

The Oral Obsession EDITION

REIMAGINE
YOUR ORAL
SEX GAME IN
BOMB NEW
WAYS AND
NEVER BE
BORED IN BED



*Taste Her,
Tease Her*

GABRIELLE MOORE'S
NAKED



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MOORE
Better Sex. Better Life.

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The Oral Obsession EDITION

*Taste Her,
Tease Her*

*Reimagine your oral sex
game in bomb new ways
and never be bored in bed*

Section 1 – Facts & Theory

Let's talk about The Lick Job – And why every man should embrace it

A couple of years ago, The Canadian Journal of Human sexuality published a study that wasn't exactly shocking. At least not for me. It turns out, women are way more likely than men to give their partners oral sex. Some people call it the "oral sex gap", but no matter the name, the fact is that women receive oral sex less often both because men are less likely to offer and because they are less likely to ask. Some women struggle to get out of their own heads when it comes to oral sex (and this is not at all surprising, since women are socialized to please everyone except themselves), and some don't ask it because they simply don't know how.

Here's the deal with cunnilingus: A lot of women get self-conscious about receiving oral sex because we've been taught socialized to be ashamed of the ways our genitals look, smell, and taste. (For the record, that socialization is bullshit, and all women look, smell, and taste amazing.) Engaging in cunnilingus means letting someone get up close and personal with your business, so a lot of women don't allow themselves to ask for it, and some women even tell their partners not to do it. In fact, a lot of my male clients tell me they've stopped even trying to initiate oral sex because they've gotten so used to being turned down repeatedly by their partners.



One of the reasons this happens has to do with the fact that we gals don't have a proper word for oral sex, like you guys have – the trusty blowjob. What do I mean by that? Well, let's for starters imagine this simple scenario (which may or may not be based on my very own experience with this).

"Let's play cards. If you win, you get a blowjob. If I win, I get a... going down on? An... eating out? A... cunnilingus?"

Chances are, if you were having this conversation with your partner, she wouldn't know what word to use here either. It's a predicament I found myself in while placing bets (as you do), when I realized that there's no commonly accepted informal noun for the act of cunnilingus.

Euphemisms we have in plenty: eating the peach, carpet munching, muff diving, having a seafood dinner, munching the bearded clam, worshipping at the altar, lip-syncing to the fish-fuelled jukebox... But when it comes to using a single word for this one single sexual act—the act of a man performing oral sex on a woman—there isn't one. Of course, one can use 'blowjob' to refer to the act both ways. But in this day and age where women can own their land, be their own boss, and free their nipples after hours, surely we can have our own word to describe our pleasure too. Don't you think so?

Here at Gabrielle Moore headquarters, we tell you all the time to ask for what you want in bed and encourage your partner to do the same because the trick for amazing sex is both partners feeling as satisfied as they can possibly be.

But how can a woman ask for something she doesn't have a proper name for? All society has ever given her are cute little phrases to use as replacements. That's why many women hint at it, coyly, not being too blunt about it because... well, our vocabulary won't let us.

I mean, it's possible, but only if the woman is comfortable with being crass and super forward. Any lady can just as easily tell her partner to 'lick her pussy' the same way porn men tell their porn lovers to 'suck their dick'. But the majority of women won't do that, that's a fact, so they end up not asking for it at all when their options are either 'coy' or 'pornstar'. What does this mean for you? It's simple. Since your partner won't ask for it often, you'll end up believing she doesn't want it. And that's awful because ALL WOMEN WANT IT. Trust me on this.

That's why I've taken it upon myself to disassemble society's good girl/bad girl dichotomy once and for all and help men all over the world... help their women! We gals are complex human beings and we demand a comprehensive vocabulary as well! Sure, 'Eat me out', 'go down on me', 'lick my pussy'—these get the point across, true, but they use verbs. The same as 'give me head' and 'suck my dick' use

verbs. And they're effective enough—you get your point across. But think of the act of oral as two physical objects—a physical object for men and another object for women. Objects need names, which are nouns. Now have this conversation in your head:

'What's that object called?'

'That's a blowjob.'

'And what's this object?'

Oh, that doesn't have a name.'

Which one sounds more important? Which is more easily dismissed? Which can be actively asked for? Exactly. You get my point now, right? Not having a word that expresses an act performed solely for female pleasure limits women's ability to ask for it. It reduces our agency. It forces us into using passive language patterns rather than active ones. It takes away our power, damn it!

And that's why I think we should all embrace the word 'lickjob'. I thought I made it up in a moment of impassioned frustration during a hot game of cards, but a quick Google search (not recommended) shows it already exists in a limited sense. Yet had you ever heard it before? No, nor had I, and believe me, I've heard a lot of things in the Gabrielle Moore office.

'May I have a lickjob?' It's simple, it's catchy, and it fits into our current language patterns surrounding sexual acts. It even perfectly describes the action. So go home and share this nicely sounding word with your partner, tell her to use it when she wants oral pleasure and stop hiding the fact that she's dying for your tongue to kiss her in all the right places.



Because she does. I know she does. And you should know it too.

What did you think? How can she possibly not want it when you live and breathe for a nice blowjob as often as possible? It's the same for your partner, but up until now she didn't have a word for it – something to use casually whenever mood strikes.

