

# Boobgasm Edition

---

SEX TOY  
SECRETS FOR  
THE ULTIMATE  
BOOBGASM!

---



# Toys for Tits



**WARNING:**

This eBook contains nudity and sexually explicit scenes. You must be over 21 years old to read this eBook.

Please consult with your own medical specialist to determine if you are healthy enough to engage in sexual activity. Please consult with your physician before attempting any specific sexual activities described in this video. Before using any of the products shown make sure you discuss their use with your physician and to determine if you are allergic to them. Discontinue sex or use of any product immediately if you experience chest pain, dizziness, numbness, swelling, bruising, irritation, tingling or loss of feeling or circulation occurs. Never disregard professional medical advice or delay in seeking medical treatment. This video is not intended to diagnose, treat, or cure. This video is intended to be used for recreational purposes only and is a novelty item.

Copyright © 2018 Insspira Publishing Inc.

The name of the work is Naked U. The records required by 18 U.S.C. 2257 and 2257A are kept by Direct Models Inc. by its custodian of records at 5535 Balboa Blvd Suite 103, Encino CA 91316.

Gabrielle Moore's "Naked U" has been produced by Insspira Publishing Inc.

"Naked U" and "Gabrielle Moore" are registered trademarks.

For more information about Gabrielle Moore's products visit:

[www.GabrielleMoore.com](http://www.GabrielleMoore.com)



# *Breast Insider: The Intermediate Guide to Boobgasms*

## *Table of Contents*

### **Section 1 – Facts & Theory**

- Breast Anatomy – Get Your Learning Cap On!
- Busted! We Put These Breast Arousal Myths To Bed

### **Section 2 – With a little help from my... Breast Friends!**

#### **A. Pump It Up!**

1. Her Naughty Needs, Revealed!
2. Pump It Up Step-By-Step

#### **B. Triple Nipple Pleasure**

1. Is She A Thrill Seeker Or A Less-Is-More Gal?
2. Triple Nipple Pleasure Step-By-Step

#### **C. Pain & Pleasure Play**

1. Make Sex More Dangerously Erotic
2. Pain & Pleasure Play Step-By-Step

### **Bibliography**





## *Section 1 – Facts & Theory*

# *Breast Anatomy – Get your learning cap on!*

Ah, women's breasts. The girls. Tatas. The twins. Whatever you choose to call them, you have to admit that breasts are pretty amazing. They've inspired artists and writers and musicians. They're worshipped and adored by millions of guys (yourself included), and they're a big part of sex and arousal (can you even get hard without seeing, touching and stroking your partner's girls?). And yet, despite their obvious importance (they're both beautiful and functional) and the great deal of adoration that surrounds them, most guys don't really know much about them: how they really work and how they can be "used and abused" to spike pleasure and orgasms.

To get the conversation started, here are some basic facts to know about breasts. First and foremost, despite what you see in the media, not all boobs are born the same. In fact, women's breasts come in all different shapes and sizes – they are actually similar to snow flakes – you rarely find two completely alike. If you always thought there are only





two kinds of boobs – big or tiny – your mind is about to be blown. In fact, there up to at least 12 different shapes and sizes for breasts – a delicious assortment ranging from the small and athletic cherry and plum sizes, to the fuller and heavier melon shapes.

Yes, they are called ‘twins’, but not even the two that form a pair are identical. Most women have a breast that’s slightly larger than the other, and according to a study published in the Annals of Plastic Surgery, for 62 percent of women it’s usually the left one. “Nobody has a ‘perfect’ pair of breasts. We’re not entirely symmetrical creatures, so we can’t expect everything to look the same from left to right. No one is ever perfectly symmetrical”, says Florence Williams, author of *Breasts: A Natural and Unnatural History*. Also, it’s common for breasts to change size over the course of a woman’s lifetime. The two most common times this happens are during pregnancy and nursing and whenever weight fluctuates. Breasts size also varies slightly during a woman’s cycle, which usually results in one breasts growing a tad larger than the other (boobs are at their most symmetrical between the 14th and 16th day of a woman’s cycle). Fascinating, right!?

The same goes for the nipples as well – they come in all different shapes and sizes (‘normal’, ‘flat’, ‘puffy’, ‘unilateral’), and some stick out while others don’t. And although inverted nipples are less common than outies, scientists think that as many as 20 percent of women could have them (there are actually three grades of inversion). “The size of the areola (the tissue around the nipple) can also vary in size, shape and color: some women have larger areolar tissue, while others have barely any”, says Diana Richardson, author of *Tantric Orgasm for Women*. Colors can range from very pink nipples and areolas to almost chocolate brown (during pregnancy, nipples can go even darker because pregnancy hormones stimulate a temporary increase in melanin production, meaning that skin can get darker, especially in areas like the nipples, where there is already more pigment).

In fact, there were times when women’s health used to be diagnosed via the color of their nipples. In 1671, the English midwife Jane Sharp published a book called *The Midwives book of the Whole Art of Midwifry*, in which she said, “The nipples are strawberry red after copulation – this is their natural color; blue during breastfeeding, and dark brown in old age.” Also, extra nipples are more common than you think. Up to six percent of women have them (and up to three percent of men). All these variations are normal and what makes a woman special and unique. Last but not least, the bumps around the nipples are completely normal and healthy. They’re called the Montgomery glands and they produce a secretion called lipid fluid to help keep the entire areola and nipple area more lubricated and comfortable.

The most important thing to know though is how the breasts and nipples respond during lovemaking and how their sensibility increases and decreases. A whopping 82 percent of women say that having their





nipples and breasts stimulated gets them aroused, according to a study published in the *Journal of Sexual Medicine*. “The breasts’ nipples and areolas are rich in blood vessels and nerves, so they’re really erogenous zones”, says Alyssa Dweck, co-author of *V is for Vagina*. It’s also worth mentioning that the breasts’ sensibility varies at different points in her menstrual cycle. Some research has shown that breasts and nipples may be more sensitive to touch, becoming fuller and/or sore, during the fertile window, ten or eleven days before the period starts. As for breasts implants, it’s important to know that though your partner may experience either reduced sensation in the nipples, or, on the contrary, hypersensitivity in the breasts, studies show that thanks to the confidence the implants provide, she might actually enjoy herself more in the sack, which means you won’t be noticing drastic changes when it comes to arousal and enthusiasm.

While you’re probably already aware of the fact that the nipples become erect when she’s aroused, this isn’t where the fun stops. “With all that blood rushing around her body, a lot of which is headed downtown to her vagina, of course the breasts are going to get in on the action”, says Svetlana Ivanova, author of *Female Orgasm Secrets: How to Give Any Woman Orgasms*. First off, they become more sensitive to touch, and when you stimulate them they send a memo to the brain to release oxytocin, the love hormone that creates an emotional bond during sex. But not only the nipples become sensitive, but the areolas, too, and the breasts as a whole. It’s like goose bump city up there. Second, they get bigger during the plateau phase of sexual intercourse, when actually the entire body sort of expands and swells, in anticipation of an orgasm. While her vagina expands about two-

thirds its usual size, during this phase, the breasts get up to 20 to 25 percent bigger, especially the areola, who can swell so much that it can look like the nipples are no longer erect – which isn't the case.

It's also really important to note that when you stimulate her breasts, you don't have to focus your attention solely on the fleshy goods, and that's because the breast tissue, filled with the brim with nerve endings that send shockwaves of pleasure all over her body, usually extends from the clavicle (collarbone) to the middle of the sternum (breastbone); at the sides of the chest, the tissue can extend into the armpit, and can reach as far as the the lower back. So when you're manually or orally handling her with the purpose of giving her a boobgasm, cover as big of an area as you can because you will be increasing her pleasure more than you would have previously imagined possible.

Now that you are well-versed in breast anatomy and you know exactly how the breasts work, it's time we got down to business and talked about how you can use all this information to your own benefit, giving your partner's breasts so much pleasure that she joins the rank of the lucky few who have experienced boobgasm!



*...the breasts get up to 20 to 25 percent bigger, especially the areola...*

Watch this technique  
on video.



## Busted! We put these breast arousal myths to bed

Who knows how randy rumors get started. The point is, there is a lot of misinformation going around about the best ways to pleasure a women's breasts that could possibly be keeping you and your partner from reaching ultimate boob pleasure.

