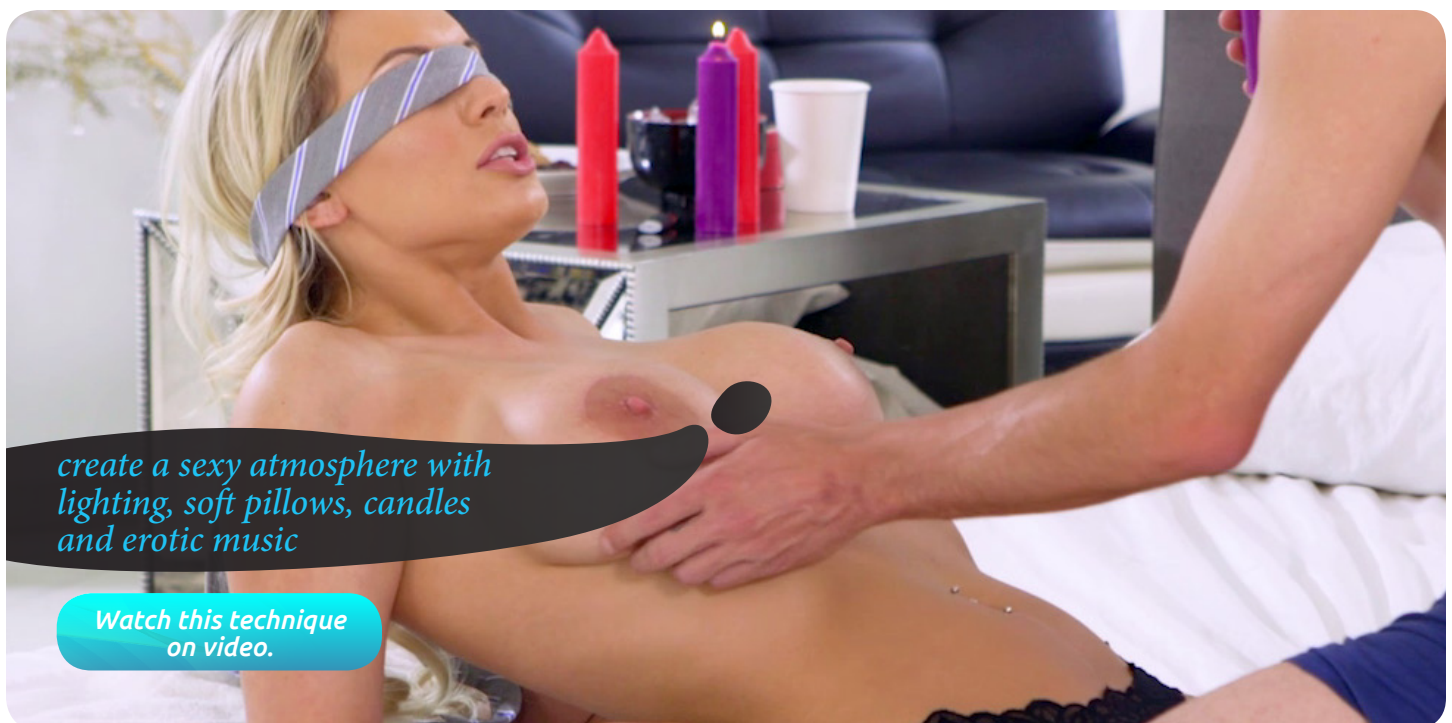
and hold her gaze. Visual women will feel super-close to you with this technique.

The two senses you shouldn't ignore

A small percentage of women (around 5 percent) fall into a fourth category: They get turned on primarily through their senses of smell and taste. If your partner is mad about smell, the next three times you have sex, light one special scented candle. Soon, she'll begin to link this fragrance to one thing: you and her, horizontal. So if you want some attention pronto, all you have to do is light that candle to get her in the mood for more of you. If she's a taste-lover, give her a flavored kiss. When you're alone with her, get out three types of flavored liqueur – Irish Cream, Crème de Menthe or Raspberry – then lean over and whisper, "Close your eyes and try to guess which one I've sipped. On your first kiss, lightly trace the tip of your tongue along her lips. If she can't pinpoint the flavor, delve deeper.