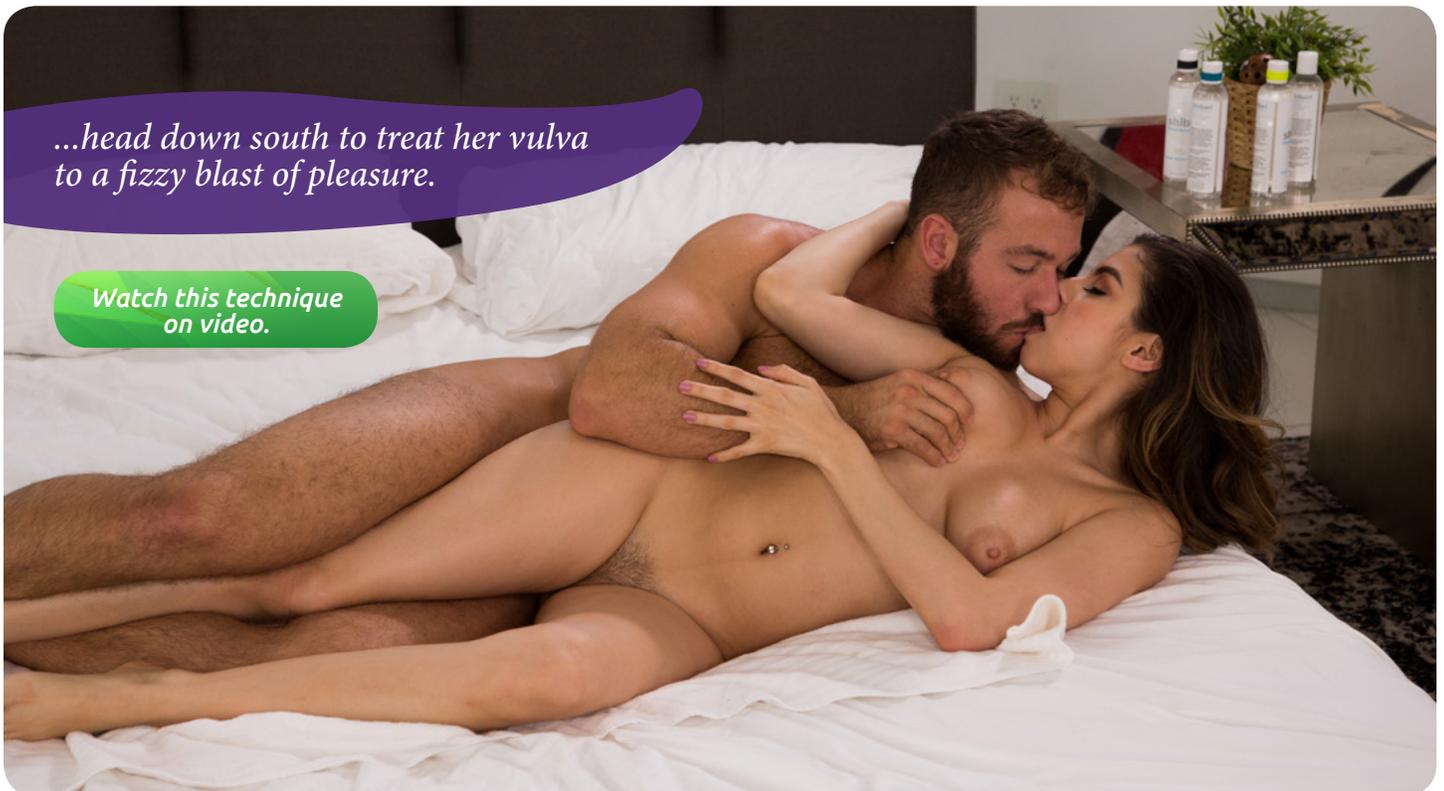
Now that she has one – thanks to you, boyfriend of the year, am I right? – support her and encourage her to use it as often as possible. Also, and this is crucial, always respond positively whenever she asks for it. It's already hard for women to do this in the first place, and if you turn her down even once, she might not ask it again. You've been warned, mister.

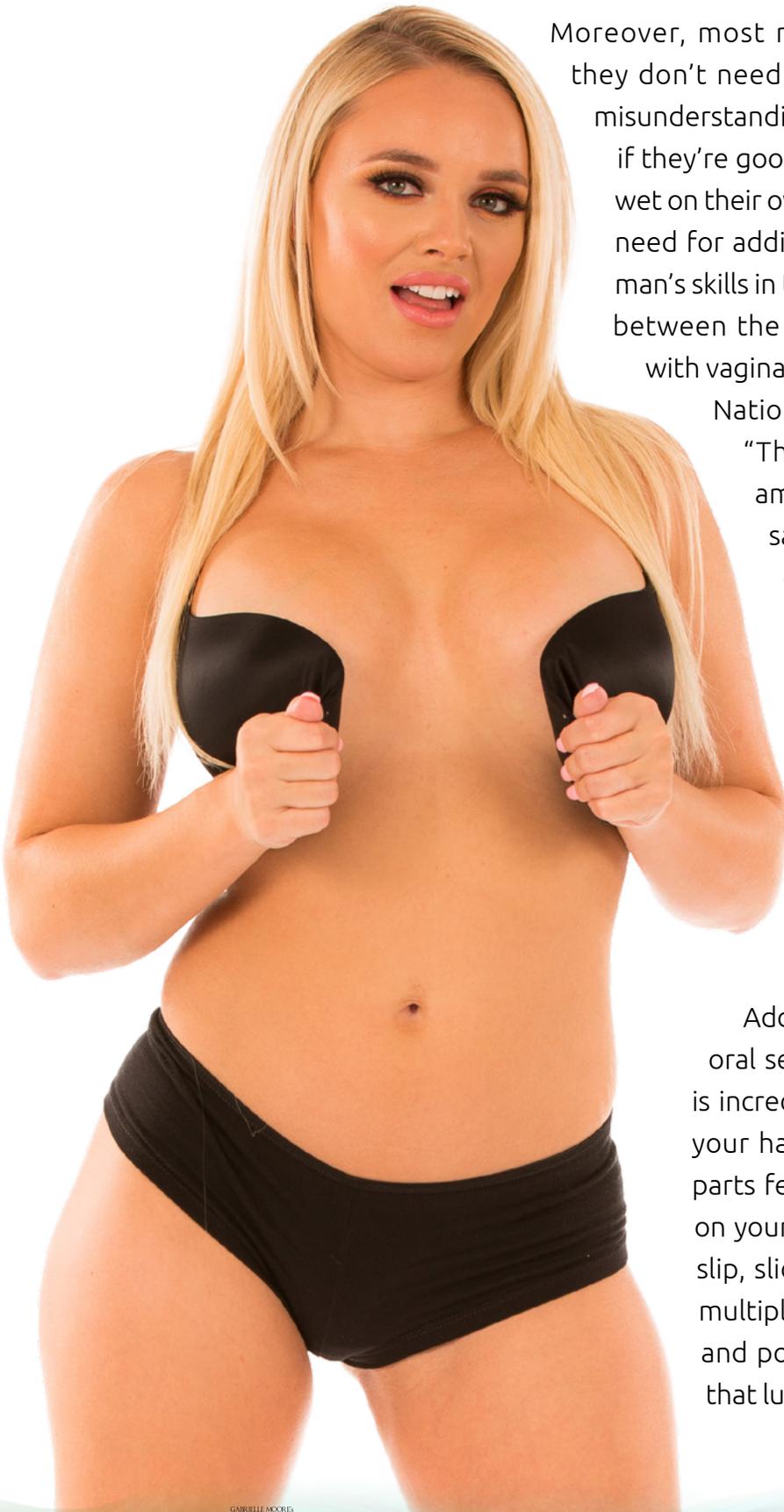
Your best oral sex secret is on your nightstand