"When you operate under false assumptions, you are able to give your partner what she truly wants and needs", says Brenda Schaeffer, author of *Is It Love or Is It Addiction?* Well, it was time to set the record straight. If you think you don't have your partner's breast passion preferences pegged, I'm here to separate frisky fact from fiction and debunk the most common breast sex mistakes.

### Women like breast kisses with tons of tongue

Fact: You might think that all women are into full-on Frenching all the time, but it turns out that, when it comes to boob kisses, many women prefer soft, gentle kisses to sloppy tongue tornadoes. You might like to go at it with gusto, and sometimes, she does too. Still, you have to be careful not to go overboard. Men in general tend to like to kiss a little harder or faster, with more intense stimulation. Thus, you may not realize that a woman needs to be kissed – especially on the breasts – more gently. In fact, William Cane, author of *The Art of Kissing*, has actual proof. He surveyed 50,000 women and found there are 30 different kinds of smooching moves ladies love that don't involve a lot of tongue friction and intensity. "One of the favorites is the sliding kiss. Start by kissing your woman gently around the perimeter of her boobs, then brush your mouth across her nipples, before moving down and nibbling the base of her breasts", says Cane. Another favorite is the lip-o-suction. You





suck on her nipple, then gently rest your tongue on the bottom half of her breast, sliding it left to right, then suck again. A good rule of thumb? Kiss her breasts three times lighter and slower than you'd like it. Also, tune in to whether she's enjoying it by gauging her facial expressions and listening to the sounds she's making.

## Women think manual action is boring

Fact: Most women love breast hand jobs. After all, when you think about it, it's how they give themselves breast pleasure. What women don't love are bad breast hand jobs. To perfect your manual MO, take your cue from the master, i.e., your partner. "The single best way to learn how to maneuver the breasts is to watch her please herself, since she's ultimately the real expert of her own body", explains Daniel

**“... many women prefer soft, gentle kisses to sloppy tongue tornadoes.**

Bergner, author of *What Do Women Want?: Adventures in the Science of Female Desire*. But if she's a little shy about giving you a do-it-yourself demo, here's a breast handling move that can't miss. Put a dab of water-based lube on your palm and rub your hands together to warm it up. (Make sure you keep her breasts well lubed throughout the act.) Then place your hand on her nerve-packed breast and work it up and down the flesh of the boob. Begin slowly and increase your speed and the amount of pressure you apply as she starts to moan with pleasure. If you really want to make her brain fog, add this twist. Wrap both hands around her breast and twist them in opposite directions up and down the boob. It's amazing. A word of caution: As she reaches the point of no return, avoid touching the supersensitive nipple. And don't stop or slow down until about 10 seconds after she comes. This gives her a chance to come down, so you don't inadvertently cut her pleasure off too soon. For more information on how to master the fine art of the sensual erotic massage, check out my program on the matter, *Flesh on Flesh* – [www.gabriellemoore.com/tw/fof](http://www.gabriellemoore.com/tw/fof).

## She wants you to get her off ASAP

Fact: Women know that the longer they wait to orgasm, the better the payoff, because building the momentum results in a more intense nipplegasm. The problem? It's a whole lot easier said than done. "When a woman is fully aroused, she might have a hard time holding back. But men wrongly assume

that her escalating excitement means she wants to come soon”, says Debra Mandel, author of *Healing the Sensitive Heart*. So how do you prolong her – and your – pleasure? It’s all about taking a time-out. If you keep going at it with the same intensity for too long, she’s a goner. So do the stop-start exercise. Arouse her breasts for a while, and then when she starts to get really excited, pull back before she’s about to climax. Then take a breather for a couple of minutes and make out or go down on her for a while. Afterward, get back to stimulating her breasts. Do this off and on until she just can’t hold off one more second, and the orgasm will be unbelievable.

## She doesn’t want your teeth near her breasts

Fact: While no woman wants you gnawing on her, little love nibbles are pretty damn fantastic. The problem with using teeth only arises when they scratch her skin or you bite down too hard. You have to gently graze her breasts with your teeth – it’s such a completely unique sensation. Plus, the fear that at any moment you might cause pain makes the whole experience much more exciting for your partner. Her nipples are also prime territory for some light dental work, but make sure you thread with caution. “It’s enough to simply hold the nipple in your mouth without actually biting down on it”, says Emily Nagoski, author of *Come as You Are: The Surprising New Science that Will Transform Your Sex Life*. But be warned: The only spot that should always remain a teeth-free zone is the clitoris, the nerve-centric hot spot who’s as powerful as it is sensitive. Also, never do it if you’ve scrimped on foreplay. It takes a woman much longer to get aroused than it does a guy. If she’s not hot and bothered, she’s definitely not going to enjoy your teeth on her. Sure,





you're eager to get to the main event, I get it, but I have to tell you that the number one thing my female patients complain to me about is the fact that their men rush through the warm-up and go too heavy too soon. So before you start nibbling, some slow burn suggestions: take your time kissing her, run your fingers all over her body before heading for her hot spots, and tease her until she's almost begging for you to take it one step further. Also – don't look at foreplay as a chore – there's a lot in it for you too.

## Section 2

# *With a little help from my... breast friends!*

In the first book of the series, we explored sensual breast play using erotic breast massage and sensation play techniques, but now it's time we pushed the envelope a bit further by incorporating breast stimulating toys. These create a mix of feelings that are impossible to replicate with just your hands or tongue, making the breast orgasm much easier to access, but not if you don't know what to choose and how to use them for complete boob bliss. When choosing a toy for stimulating the breasts, you firstly have to know what you're dealing with. Since breasts are so sensitive – even to light touch – you have to make sure you know their basic anatomy so as not to do more harm than good. Ready? Let's go!

### TECHNIQUE 1

#### **Pump it up!**

You upgrade your phone operating system and update to the latest version of Instagram... Now it's time to level up in bed and step up your sex game by incorporating hot breast pleasing toys. For this technique, we are going to use a breast cupping system that will send the girls to infinity and beyond! It's easy to use and it amplifies her pleasure in ways you would have never managed to do by your own. Let's see how they work, shall we?

#### **Her naughty needs, revealed!**

While women might brag to their friends about the kick-ass sex they're having, they rarely get into



specifics. And when it comes to actually divulging their secret desires and needs to the men in their lives... well, they're even more tight-lipped. Though every woman has different needs, "there are some universal sex moves and attitudes that most women want but don't know how to request", explain the editors of Women's Health, authors of *The Women's Health Big Book of Sex: Your Authoritative, Red-Hot Guide to the Sex of Your Dreams (and His!)*. But I did some randy reconnaissance and found out what tops women's bedroom wish lists. To learn about her carnal longings – and how to satisfy them – read on.

## She wants sex to be fun

Unfortunately, real-life romps aren't as seamless as they are in the movies. Things don't always go smoothly during sex – some sex positions don't work, and odd noises happen. If you get hung up on a mishap, it will ruin the mood. But if you can both laugh, it becomes a light bonding moment. It happened to me too. One night I tried a new move that wasn't executed properly and I hit my head on the nightstand. I didn't hurt myself, so we could joke about it, and then me and my partner got back to what we were doing. Frisky fun is about more than damage control though. Make a silly bet to be paid off in sexual favors or play a board game naked in bed and agree that the loser has to grant the winner one lusty request.

*... use a breast cupping system that will send the girls to infinity and beyond!*

Watch this technique on video.



## She wants you to be naughty

Even if you're a bad boy at heart, you might hold back with your partner. Men are often afraid to get naughty in a relationship because they don't want to shatter any 'good boyfriend' image she has or they don't want her to think they're weird. But women want to see that no-holds-barred side of you – they just don't want to offend you by asking for it", says Gloria Brame, author of *The Truth About Sex, a Sex Primer for the 21st Century, the Volume 1: Sex and the Self*. What bad-boy tricks fit the bill? Pretty much anything that shows her how much you like sex and how much you want it with her. To let her know you're into her, grab her butt hard when she's climaxing or gently nip her shoulder. You may also want to do something unexpected, like initiating a new position or trying a passion prop.