Boob Bomb Step-by-Step

Before I go on explaining each move in hot detail, here's a list of the erotic supplies you're going to need to recreate each and every one of these fantastic scenarios: a glass full of ice cubes, a cup of hot herbal tea, a warming massage candle, a blindfold, and an array of nipple stimulating balms, either cooling, warming, or tingling. Take everything with you to your love den and don't start until you've properly set the scene for this: create a sexy atmosphere with lighting, soft pillows, candles and erotic music to



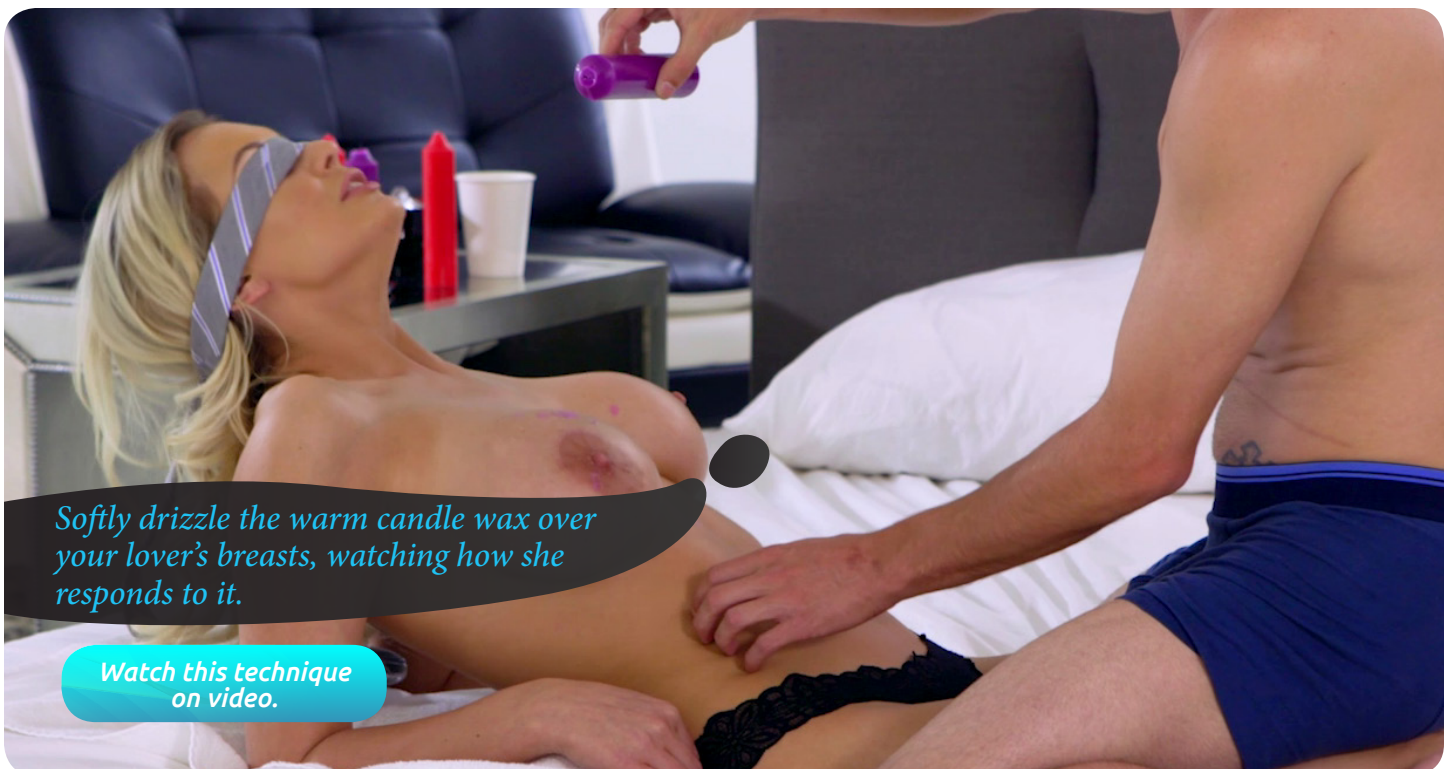
*create a sexy atmosphere with
lighting, soft pillows, candles
and erotic music*

**Watch this technique
on video.**

really get her into the mood. If you want more information on foreplay and how to make sure your every session is as hot as it can be, read my book on this topic: Turn Her On Faster – <http://turnheronfaster.com>. Everything you ever wanted to know about how to turn your woman to mush is right here.