I have seen some pretty crazy things in men's apartments. I've seen fridges full of chocolate sauce and nothing else. I've seen a collection of condoms so vast, it could last a fraternity club for a whole year. I've seen sex toys and BDSM accessories. But you know what I rarely see in men's apartments? Lube. For some reason, you guys seem totally resistant to using lube. There seems to be this widespread belief that lube is a last resort, only to be used in cases of an extreme sex emergency.

*...head down south to treat her vulva
to a fizzy blast of pleasure.*

Watch this technique
on video.





Moreover, most men believe that if they're good in bed they don't need lube. The main reason for this is a basic misunderstanding of the female anatomy: guys think that if they're good lovers, they should be able to get women wet on their own. But this, of course, is total BS. A woman's need for additional lubrication has nothing to do with a man's skills in the sack. In fact, about 30 percent of women between the ages of 18 and 59 say they have trouble with vaginal lubrication during sex, according to a 2009 National Survey of Sexual Health and Behavior.

"The reality is all women are unique. The amount of lubrication they produce isn't the same throughout their cycle. There are also other factors that play into this, like stress, birth control, and alcohol use", says Juliet Allen, author of *How To Have Great Sex Every Day*. Take it from me, guys: women want you to have lube on hand, because it makes sex a zillion times better – for both you and your partner. Especially when it comes to oral sex.

Because let's face it, no matter how you slice it, oral sex is pretty freaking amazing.

Adding lube to your bedroom repertoire makes oral sex feel incredible. Simple as that. Lubricant is incredibly versatile. A few extra drops will make your hands, lips, tongue, fingers and other body parts feel wetter and better with very little effort on your part. "With oils and lubes, your options to slip, slide, glide, twist, suck, pulse, kiss and thrust multiply exponentially. Possibilities for techniques and positions are greater and research indicated that lube leads to higher levels of arousal, pleasure

and satisfaction”, says Jessica O’Reilly, author of the book The New Sex Bible.

Let me give you a comparison so that you better understand what I mean. According to the mechanics, machines should be kept properly lubricated when in use in order to prevent friction and wear. Now forgive the comparison, but the same could be said of us. Specifically, when we’re having sex. Of course, part of the sexual response cycle involves the body creating its own, natural lubrication. But sometimes, it’s not enough. In fact, that’s often the case, as the results of the study mentioned above show.

Edible oils are particularly great for oral sex. Given the fact that genitals are probably not everyone’s favorite flavor on the menu, that’s where lube (especially the flavored kind) comes in. These tasty products can make the experience way more palatable. Of course, lubes aren’t just there for taste. They can also help add moisture and wetness, taking your oral sex game to the next level.

So yeah, if you’re one of those people that may find cunnilingus challenging, these are definitely for

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

you. Whether it’s the taste or smell associated with someone else’s genitals, or receiving oral pleasure is an activity that creates anxiety, incorporating a flavored edible can make the experience much more pleasant and it can also bring an element of fun. And not only edible oils have this effect. You can also forage your fridge for aphrodisiac food to apply on your partner’s body (honey, maple syrup or whipped cream have a wonderful taste).

Incorporating flavor in the form of edible oils or aphrodisiac food can make your oral playtime seriously erotic. Plus, when your partner discovers you have made the effort to research ways to make her erotic experience even more fulfilling, this in itself can be a big turn on for her. Why are these so efficient in making cunnilingus a thoroughly amazing experience? There are a number of reasons.

First, the physical sensation of the oil encourages the tongue action to glide effortlessly, while heightening the sexual experience by bringing in taste and smell as additional stimuli. The taste of the edible makes the whole thing more pleasurable for you – you can play with different flavors to

combine with your partner body's natural lubricant to make an edible cocktail.

But it's actually the smell of the edible that can make all the difference. Smell is our most ancient sense and is also the quickest to take effect. The olfactory nerve that carries the signals to the brain is very short so smell has an immediate effect, faster than taste or touch. Like listening to a favorite piece of music, smell, if associated with past pleasant memories, can help relax your partner's mind and enhance her orgasm. For more information on the female orgasm, check out my program on the matter – 7 Day Orgasm - <http://www.7dayorgasm.com/>. It has plenty of more detailed information!

You can also choose oils that provide a warming or tingling effect. The warming/tingling/cooling effects stimulate the nerve endings in the clitoris, pulling extra blood flow to the area and making the oral session much more intense. Plus, you can control the "heat" by rubbing or blowing on the oil, which means you can speed or slow your partner's ecstasy as you wish, making her a slave to your expert touch.

"Each oiled up touch sparks a cascade of sensations: her temperature rises, her pain threshold increases, and chemical messengers released into her bloodstream make her skin supersensitive", says Sonia Borg, author of Oral Sex She'll Never Forget. So if you really want to make



her knees buckle with bliss, you need to know the right way to incorporate edible oil and aphrodisiac sensation play into your oral routine.

A word of caution before we begin. Just as people have allergies or sensitivities to ingredients in skincare products, the same goes for lubes and oils and your partner's genitals. Generally, more ingredients will mean more irritation to someone with sensitivities or allergies. So if your partner is prone to infections or rashes, stick with the simple stuff and test a tiny amount on her arm or stomach before using it on her genitals – just in case. If she develops any itching, burning, pain, or other irregular symptoms, stop using it immediately and seek medical care if the reaction gets worse.