## She wants a "Wow, what was that?" experience

To separate yourself from the pack, you'll need to pull a move so wild, she won't be able to stop thinking about it the next day. "If you've mastered one particular technique that's really hot and different, the entire erotic experience will stand out in her mind", explains Joel Block, author of *The Art of the Quickie*. Now, you don't have to bust out a complicated trick best used by yoga instructors – just tweak an old standby, say, switching between oral sex and intercourse... with her blindfolded. You may also want to come up with your own signature mouth move. When my partner goes down on me, he takes his time exploring the whole area with his tongue. And he does cool stuff with it, like alternating between using the flat part and then covering the same territory with just the tip. It's an entirely different sensation!



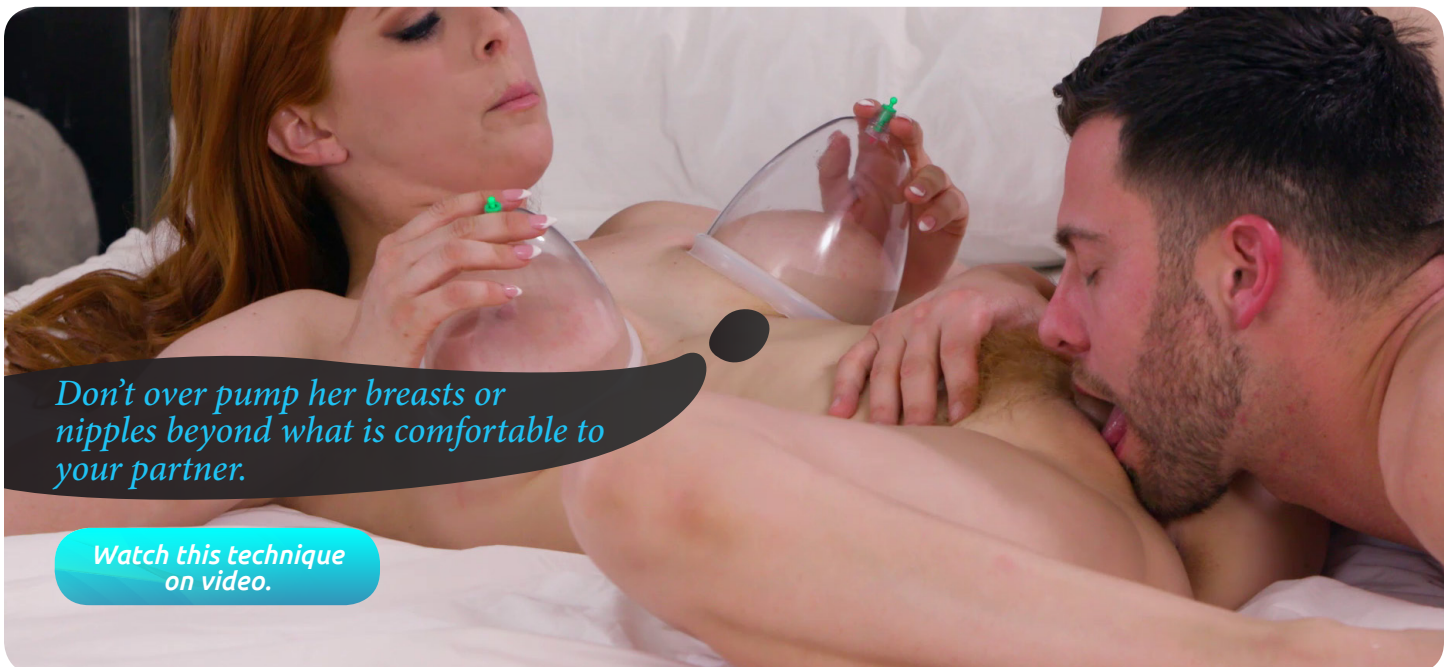


## She wants to mix things up

Repetition can make once-hot sack sessions seem ho-hum. Any change in speed, pressure, or position will make the act more interesting and pleasurable. Variety keeps her in a heightened state of arousal because she never knows what to expect. During foreplay, knead her breasts with your fists (with lube!), moving them up and down with long, smooth strokes. Then gently twist both hands in opposite directions. Mixing it up also means springing sex on her out of the blue. It gives her a huge ego boost by reinforcing the fact that you're really hot for her. For a spontaneous seduction, pull over to a deserted spot for a roadside romp when you're driving home at night. Or at a party, take her into a back bedroom or closet.

## She wants to do nothing sometimes

Occasionally women prefer it when you take over completely. Lying back while a guy has his way with her is an ultimate female fantasy. I suggest treating your lady to allover titillation: Have her lie on the bed naked. Then, starting at one foot, kiss and lick your way up her leg and along the crease where her thigh meets her torso. Next, move to her side, up to her neck, and down to her breasts. Alternate the intensity of your movements to get a bigger passion payoff: for example, hold her breasts aggressively with your hands, yet lick them ever so softly with your tongue to drive her crazy. When you're ready for intercourse, treat her to lying down doggy so she can't help you even if she wants to. Trust me: the payoff will be awesome.





## Pump it up Step-by-Step

The breast cupping system includes two large cups, one for each breast, a tubing system and a hand pump. You can use the trigger on the hand pump to increase pressure and suction. The tubing can be removed, and her flesh will remain caught in the pressure of the cups. Press down on the green tip to easily release the suction. Experiment with increased sensitivity on your partner as you play! Be cautious when you play and experiment with different settings to match the scale of her breast sensitivity. Don't over pump her breasts or nipples beyond what is comfortable to your partner. Too much suction can sometimes be painful so make sure you get her feedback as you both experiment together. Now, let's get this party started, shall we?

### **First, lube up her breasts to make sure you get a good seal on the breast pumps.**

This would be a good time to perform an erotic breast massage, and you will find numerous gorgeous and creative ideas in the first book of the series. Next, have her sit in a chair and apply the cups to her breasts and pump up to her desired level of firmness and suction. Advise her to tell you when to stop the suction motion so that she's comfortable with the feeling. To make this experience more pleasurable and make sure she adjusts to the pressure of the cups, an oral sex session is more than welcome. It will help her loosen up and enrich the array of sensations she's experiencing.



Now that the cups are on, you're ready to get into position. We absolutely adore girl on top for this because it gives you ample freedom to move your hands while your partner does all the heavy-duty thrusting up and down. Bonus: You get a sexy point of view of her bouncing bulging breasts with the cups in place. As she rides you, grinding on your penis and angling it so that it massages her G-spot, use your thumb or fingers to stimulate her clitoris. But don't home in on the glans clitoris (the nub) like a bull's-eye. The area just above her glans is an even hotter spot for many women. The shaft of her clitoris lies so close beneath the skin that you can actually feel it: it feels like a small cord. Once you find it, use your index and middle finger to rub circles or back-and-forth motions, or use your tongue. "And don't forget about the Mons Pubis either (the triangle-shaped area where her pubic hair grows). When you press there, you can stimulate the internal part of the clitoris", says Rebecca Chalker, author of *The Clitoral Truth: The Secret World at Your Fingertips*.

Now that she is quite aroused by the powerful cocktail of stimulation she's receiving from multiple hot spots, you can remove the breast cups one by one by pressing the green release tips to let the air back into the cups. Gently remove each cup and let her breasts hang free. She may feel a lot more sensation in her breasts now as they are once again exposed to the air. Massage her breasts with your hands and knead them gently to bring the circulation back and