/// **Now, let's start with the Whooping Warming Explosion.** While she's laying back in a comfortable position, blindfold her to make sure she feels each and every sensation more powerfully. Next, take an erotic massage candle that you previously lit and blow it out. Never pour hot wax from a heated massage candle onto your lover with the flame lit. Also, make sure to use a soy massage candle which burns at a lower temperature so you don't cause her any pain whatsoever. The candle wax should be warm, not hot. Never use a regular candle for this. Softly drizzle the warm candle wax over your lover's breasts, watching how she responds to it. When you're sure she's properly aroused by the hotness of the wax – her moans grow louder and she starts to fidget, eager for more – begin to massage her breasts in large circles, like we taught you in the Under Pressure move described earlier. Try moving your hands in circles, pressing her breasts together and upward, and dribbling warm wax over her nipples, then lapping it away with your mouth.

/// **Next, let's switch things up a bit with Fire & Ice.** Take a sip of hot tea and hold it into your

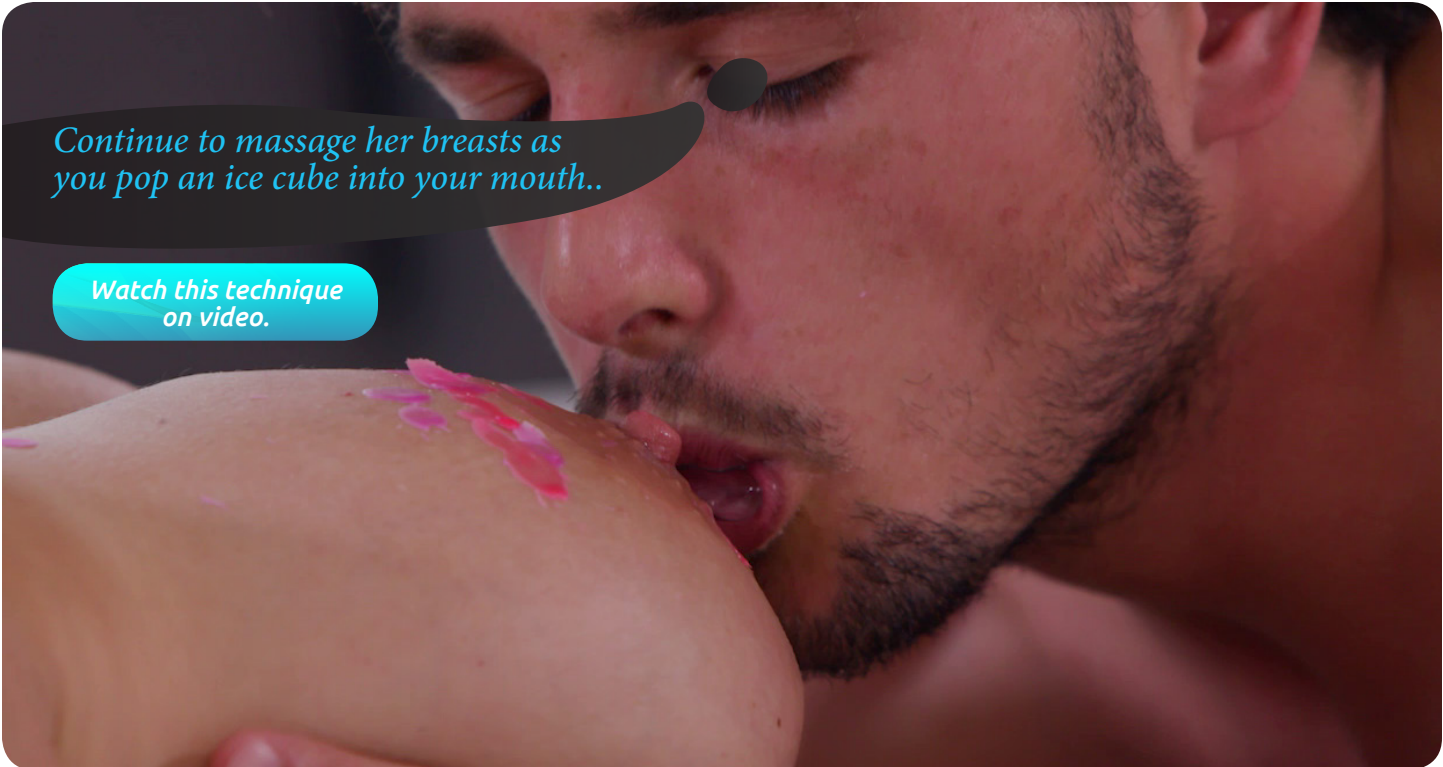


Softly drizzle the warm candle wax over your lover's breasts, watching how she responds to it.