One last thing: lubes aren't "just for women", they work great for you too. Individualizing your experience isn't exactly a great approach when it comes to partnered sex. What's good "for her" is going to be good for you both, so there's that to keep in mind. Besides, lube can help heighten sensation, and that's something both people can benefit from. Of course, there are also plenty of penis-centric stunts you can pull with lube. If you're using condoms, I suggest putting a drop of lube in the tip to enhance. It can help sex feel better and might even help prevent the condom from breaking. And that's not all: lube can take handjobs and blowjobs to "a whole new level."

Section 2

Edibles for oral sensation play

Do you love giving your partner long, luxurious massages with your go-to lube or oil? That's great! But are the products you use edible? Are they tasty? If you want to turn your sexy massage into hot foreplay and oral sex with a lick here and a kiss there, you need something that tastes amazing. It will completely transform your night!

TECHNIQUE 1

Finger licking good

Incorporating various aphrodisiac food products into foreplay and oral sex is a great way to whet your sexual appetites. I mean, let's be honest here – eating food and having sex are undoubtedly two of the best things about being alive. They're both comforting activities often shared with those you love.

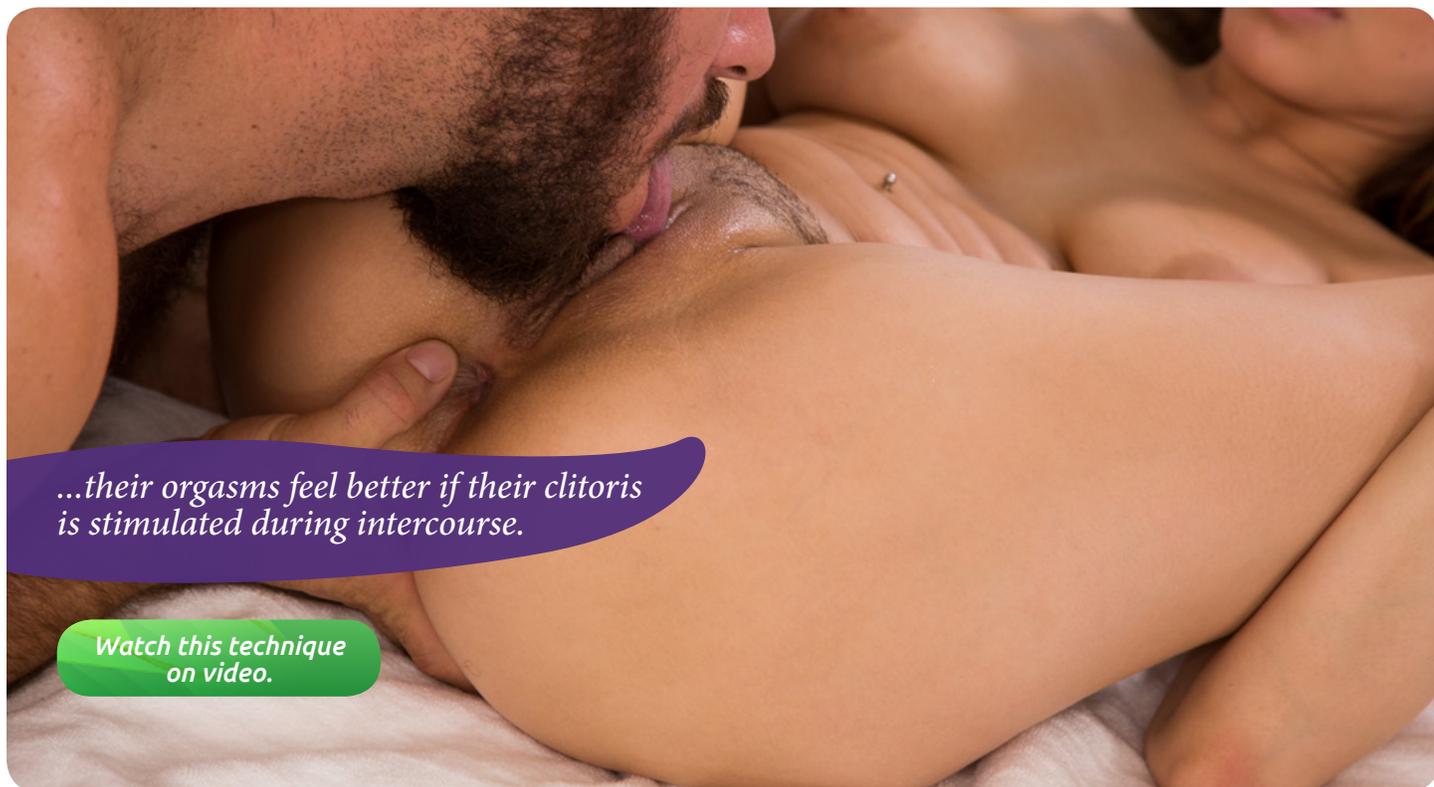
So incorporating food into your sex life is an easy peasy way to try new things in bed. Not to mention that sex is supposed to be messy.

Satisfy your sexual hunger

If your partner's climaxes seem like a lot of work for not much payoff, the reasons could be physical or psychological, could be technique, or could be you just need a little help from some "friends." Don't give up — help is on the way. "The ability to achieve a healthy, strong, satisfying orgasm is a gift. When women have low libido, inability to orgasm, or the quality of orgasm is not as strong as it used to be, can anything be done? Plenty!", says Evelyn Resh, author of *Women, Sex, Power, and Pleasure: Getting the Life (and Sex) You Want*.

Get your head in the game. Focus, focus, focus!

You both need to be fully present during sex, but especially your partner. So shut down the email, send the kids to Grandma's or at least lock the door. When your partner is distracted with life, she is essentially on the bleachers during sex when she should be focused on the playing field. Ask your lady to "focus on how your body feels, the awareness of pleasure, following the sensation with your attention. When you



...their orgasms feel better if their clitoris is stimulated during intercourse.

Watch this technique
on video.