*Gently remove each cup and let her breasts hang free.*

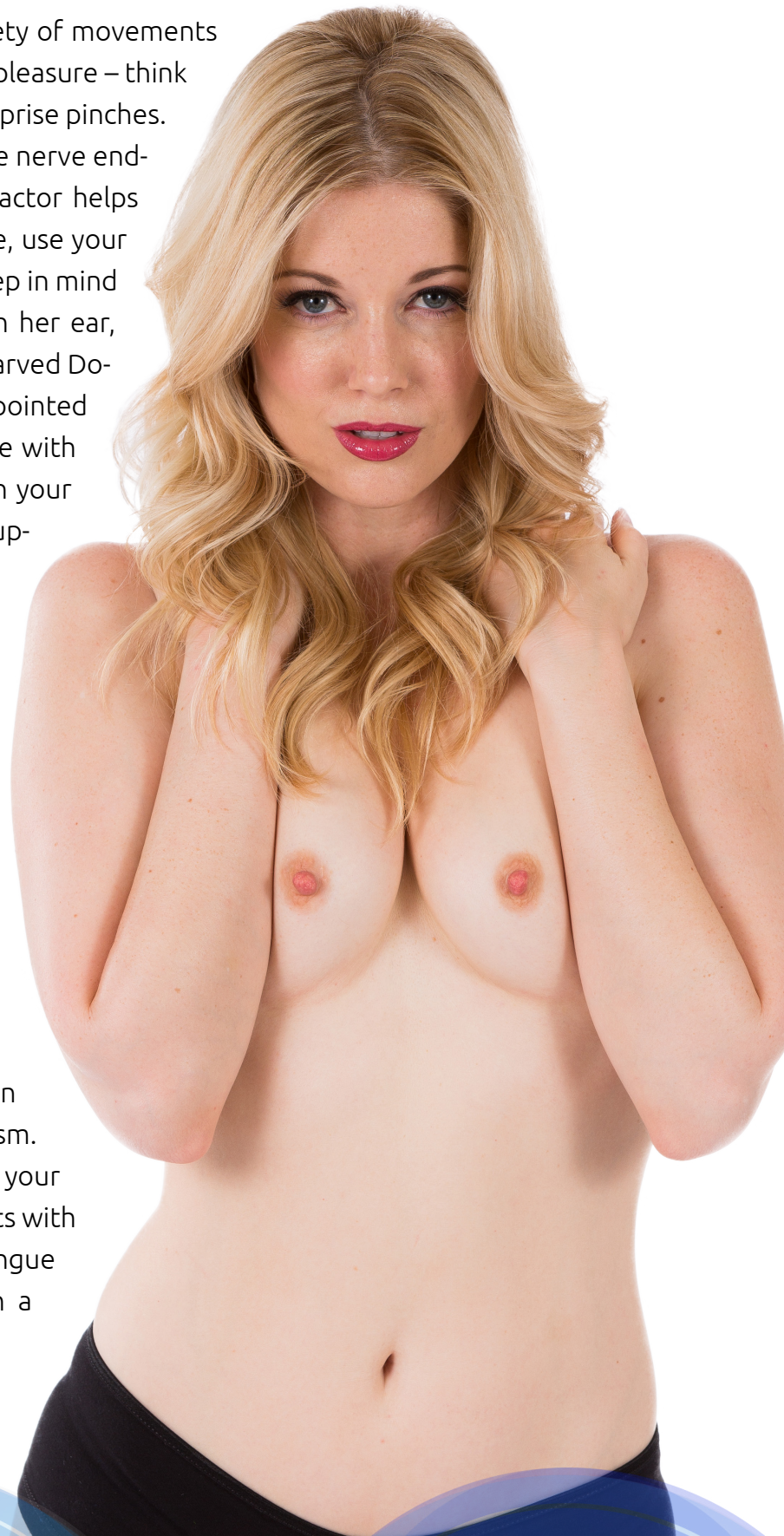
Watch this technique  
on video.





build sensitivity even more. Use a variety of movements and sexual touches to really pique her pleasure – think hard massage, long nail strokes and surprise pinches. These contrasting caresses electrify the nerve endings in her breasts, and the surprise factor helps rev her up even more. In the meantime, use your tongue to lick her earlobes – please keep in mind that at no point you should salivate in her ear, nor should you start breathing like a starved Doberman. Oh, and her neck; use your pointed tongue to lick an area of it, then nibble with your teeth, and finally suck gently with your lips in order to fully arouse the chill-up-spine factor.

**And now for the frisky finale.** Pull her towards you so that her breasts are at your face level. You can start by licking in between the breasts with a hardened tongue, then slowly let your tongue relax, lightly licking her breasts until you reach her nipples, at which point you will begin your sensual torture on her. Go on teasing the sisters mercilessly with your saliva-filled tongue, so she can feel your warm breath, lapping and sucking on the nipples to really intensify her orgasm. Draw a circle around the areolas with your lips, gently pinch the flesh of the breasts with your teeth and press your hard, flat tongue on each nipple and she'll combust in a matter of minutes.





## TECHNIQUE 2

### Triple Nipple Pleasure

Hopefully you are both well rested from our previous orgasmic breast play technique before you embark on this next exercise, because things are about to get really heated again! This time we're introducing a new kind of innovative breast orgasmic gadget, one that's sure to blow her mind and bring her to orgasm quickly and efficiently. What is it? A clever nipple and clitoris stimulation device that sucks her hot buttons for a completely unique and intense experience building up her orgasm to the maximum potential and giving her amazing whole-body orgasms!

### Is she a thrill seeker or a less-is-more gal?

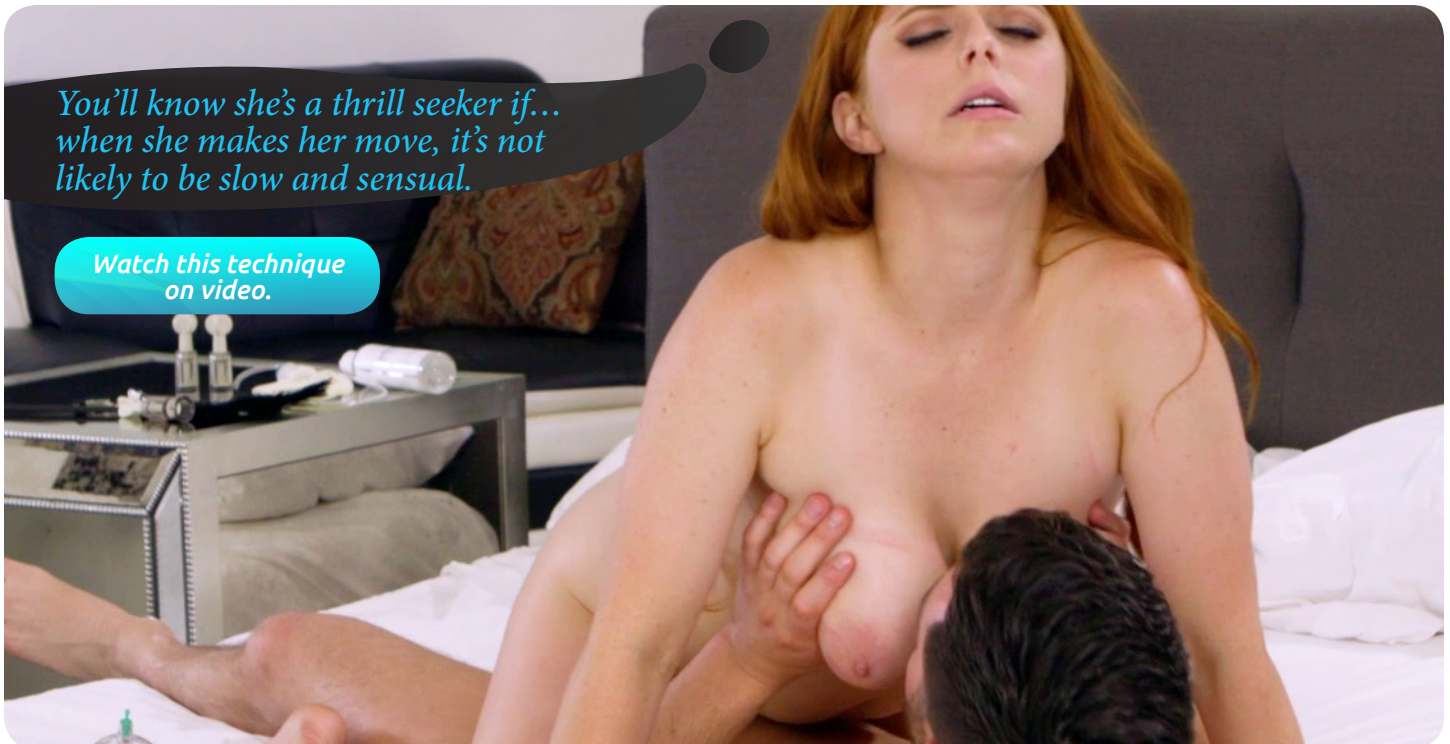
In bed, most women fall into one of these two categories. Use the following clues to determine which one your partner is (and what will drive her wild).