Watch this technique
on video.

mouth for a moment as you continue to massage her breasts, then lap at her nipples with your hot tongue, taking them deep into your mouth. Continue to massage her breasts as you pop an ice cube into your mouth, then, while holding the ice between your lips, circle it over her breasts, and around and on her nipples. Watch them perk up with surprise! For a real treat when it comes to combining hot and cold moves to breast play, this exercise will work her up good as well. Here's what you have to do. Before you're ready for action, pop her silky satin panties in the freezer and when you're fondling her girls, loosely wrap the icy fabric on them and gently slide them up and down. The coolness combined with the satiny smooth texture provides a surprisingly hot sensation. But act fast – the heat coming off your partner's breasts will melt the chill rapidly. So once the panties hit room temperature, go the opposite route and really warm things up. Microwave a damp washcloth for about 15 seconds, then use it to rub her ladies in an up-and-down motion, just as you did with her panties. Not only is the warming sensation soothing, but it also brings the blood flow to her breast area, increasing her arousal.

For the grand finale, use the Arousing Gel Collision. Whip out your favorite nipple stimulating gel or balm, lather your fingers with it and start slowly massaging her nipples and areolas, letting the gel sink deeply into the thin skin for full effect. It takes time for her body to become accus-



Continue to massage her breasts as you pop an ice cube into your mouth..

Watch this technique
on video.

tomed with the strong sensations created by the gel, so take it slow. Start with slow caresses and strokes, and then gradually start to experiment with pressure. Try circling motions around the nipples, gliding your fingers up and over them, and pinching and tugging them gently. You can also follow the popular oral sex tip and spell the alphabet with your fingers all over her nipples. As she gets more aroused, you can let your motions build up intensity, too. Flick your thumbs over her nipples to make them perky and blow on them, enhancing the cooling and tingling effect of the gel. Focus on one nipple at a time, but switch it up so you don't over-stimulate a nipple. A good rule of thumb? While you're stimulating a nipple, massage the other breast with similar motions to give it a piece of the action as well and really enhance her boobgasm.

TECHNIQUE 3

Oral breast sex

For a real breast treat, put your money where your mouth is, stud! Sure, your hands can do amazing things to her boobies, as shown earlier, but there's nothing quite like the wetness of your mouth and tongue, as they actually provide sensations that are surprisingly similar to what she experiences when you go down on her, arousing her even more.

The sensations she enjoys most

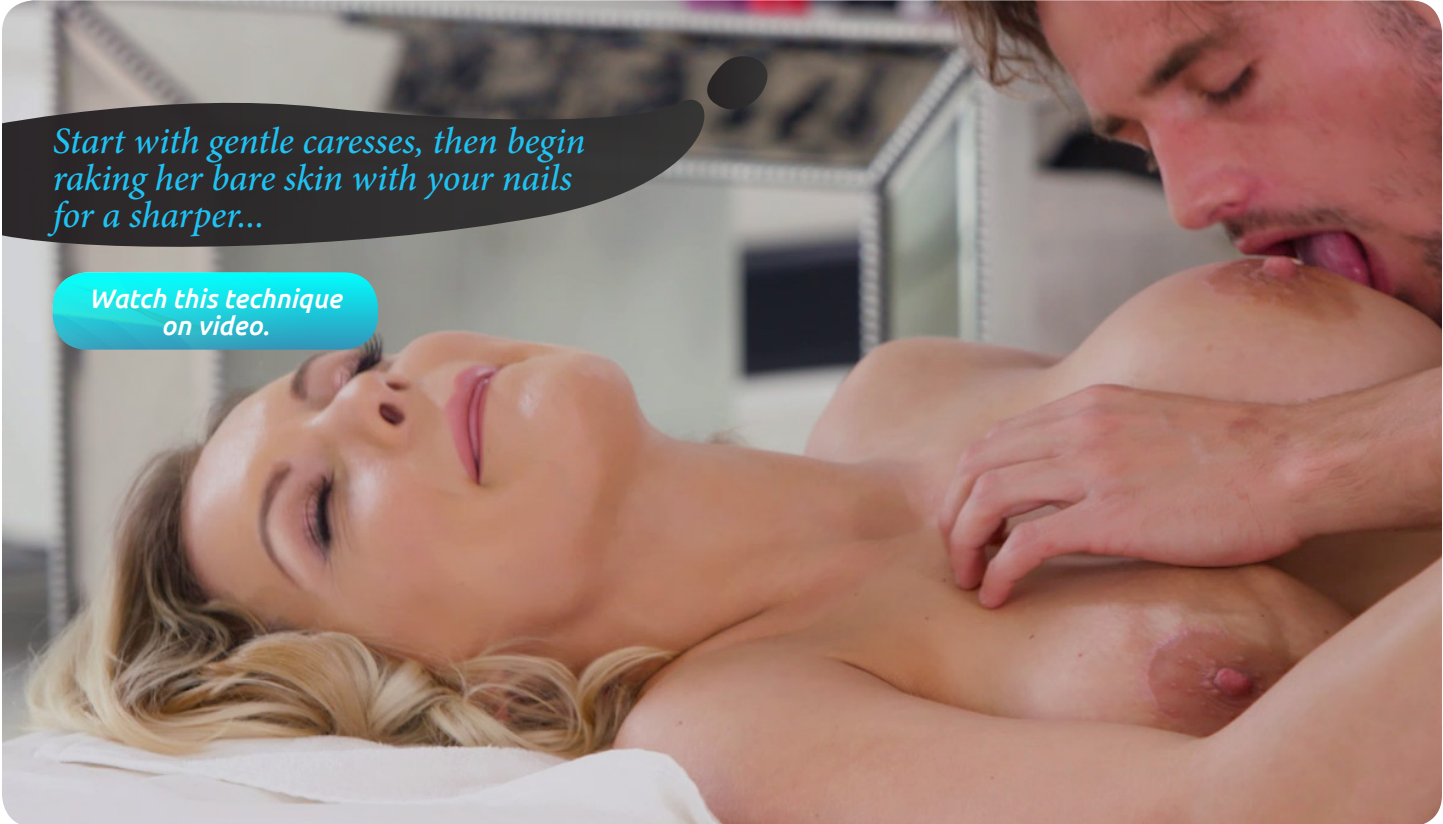
Touching a woman near or on her breast area in any way – with your hand, with your mouth, with your erect penis – is usually good enough to raise her temperature. But 'good enough' isn't always good enough. Women's