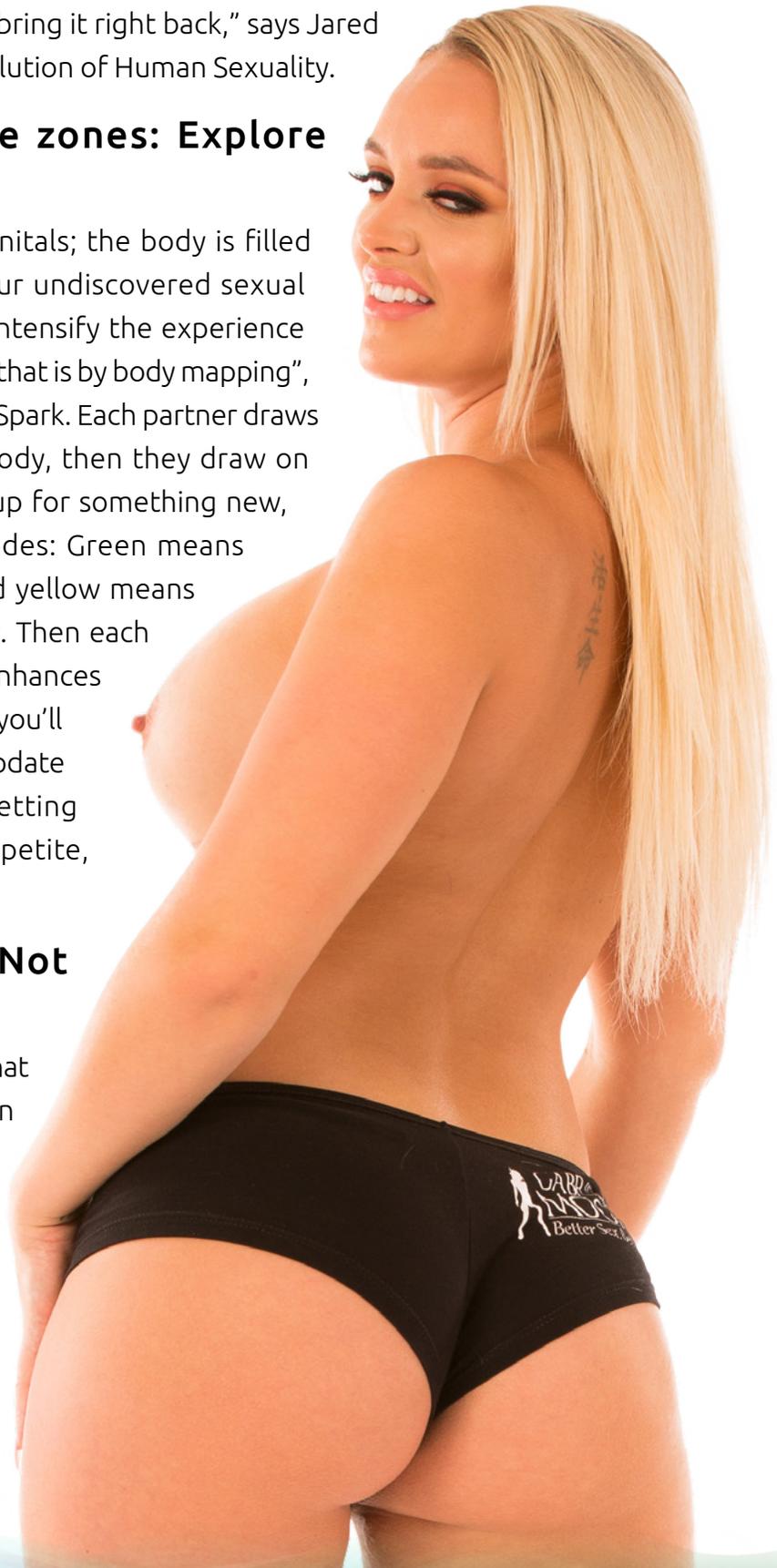
find your mind wandering to to-do lists, just bring it right back,” says Jared Diamond, author of *Why Is Sex Fun?: The Evolution of Human Sexuality*.

Undiscovered sexual pleasure zones: Explore beyond the usual hot spots

Remember that you are more than just genitals; the body is filled with many nerve endings. Tapping into your undiscovered sexual pleasure zones (everyone is different) can intensify the experience and orgasmic potential. “One great way to do that is by body mapping”, says Michael Krychman, author of *The Sexual Spark*. Each partner draws an outline of the front and back of their body, then they draw on areas where they want to be touched, are up for something new, and want to avoid. You could use color codes: Green means full speed ahead, red means stay away, and yellow means proceed with caution, instructions to follow. Then each explains to the other what they mean. This enhances sexual communication and ups the odds that you’ll get the kind of stimulation you want. If you update the map from time to time, you’ll avoid getting stuck in a rut and make room for body, appetite, and life changes.

Vaginal vs Clitoral Orgasms: Not either-or

And for the record, let’s put to rest the myth that all women can come from vaginal stimulation alone. A study published in the February 17, 2018, issue of the *Journal of Sex and Marital Therapy* reports that “while 18.4 percent of women reported that intercourse alone was sufficient for orgasm, 36.6 percent reported clitoral stimulation was necessary for orgasm during intercourse, and an additional 36 percent indicated that, while