You'll know she's a thrill seeker if...

She's up for anything, loves to feel good, she more often than not offers to take charge between the sheets, and finds it difficult to kick back and relax with more traditional carnal poses. "When she wants you, she sends racy texts messages to feel out your boundaries and amp up the excitement", says Ian

*You'll know she's a thrill seeker if...  
when she makes her move, it's not  
likely to be slow and sensual.*

Watch this technique  
on video.



Kerner, author of *She Comes First*. And when she makes her move, it's not likely to be slow and sensual. This woman constantly craves newness, so when she's touching you, she has that hunger to be all over you, all at once.

To tantalize a thrill seeker...

### Go the distance to spruce yourself up

"Obviously women love it when a man is fresh and clean, but a bit of added primping shows a thrill seeker that you really care about being attractive to her", says Kathleen A. Cervenka, author of *In the Mood Again*. First off, feel your face. If it's rough, give it a quick shave. Although the stubble look may be sexy, it can make her skin feel as if it's been through a cheese grater. For bonus points, consider trimming your down-there hairs too. It will allow easier access to your member and make it look bigger. If you have time, you may also want to squeeze in a second shower before bed so you're extra clean and sexy.

### Reveal something about yourself that she could never guess

Like your hottest sexual fantasy or your dirtiest talk. Mystery makes her tick, so these secrets will whet her appetite for more inside information. Another tip: Be prepared for some steamy suggestions. This





woman isn't afraid to indulge her deepest desires. Having sex in risky places and playing with bedroom toys are the kinds of sexploits she might appreciate.

## Give her Kudohhs

When the sack session is so silent that your thrill-seeking partner can hear crickets chirping in the background, she may think "Gee, is it that bad?" That's why if you surprise her with unexpected moans or even a "God, that's amazing", she'll be psyched. When you make noise or give a compliment, especially if it's out of character, she feels like she's really pleasing you. It boosts her confidence in her sex skills and encourages her to initiate that feel-good move in the future.

## You'll know she's a less-is-more gal if...

She's often down to just chilling with you on the couch. But that doesn't mean she's a slave to your every desire and will do whatever you ask. It's more that she's intensely loyal, so once she commits, she's totally yours. Plus, she has a quiet confidence, so if she wants something – sexually related – she'll come right out and ask you if you want to try it. Because this type of woman tends to be more secure, she doesn't need the ego boost of you showering her with proofs of adoration, and she plays fewer games in the sack. To communicate her attraction, she's more likely to throw her arms around you in a warm embrace than seduce you with smooth moves.

To tantalize a less-is-more gal...





## Whisper sweet nothings

Sure, the sight of her naked body might turbocharge your engine. But she needs more than a hot visual to get revved up. “For a woman to become fully aroused, she may require providing emotional stimulation. Hearing loving sentiments from you provides that and in turn heightens her desire”, says Gabrielle Morrissey, author of *Spicy Sex: 52 Sumptuous and Saucy Sex Recipes for Red-Hot Loving Every Week of the Year*. But how do you get all lovey-dovey without sounding like a total cheese puff? Say you’re chilling on the couch together. Simply lean over and whisper in her ear, “You look so sexy in those shorts.” Trust me, you’ll have them off of her in no time.

## Let her give you her full concentration in the sack.

Don’t be self-conscious if she wants to make it all about you and your pleasure – the less-is-more woman is often very sensual and wants to see you get off first. The best way to return the favor? Really draw out the mattress session. She’s looking for sexual intensity, so vary your rhythm, and when she’s just about to climax, dramatically slow down so she has time to extend the buildup for as long as possible.

## Have a postgame plan

Sure, sex can be exhausting, so she sort of understands when you have a post-coital pull-away roll over and go right to... zzz. In fact, she probably expects it. So you can only imagine how shocked she will be when you don’t disconnect but instead you snuggle up against her after the fact and suggest taking a hot shower or sharing





a bowl of ice cream. She knows it's an effort for her, so it makes her feel appreciated. Plus, it's a treat that switches up your usual sex routine. Even if you don't feel like putting that much of an effort, give her a kiss and tell her that you just need a bit of time to cool down.

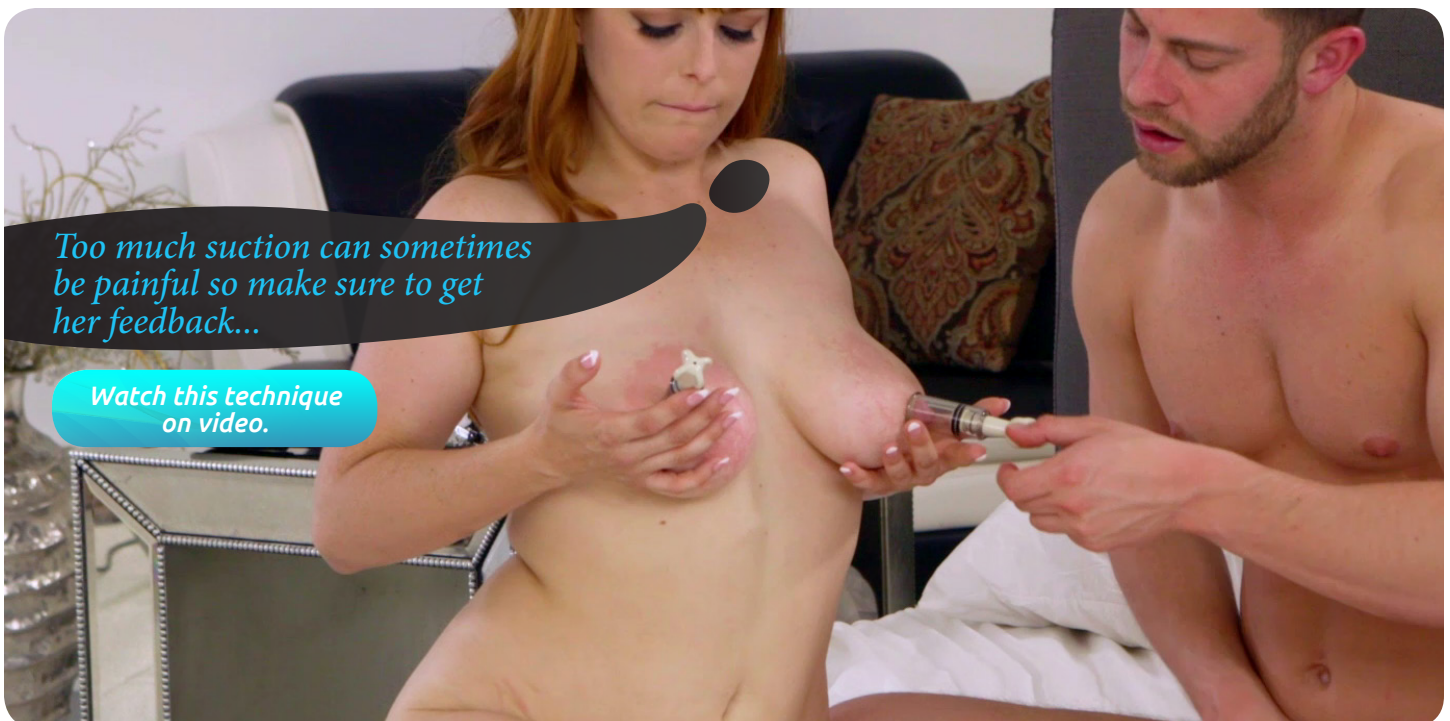
## Triple Nipple Pleasure Step-by-Step

This battery-operated friend is the perfect introduction to nipple and clitoris suction play. It consists of a triple set of suction toys have powerful suction cylinders, times 3: one for each nipple and one for the clitoris. Application increases blood flow to the nipples and clitoris and thus, their sensitivity. So this would be a good way to help train her nipples for increased stimulation and pleasure, enabling her to become more orgasmic in that area. One word of warning before we start. Don't overdo it with the suction on the nipples. Too much suction can sometimes be painful so make sure to get her feedback as you both experiment together. Give her time to get used to the sensation and slowly turn up the dial on the suction as you go, allowing her to decide the amount of pressure that feels good to her.