desires are surprisingly complex and multilayered – they desire many sensations all over their bodies. “Exploring different forms of touch boosts her excitement and enhances her pleasure and the chances of having a breast orgasm”, says Patti Britton, author of *The Art of Sex Coaching*. So give her the scratch, squeeze, and bite – yes, bite – she craves and send her arousal level – and your sack skills – through the roof.

The stroke scratch

While a soft, tingly touch works wonders at the beginning of foreplay, if you want to up the feel-good effect, you have to be a bit more pointed. “Start with gentle caresses, then begin raking her bare skin with your nails for a sharper, more acute pleasure. Plus, if you move your nails in a swirling, circular pattern, rather than just up and down, it’s a more unpredictable motion – her nerve endings are more engaged and more receptive because they aren’t sure where you’re going next”, says Ian Kerner, author of *Passionista*. Different pressures will be needed for different parts of her body, which vary from woman to woman. As for where to start, try her head. Put her head in your lap and graze your nails over her scalp – it’s relaxing and feels incredible. After a few minutes of scratching you’ll find that she is totally turned on. When her scalp is satisfied, take off her clothes and have her lie on the bed. Gently drag



Start with gentle caresses, then begin raking her bare skin with your nails for a sharper...

Watch this technique
on video.

your nails in an S motion up her arms, over her breasts, down her belly, and up and down her legs. As you get near the nipples, teasingly veer off, building up the anticipation and keeping her in sexual suspense.

Alternating hot and cold

A hot bath on a cold day is as soothing as diving into a cool pool on a 95-degree scorcher is exhilarating. Why? Because of the contrast. Well, those same sensations can come into play in the bedroom as well, as I mentioned in the previous technique. “When you warm the skin of her breasts and then follow it up with shots of cold, it gives her an electrifying jolt. When you do the reverse, cooling her skin and then heating it up, it has a relaxing effect”, says Susan Crain Bakos, author of *The Sex Bible: The Complete Guide to Sexual Love*. Either way, variations of hot and cold – not scalding and frostbite-like – during sexual play will engage her body as her nerves prepare for the next dip or jump in temperature. There are plenty of warming and cooling lubes worth trying during massage and oral action (experts suggest sticking to silicone or water-based formulas that don’t contain pepper or menthol). But during oral, why not go with something a little more delicious? Bring an ice pop into the bedroom (alternatively, a lemon ice cup is more manageable), take a bite out of it, and then kiss and lick her breasts and nipples. While the cold from the ice will put a chill on her, the warmth of your mouth and breath will temper it, so she’ll get equally pleasurable waves of cold and warm.