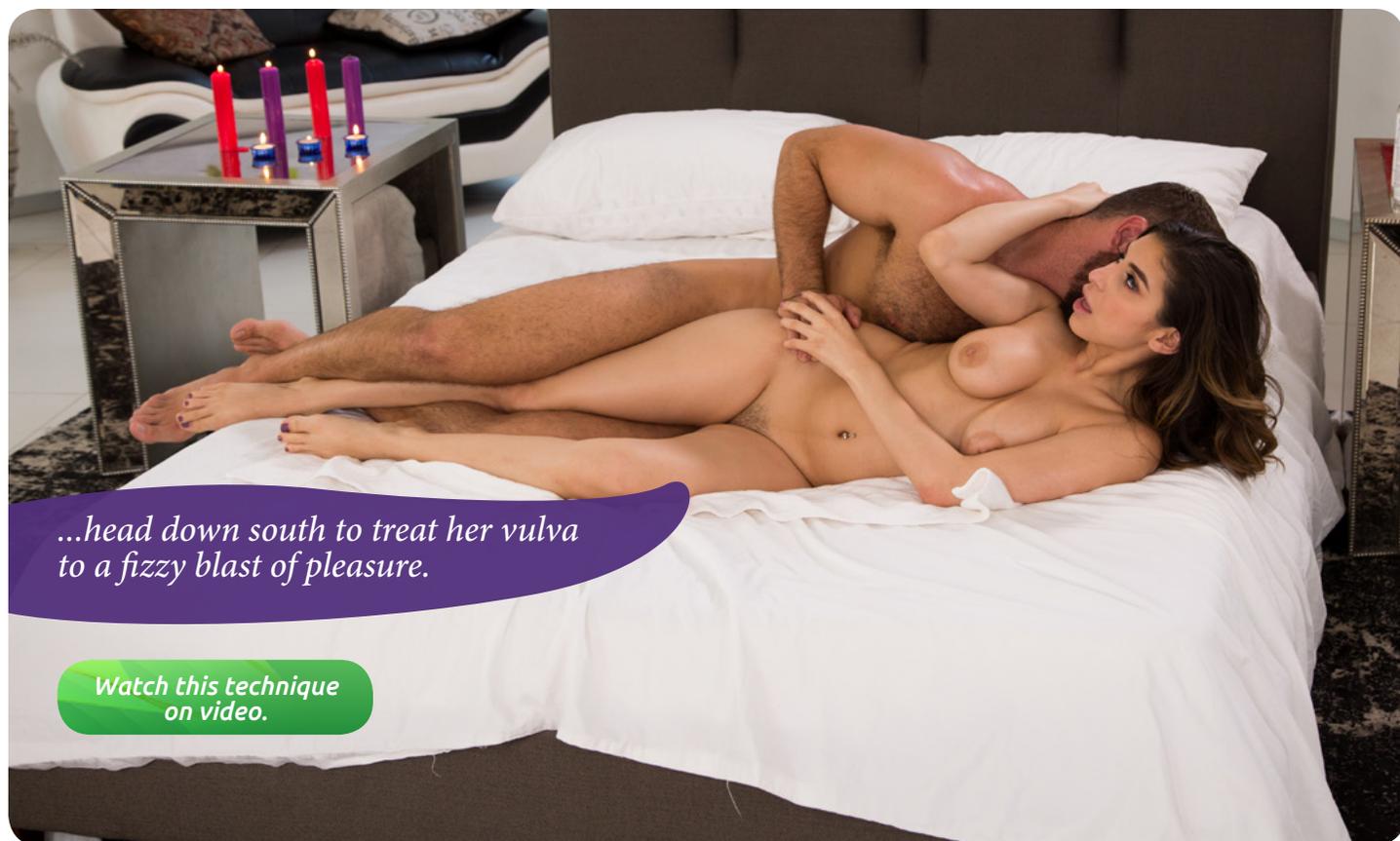
clitoral stimulation was not needed, their orgasms feel better if their clitoris is stimulated during intercourse.”

Get a medical checkup with your physician

Certain diseases (diabetes) and medications (selective serotonin reuptake inhibitors, anticonvulsants) can affect a woman’s ability to reach orgasm. And the same is true for you as well. The issues for which you both would want to get medical advice are trouble getting aroused, difficulty getting an erection or maintaining one, and a general lack of sensation during arousal or orgasm.

How healthy is your pelvic floor?

Did you know that there are pelvic therapy specialists out there? Your partner can get assessed by these specialists if she suspects that physical therapy might be necessary and you should do it as well because it might affect you too. “To have a really good orgasm, your partner’s pelvic floor muscles need to be relaxed during the day, not in a high tense state, always on guard. Most women don’t realize they are holding tension in their pelvic floor, like a tight fist, which can lead to painful sexual intercourse.



*...head down south to treat her vulva
to a fizzy blast of pleasure.*

Watch this technique
on video.

In the case of men, tension in the pelvic floor leads to difficulty in achieving and maintaining erection and even an ability to ejaculate,” says Adam Tokunaga, author of *Slow Sex Secrets: Lessons from the Master Masseur*.

Fill your sexual toy chest: Toys aren't just for kids!

There are a variety of gadgets out there intended to intensify stimulation or increase your partner's ability to feel sensation in different parts of her body. You could bless her with nipple stimulation at the same time as you're stimulating her vaginally or anally. Everyone is different; explore what works for the both of you.

The best thing? All sex toys want to do is please you. They are steady and consistent, they come in all sizes, speeds, materials, and price points, and can hit many erogenous spots or just stay with one. If you are not sure what your partner likes (hard vibrations or gentle pulses?) or how you will use it together, choose one that provides adjustable levels of vibration and can be used internally and externally. “Don't go too complicated or you'll spend more time figuring out how to use the thing than enjoying the sensations,” says Miranda Barnes, author of *Save your marriage: The new discoveries that saved my marriage off of life support by improving our sex life in 30 days and how you can do it too*.