**/// We will begin this play session in the Sitting Lotus position.** You sit on the bed in the lotus (cross-legged) position, while your partner slides on top, resting on your lap and wrapping her feet around your torso. This allows you to have your hands free, so you can afflict pleasure and erotic teasing to her nipples, as she rides your erection. To start, warm her up with foreplay and plenty of breast and nipple play to get them aroused. Use oral and hands-on techniques for the

*Too much suction can sometimes be painful so make sure to get her feedback...*

Watch this technique on video.

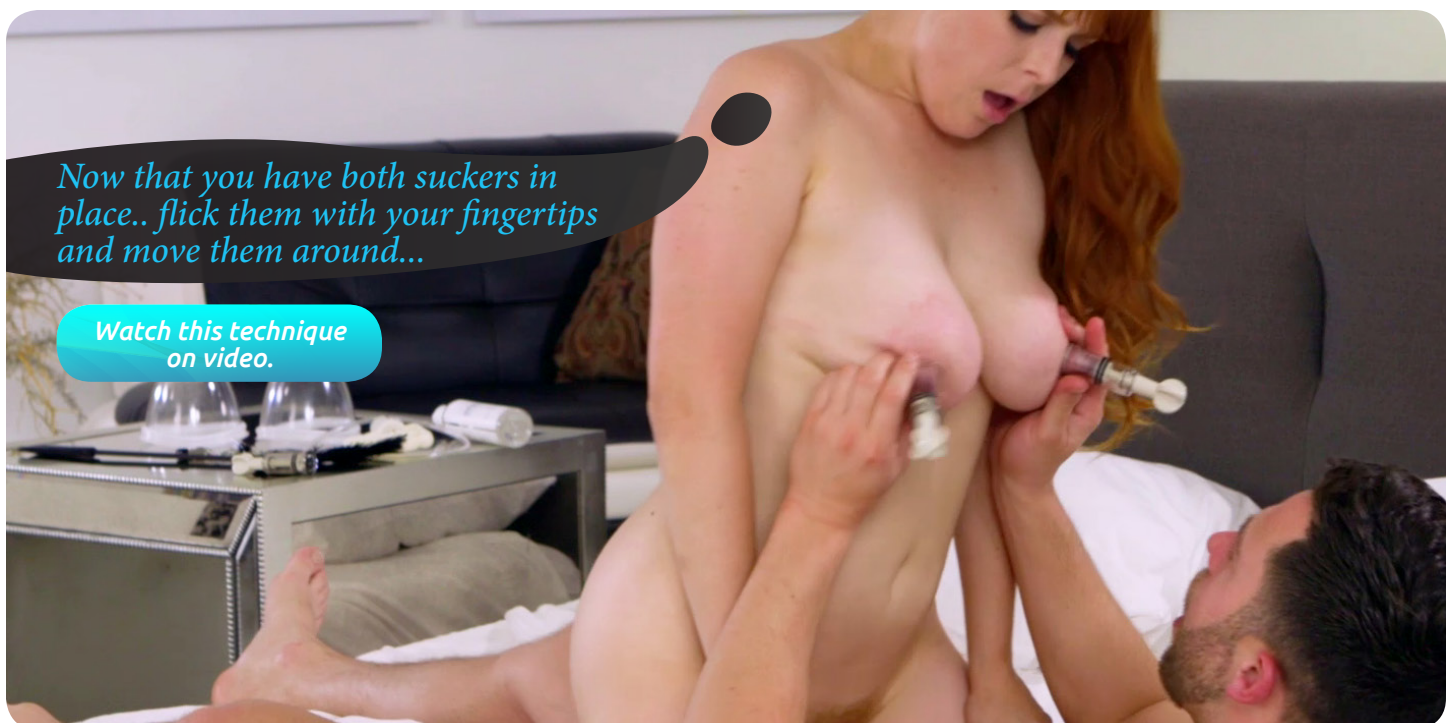




breasts. Pinching, holding, tugging and flicking her nipples. Add in oral breast and nipple play to get her even more aroused and perk up her nipples for even more intense play. Lap, lick and flicker her nipples with your tongue, then capture them in your mouth and suck them deep, preparing her for what's to come.

/// **Once she's good and ready, lube up the nipples, then apply the suckers and twist the tops to increase suction and pressure.** Watch as her nipples enlarge, swelling up and puffing up inside the clear tubes. Her nipples will also become redder and increasingly sensitive as the blood flow to the area increases, pushing the stimulation to a heightened sensation of pleasure that is on the brink of pain. Also, the longer you leave them on, the more sensitive her nipples will become, increasing sensation and stimulation until they are almost driving her crazy with pleasure. With daily use you can train her nipples to become more sensitive over time, as well as take more increased sensation. Using the suckers as a regular routine will also cause her nipples to enlarge, get darker in color, and become more permanently perky and ready to play.

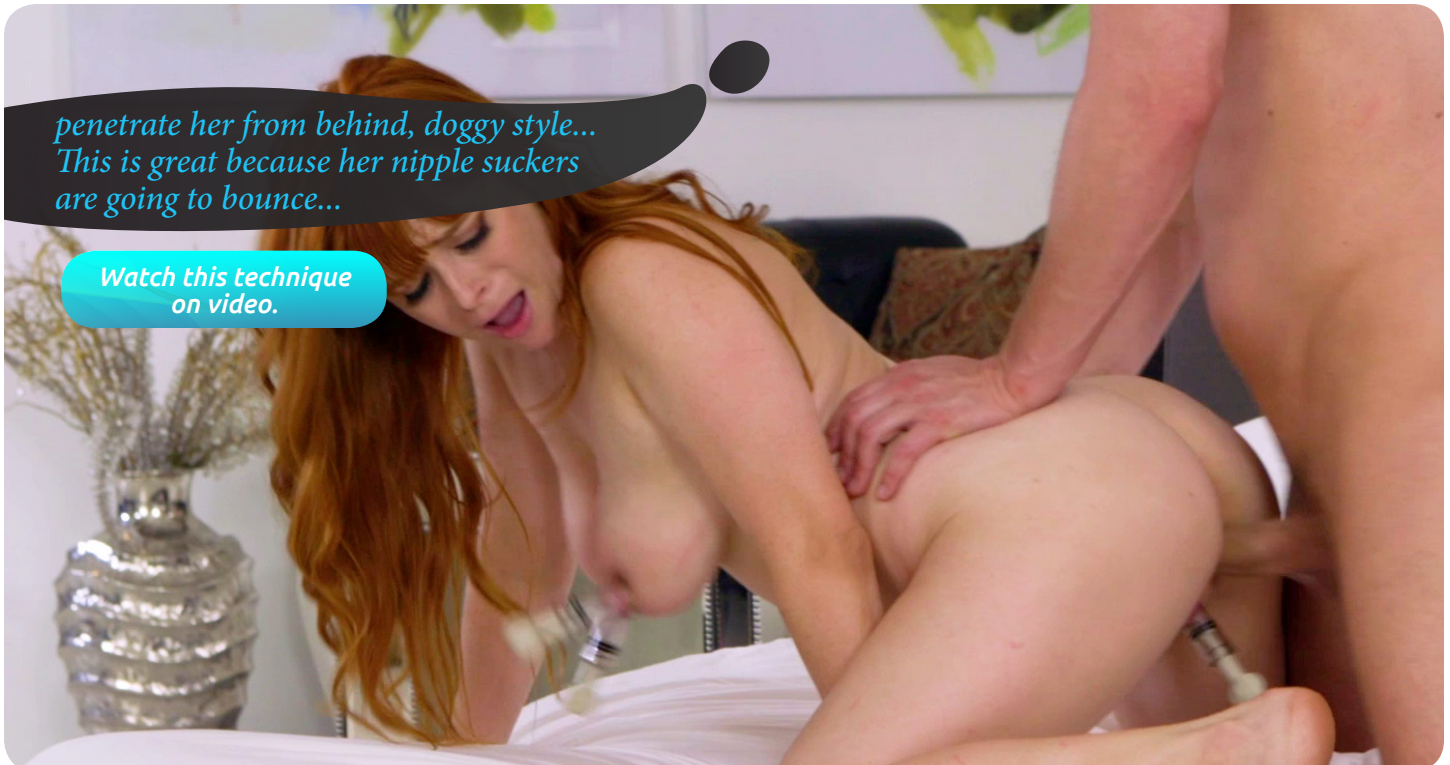
/// **Now that you have both suckers in place, you can tug on them, pull her breasts up with them, flick them with your fingertips and move them around for increased intensity.** Let her bounce and grind on top of you as her breasts jiggle and dance, the nipple suckers weighing them down and causing more intense sensations.