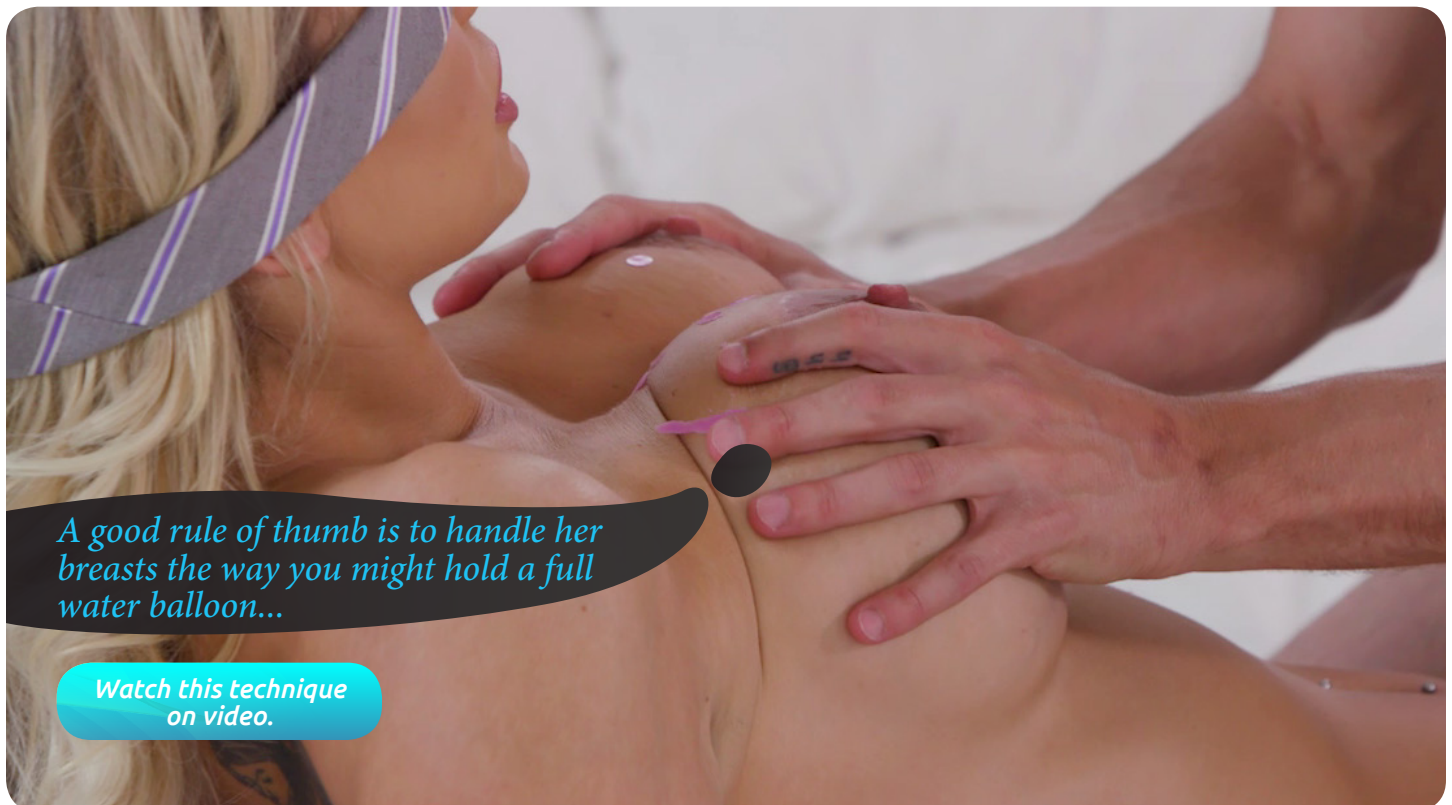


Your body against hers

You might think that your rough, hairy, and un-exfoliated body against her silky soft skin will not feel good for her, but this kind of body-to-body massage is fully sensual and arousing for a woman. Prep her by applying a thin layer of massage oil then, once you're in bed together, first use your hand to gently glide it all over her body: up her legs, over her stomach and breasts, and down her back and arms. Then climb on top of her and rub your pectoral muscles over her breasts as you kiss her neck and ears. The pressure of your body (make sure you don't crush her!) is insanely hot, both mentally and physically.