Finger licking good Step-By-Step

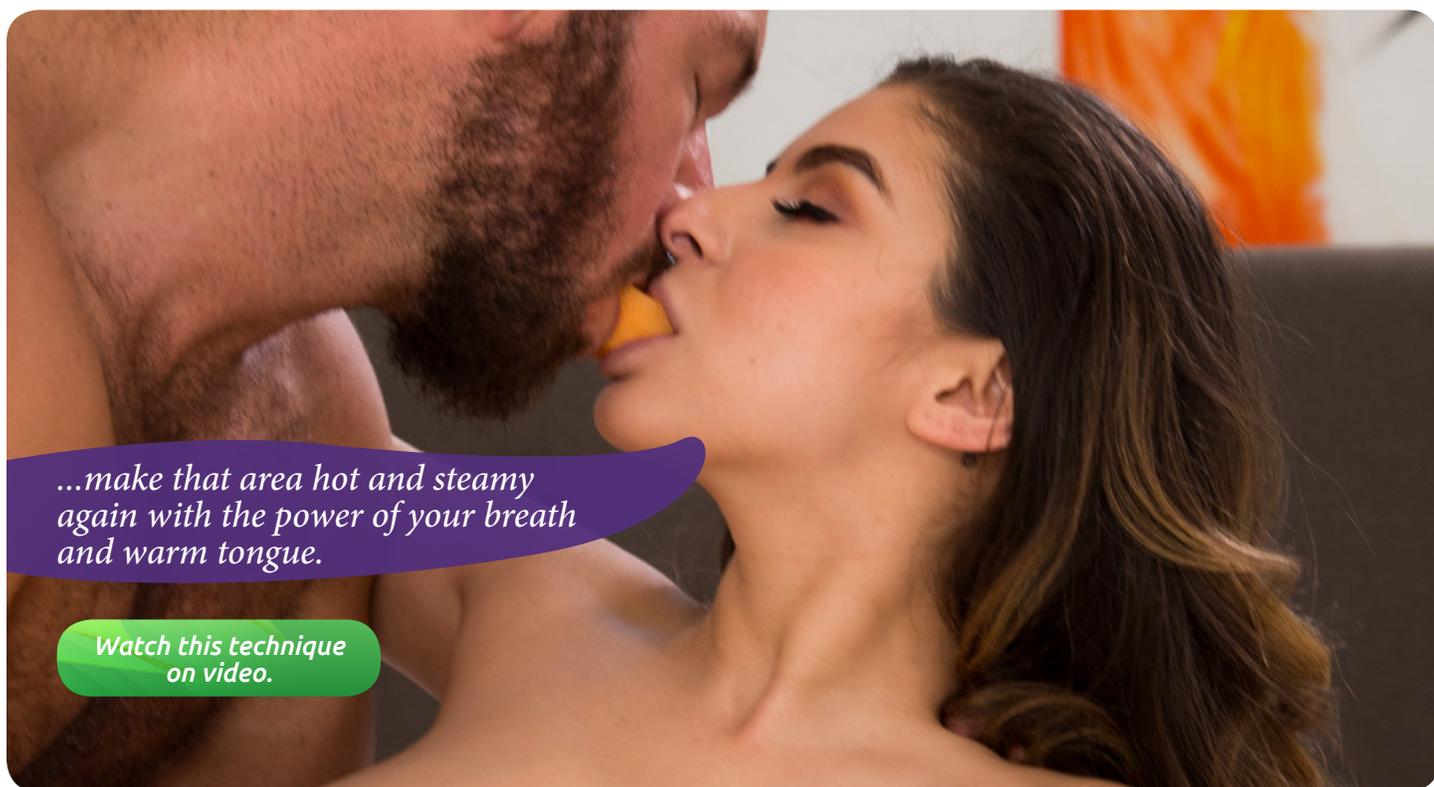
/// **Splashing: sounds kind of gross, but it can actually be really sexy.** It's the act of playing with food to arouse your



carnal appetite. We've rounded up some great aphrodisiac foods to bring into the bedroom as trusted helpers for eating her out, along with hot tips on how to use them for both of your advantage. You can pretty much experiment with whatever edibles suit your tastes, but before you start hauling groceries into bed, know that only certain eats are pleasure inducing. Others are just a straight-up mess... or even hazardous (stay away from things like chili peppers or anything that's too hot and spicy).

Also, make sure you use food externally only and don't let any get too close to your partner's vaginal opening. "If it gets inside your woman, it can introduce bacteria and cause irritation and infection", says Alyssa Dweck, author of *The Complete A to Z For Your V*. And, if you use anything that might contain oil, be careful that it doesn't come into contact with latex condoms, since oil causes latex to deteriorate.

Start by incorporating the scintillating textures into your foreplay routine, by feeding each other succulent fruit, like peaches or melon, then use your tongues to wipe the juice off each other's mouths. Swipe honey across your lips, and give your partner a sweet kiss that will make her want to devour you, but tell her she's the one being devoured tonight. Honey contains boron, a mineral that helps regulate estrogen and testosterone and may boost sexual arousal, so it's a great starter food because it fires up your libidos.



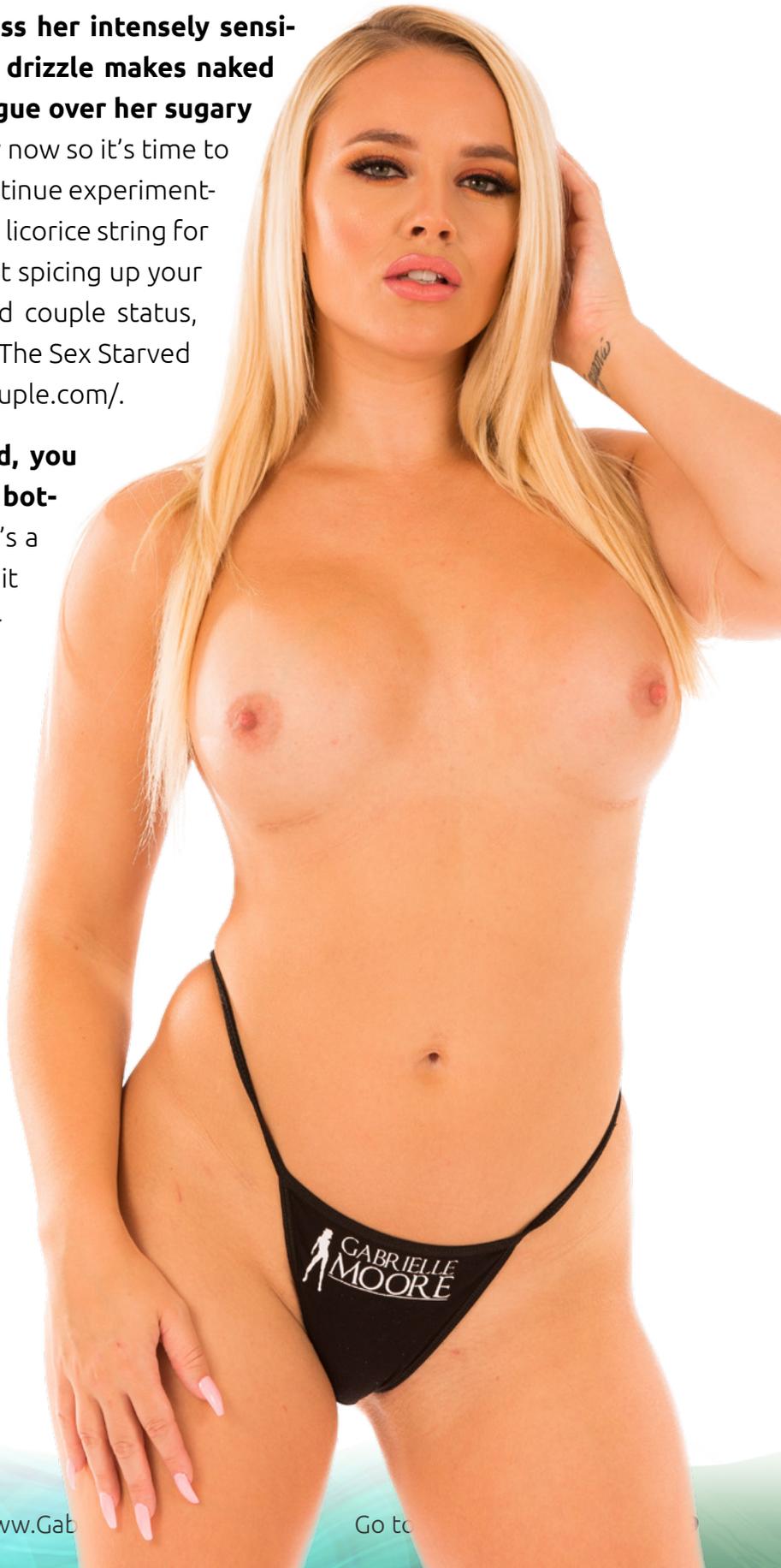
...make that area hot and steamy again with the power of your breath and warm tongue.