- Now for the cherry on top! Switch positions so she is sitting on the bed with her legs spread wide and give her oral sex to stimulate her vulva and clitoris. Once she is dripping wet and ready, you can add the third sucker to her clitoris. Be very careful here and go slow as the clitoris is much more sensitive than the nipples and can't stand the same amount of pressure, suction and stimulation. So only put as much suction on it as she can stand. For more hot and heavy tips and tricks on playing with the female clitoris and unleashing powerful orgasms, check out my program on the matter, Hot Licks - <http://www.hotlicksprogram.com>
- Meanwhile, turn her over and have her sit on the bed on all fours, so that you can penetrate her from behind, doggy style. This is great because her nipple suckers are going to bounce, adding more stimulation to her breasts. Her clitoris is feeling erotic intensity as well thanks to the clitoral sucker, she'll practically be exploding in mere seconds.
- When you are both getting close to coming, press down around her nipple to release the suction and remove the nipple suckers. Her nipples will be so sensitive now that just a light brush from your fingertips will feel like an electric shock and drive her over the edge into orgasm. Make sure to release her clitoris as well and get her to rub her clit as you thrust into her from behind and you both orgasm in unison.

*penetrate her from behind, doggy style...  
This is great because her nipple suckers  
are going to bounce...*

Watch this technique  
on video.





## TECHNIQUE 3

### Pain & Pleasure Play

Wow, that last technique was quite intense, but this one will be even more passionate and powerful, as we add a bit of pain into our breast play orgasms and pleasure, so you better get ready for some electrifying breast techniques that are a little bit kinky and sure to give her mind-blowing orgasms.

### Make sex more dangerously erotic

All couples – even those with amazing sexual chemistry and compatibility – experience a dip in their excitement at some point. But there's a way to resuscitate that bedroom rush and amp up the electricity in the bedroom, and it comes down to just pushing the boundaries. When it comes to sexual attraction, a little danger really revs things up. After all, pain allows your body to release endorphins and for some causes a buzz similar to that of a runner's high. Fortunately, what I've learned from years and years of research is that you don't have to risk your life to amp up your arousal potential. You just have to create your own dangerously naughty erotic scenarios. How? Follow these titillating tricks.

“*... don't censor your sounds of excitement, let her taste your skin, and keep mixing up your moves...*”

### Get her to think dirty

This is about something that I like to call “excitation transfer”. Translation: You tend to associate the exhilaration you feel when you're in danger with the person you're with. So start getting your partner pumped up by doing something unexpected before you even get to the bedroom. For instance, when the two of you are at a drugstore, toss a pack of condoms into the shopping basket to let her know you have sex on your mind. Or if you're shopping for clothes, pull her into the dressing room and say something outrageous, like “I'd like to have sex with you right here.” The point is to do or say something seductive and surprising: you don't even have to follow through.

### Be creative

Whisper a naughty story in her ear. Think about sexy taboo situations that you'd never act out... and be prepared to give the details. Just helping her to imagine stepping out of her comfort zone can get her adrenaline racing. Maybe the story involves watching her pleasure herself. You can push the erotic envelope even further by introducing some light bondage and tying her hands to the bed. Don't worry about whether she can easily escape – the idea of being held captive is thrilling enough.

### Catch her off guard

Ambush her when she comes home from work and enters the apartment by pressing her up against the wall then unbuttoning her shirt with her back to you. Almost all women fantasize about submitting to a strong, passionate man, but they typically feel self-conscious and reluctant about revealing their secret desires. So give her what she wants without making her ask for it. Push her up against the wall or throw her on the bed and strip off her clothes... but keep yours on. That lets her know that you're in charge, which heightens the sense of danger. Then blindfold her. If you don't have a tie, use a scarf or even her stockings. Not being able to see what you're about to do to her adds the thrill. Plus, cutting off one sense (her sight) intensifies the others. So turn her on to a sensual smorgasbord: Vary the pressure of your touches, don't censor your sounds of excitement, let her taste your skin, and keep mixing up your moves so she's continually on high alert.

### Tempt and tease her

Have her lie on her back, naked, and slowly lavish her





entire body with your lips and tongue. When you get to her breasts, bring a clean shoelace into the mix. Yes, I said a shoelace! She won't have a clue what you're up to... and that's the point: to keep her on edge. Wrap the shoelace once around the base of her breasts, and take each end between your fingers. Then start licking her nipples while gently pulling the shoelace back and forth, as though you're flossing her girls. The sensation will drive her nuts. When she starts getting really excited, pull the shoelace a little tighter. The pressure will send her through the roof. You can also go a step further and use actual restraints during sex. Tying up someone can be a lot of fun for the dominant one and absolute torture – the good kind – for the submissive partner. Sure, you could use the typical wrist restraints, leather and chains or you may perhaps get creative and use your ties or some of her scarfs. Thick cotton and silk materials are best, for once they are knotted they have a hard time coming undone and sliding out of place. Keep an extra pair of scissors on the bedside table just in case that rope becomes too tight. But first, make sure you and your partner talk before you play this game – communication is key. It's best to come up with a safe word if things ever become too much to handle. Don't be afraid to slow things down and check in with your partner from time to time.

## Be a voyeur

Place her hand on her breasts, and tell her you want to watch her touch herself. Most women are private about masturbation, yet many are secretly into the idea of doing it in front of a woman. It's the embodiment of submission and vulnerability. Tell her to stare into your eyes as she pleases herself; you want to see the longing.

## Switch up the venues

Uncertainty is at the heart of creating a sexy sense of danger, so keep relocating your sack session. If you start in the bedroom, take a time-out, grab her hand, and tell her to follow you. When she asks where you're going, tell her to be quiet; she'll find out. Maybe you'll lead her into the bathroom for a steamy shower or into the living room to fool around on the floor. With dangerous sex, it's not the place that's important; it's all about an adventurous state of mind... and that follows you wherever you go.

## Pain & Pleasure Play Step-by-Step

We are going to play with Nipple Clamps, which are a familiar piece of BDSM equipment for couples into nipple play. First and foremost, keep in mind that nipple clamps can cause either added pleasure, or intense pain, depending on how you use them and to what degree. It is a good idea to determine a safe word like RED before you begin in case she wants to stop the play at any time. So, you will want to go slow, be gentle and respond to her reactions. If she wants more, she will let you know. Likewise, if she

doesn't like something, she should tell you to stop. Remember she is always in control during dominant and submission play, even though you are playing the dominant. For this technique, we are going to be using Alligator Clamps. These Clamps work like a pair of pliers which feature a screw that allows you to fine tune the pressure applied to the nipple, as well as the amount of sensation, pleasure or pain.

**It is really important that she is highly aroused before you begin to use nipple clamps.** So, besides using your usual foreplay techniques, in order to jump-start a sack session and up her adrenaline and ecstasy, it helps to get a little hands-on. "Simple sensual gestures like massaging her neck and shoulders or slipping off her clothes will put her at ease, which gets her even more in the mood. Massage is a powerful tool because it instantly relaxes your partner both mentally and physically, making her more responsive to the possibility of sex", says Pam Spurr, author of *Make Love All Night and Talk to Him in the Morning*. To work your own massage magic, ask your partner to take off her top and have her lie face-down on the bed. Gently knead her neck, shoulders and back with two hands and plenty of massage oil. Continue with soft caresses and tickles all over her breasts, lightly teasing, stroking and scratching the nipples to get them aroused. For more naughty and saucy information on how to properly set a woman on fire, check out my program on the matter, *Double Her Desire* - <http://double-her-desire.com/>





Once she is highly aroused, and you have played fully with her breasts and nipples you can **apply the nipple clamps**. Grab her nipples between your thumb and the knuckle of your pointer finger and tug. Grab as much flesh as you can by including the areola, then place the flesh of her nipple between the clamps as close to the areola as you can and slowly adjust until you get the right amount of pressure. The lower the clamp is on the nipple the better. The pressure should be tight enough to stay on while she moves around without inflicting any pain. The idea is to create a pleasurable sensation and intensity that builds over time. The clamps come with a chain that affixes the two clamps together and you can tug on it to increase pressure. But make sure you don't constrict the blood flow to the nipples by leaving them on for too long.