A tight grip

You might think her breasts need to be handled with the utmost care – and they do, to a point – but women actually love a hearty squeeze when they are really turned on. A good rule of thumb is to handle her breasts the way you might hold a full water balloon – tight enough to get a good grip, but not so tight that it would break. This builds up the blood pressure in her breasts, intensifying her arousal and making the sensations all the more pleasurable for her. An exercise she'll love? "Take your thumb and middle finger and use them to make a tight ring at the base of her breast, which will trap the blood in the boob and build up the orgasmic power", says Yvette Mayo, author of *Exotic Massage for Lovers*:



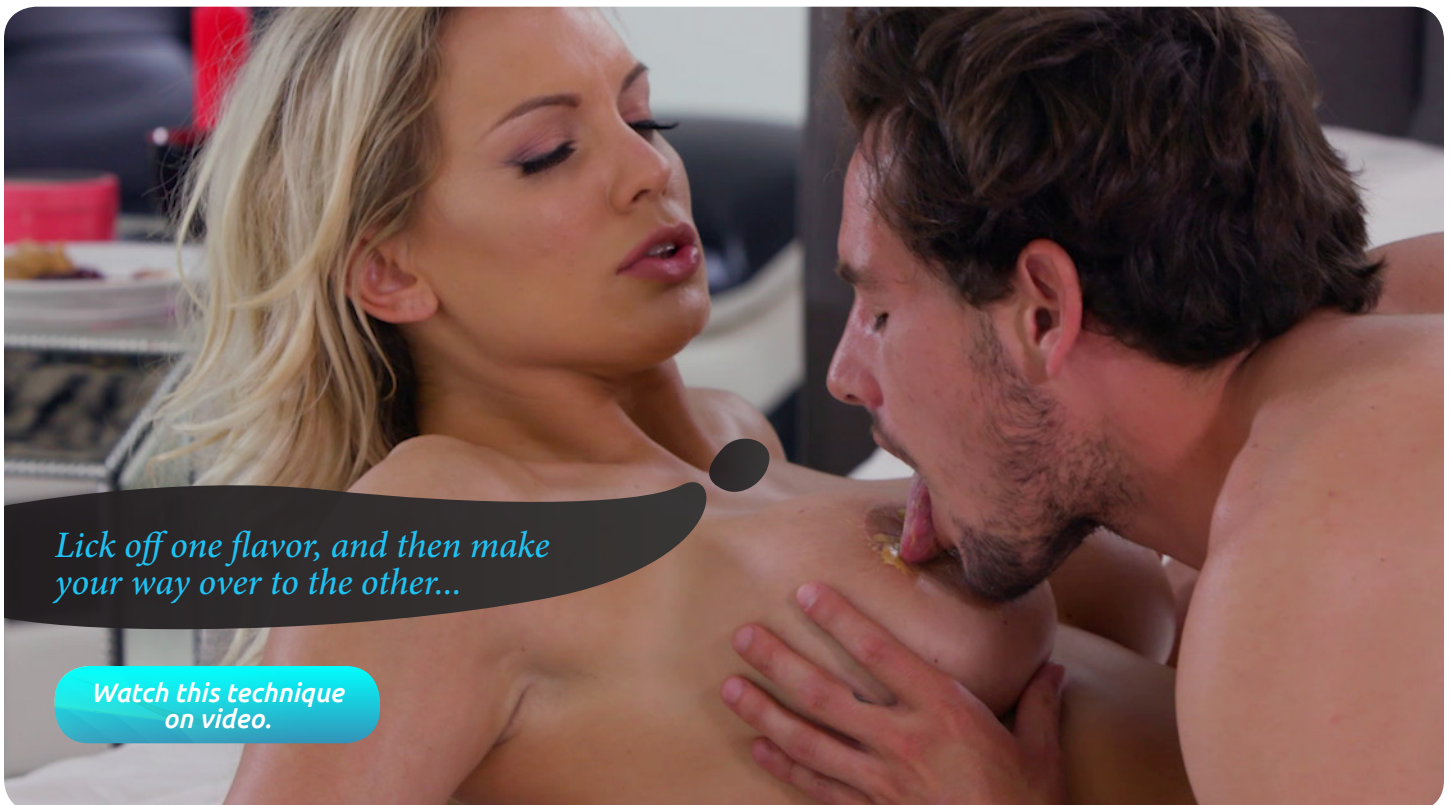
A good rule of thumb is to handle her breasts the way you might hold a full water balloon...

Watch this technique
on video.

Sensual Techniques from the Ancient East. Then, right when she's ready to go over the edge, let go – it will give her the sensation of sexually exploding. If you're comfortable using props, you can achieve the same effect with a soft elastic headband. Just wrap it around the base of her breast several times so it's snug but not painful, and wrap the excess around your fingers. When she's about to climax, release the fabric to intensify her blastoff.