Okay, now that the clamps are in place, complement the sensations they provide with **touches on the opposite spectrum of the pain/pleasure play**. A feather is great for this because it's soft and delicate, causing a gentler type of pleasure and making the delicious pain she's feeling in her nipples become more explosive and orgasm-inducing. It might sound a bit childlike for some couples, but feather teasing is one of the most enjoyable forms of arousing your partner. Using an artificial bird feather with soft spikes can effectively intensify sexual feelings. Tease her with the feather by moving it on her naked body, ensuring that no point is left untouched,

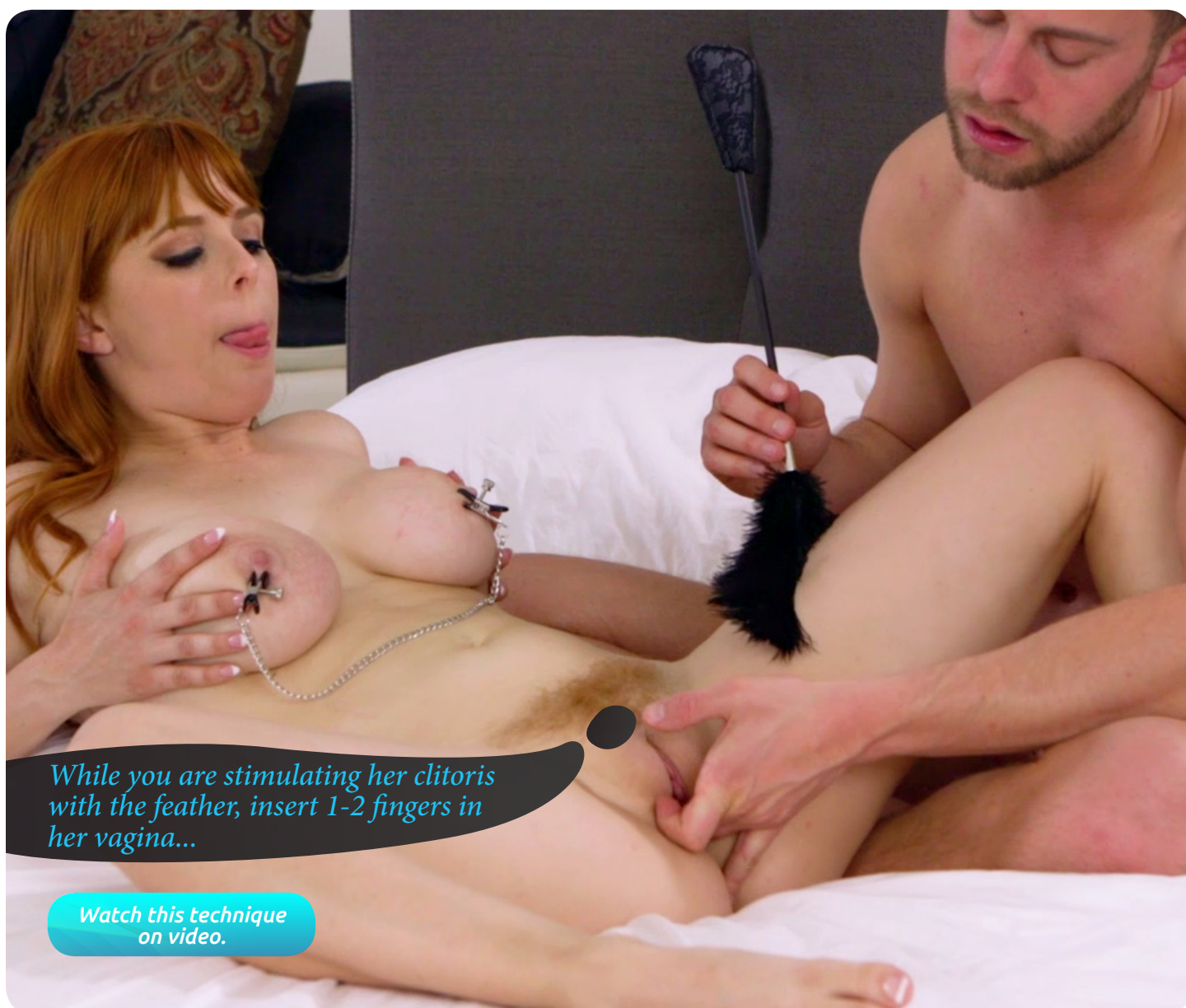


*Grab as much flesh as you can...then place the flesh of her nipple between the clamps...*

*Watch this technique on video.*

and drawing circles and patterns down her neck, under her arms, over her swollen breasts, on the tips of her nipples while still clamped, down her belly and over her vulva and clitoris. It will surely bring her the desired sexual delight!

**While you are stimulating her clitoris with the feather, insert 1-2 fingers in her vagina and continue to stimulate her breasts, which should be hyper-sensitive at this point, with your other hand and mouth, rotating between fingers, licking and sucking until she reaches another Boobgasm.**



*While you are stimulating her clitoris with the feather, insert 1-2 fingers in her vagina...*

*Watch this technique on video.*



## BIBLIOGRAPHY

**Florence Williams, 2013.**

*Breasts: A Natural and Unnatural History. 1st Edition. W. W. Norton & Company.*

**Diana Richardson, 2004.**

*Tantric Orgasm for Women. 1st Edition. Destiny Books.*

**Alyssa Dweck, Robin Westen, 2017.**

*The Complete A to Z for Your V. 1st Edition. Fair Winds Press.*

**Svetlana Ivanova, 2014.**

*Female Orgasm Secrets: How to Give Any Woman Orgasms. 1st Edition. Lulu.com.*

**Brenda Schaeffer, 2009.**

*Is It Love or Is It Addiction: The book that changed the way we think about romance and intimacy. 3rd Edition. Hazelden Publishing.*

**William Cane, 2005.**

*The Art of Kissing: The Truth About What Men and Women Do, Think, and Feel. 2nd Revised Edition. St. Martin's Griffin.*

**Daniel Bergner, 2013.**

*What Do Women Want?: Adventures in the Science of Female Desire. Reprint Edition. Ecco.*

**Debra Mandel, 2003.**

*Healing the Sensitive Heart: How to Stop Getting Hurt, Build Your Inner Strength, and Find the Love You Deserve. 1st Edition. Adams Media Corp.*

**Emily Nagoski, 2015.**

*Come as You Are: The Surprising New Science that Will Transform Your Sex Life. 1st Edition. Simon & Schuster.*

**The Editors of Women's Health, 2015.**

*The Women's Health Big Book of Sex: Your Authoritative, Red-Hot Guide to the Sex of Your Dreams (and His!). 1st Edition. Rodale Books.*

**Gloria Brame, 2011.**

*The Truth About Sex, a Sex Primer for the 21st Century. Volume 1: Sex and the Self. 1st Edition. CCB Publishing.*

**Joel Block, 2006.**

*The Art of the Quickie: Fast Sex, Fast Orgasm, Anytime, Anywhere. 1st Edition. Quiver.*

**Rebecca Chalker, 2002.**

*The Clitoral Truth: The Secret World at Your Fingertips. 1st Edition. Seven Stories Press.*

**Ian Kerner, 2010.**

*She Comes First: The Thinking Man's Guide to Pleasuring a Woman. Reprint Edition. William Morrow Paperbacks.*

**Kathleen A. Cervenka, 2003.**

*In the Mood Again: A Couple's Guide to Reawakening Sexual Desire. 1st Edition. New Harbinger Publications.*

**Gabrielle Morrissey, 2006.**

*Spicy Sex: 52 Sumptuous and Saucy Sex Recipes for Red-Hot Loving Every Week of the Year. 1st Edition. HarperCollins Publishers.*

**Pam Spurr, 2004.**

*Make Love All Night and Talk to Him in the Morning: Bite-Size Tips for Sex and Relationships. 1st Edition. Amorata Press.*