A rough touch

Handcuffs and leather collars may not be your thing, but that doesn't mean you should be afraid to get aggressive during sex. "Studies show that the more a woman is sexually aroused, the more receptive she is to pain. When you get a bit forceful with your woman in the act, it gives her an added rush", says James McConnachie, author of *The Rough Guide to Sex*. Of course, you never know how your partner will react, so start slow. Kiss your way down her neck and around her shoulders, surprising her with light, playful love bites and nibbles as you go – hard enough for her to feel it, but not hard enough to leave teeth marks that her coworkers will gawk at. It snaps her nervous system to attention, giving her jolts of added pleasure. If that goes well, take it a bit further: get feisty and bite her shoulders, tweak her nipples, spank her butt and yank her hair. It will be exciting and intense and it will help her tune



*Lick off one flavor, and then make
your way over to the other...*

*Watch this technique
on video.*

in to everything she is feeling. Plus, when you grab at her flesh, she knows that your animal instincts have taken over. This shows her that you're so caught up in the sensations and the moment, you can't control yourself, which is a huge turn-on and ego-boost for her.

Oral Breast Sex Step-by-Step

You love her boobs, and your partner (hopefully) loves her boobs, and together your love will nurture those fleshy goodies until they graduate from mere accessories to hold onto during sex to the main deliverers of combusting orgasms. Here's how to make this happen.


Start with the Naked Chef move, which is deliciously arousing. Take a few of your favorite erotically appealing flavor combinations, like peanut butter and honey or whipped cream and chocolate sauce and put a different dollop on each breast. Lick off one flavor, and then make your way over to the other, providing a pleasurable sensation for your partner and a flavorful sensation for you. Continue mixing up yummy treats and licking them off slowly until she can't take it anymore. This move is amazing because incorporating food into your



passion play is a classic carnal activity and turning her breasts into a sexy buffet is a fresh, tasty spin, awakening her senses and her libido.

/// **Next, go for some Deliciously Naughty Biting.** A word of caution: Breast biting can be a real turn on for some women, but it can also be painful, so it's important to ask your partner if she's open to it. If she is, counter the pain with pleasure, by teasing her with hand or finger below or she can stroke her own genitals while you play with her nipples. Start with your teeth closer to the breast (as opposed to towards the tip of the nipple), because it can be more comfortable. Move your way down so that the tip of the nipple is between your teeth. If she's ok with that, then you can "roll" a nipple between your teeth by sliding your jaw back and forth, left to right. Gradually progress to slightly more forceful nibble and nips, the kind that suggest animalistic passion. Magnify each sensation even more by nibbling in a zigzag or figure eight pattern, something hard for her to predict, so she won't know what area of her breasts your teeth will touch next. You'll know you're doing it right if she arches her neck and moves her chest closer to you – these are the same moves her body sometimes make when she's in the throes of lovemaking.

/// **Now it's time to counter attack with a tried and true classic, the Frisky French Kiss.** You know how we always tell you to mix up your usual oral sex routine by taking your above-the-neck technique below the belt? Now it's time to use your stellar French kissing skills on her breasts as



Breast biting can be a real turn on for some women, but it can also be painful...

Watch this technique
on video.

well. Making out with her breasts and nipples the way you would with her lips is a fun and unique experience and one that she'll definitely adore. So kiss, lick or suck your partner's nipple with your mouth, slithering your tongue quickly back and forth, wiggling it like a snake or lapping it like a dog kisses. For more scorching hot oral sex tips and everything about using your mouth and tongue the right way during sex, check out my program on the matter, Hot Licks - <http://www.hotlicksprogram.com>.

And if you really want to electrify her, try the Double Whammy by targeting two hot spots at once and achieving an Expanded Orgasm. Stimulating two areas simultaneously is incredibly exciting for your partner because she's experiencing two sources of pleasure rather than one. Plus, it kind of feels like she's being worked on by two men, which is many women's favorite fantasy. So while your using your mouth to pleasure her breasts, use your hands to either gently tug on her hair, flicker her clitoris or massage her labia. To keep the shudder factor high, make sure you don't stay on one spot for too long or she'll lose the rush. When she's responding fully, her muscles will quiver slightly under your touch. If she's completely still, that means she's becoming desensitized in that area, and it's time for you to move on to another target. Do this for a couple of rounds, pairing mouth with fingers and powerful hot spots together and she'll experience a truly earth-shattering boobgasm.



..use your hands to either gently tug on her hair, flicker her clitoris or massage her labia.

Watch this technique
on video.

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