Watch this technique on video.

Then smooth chocolate sauce across her intensely sensitive inner wrists and arms – just a drizzle makes naked skin taste sinful – and run your tongue over her sugary skin. She’s probably pretty fired up by now so it’s time to take things up a notch. Before you continue experimenting, loosely bind her hands back with a licorice string for kinky-lite play. To find out more about spicing up your sex life and reaching that sex-starved couple status, check out my program on the matter, The Sex Starved Couple - <http://www.thesexstarvedcouple.com/>.

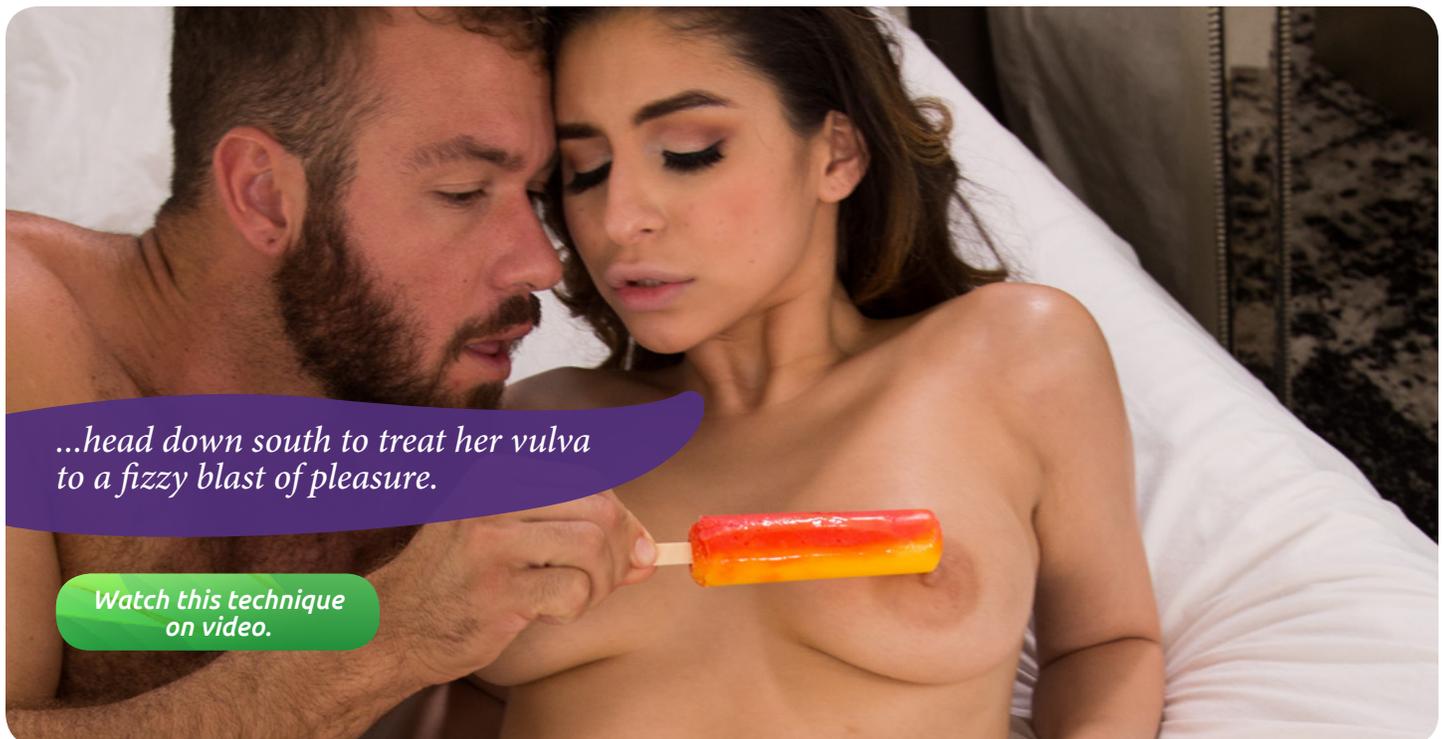
Now that her moves are restricted, you can really eat her up from top to bottom. Whip up the whipped cream – it’s a classic for a reason. It’s delicious and it has the perfect fluffy-yet-sticky consistency that helps it stay put on erogenous zones. You can spray it on her breasts in a swirling pattern, with her nipples as the bull’s eye, and lick it off with slow, languid moves – nearing the target will turn her on like crazy. Or you can create a line from your partner’s neck down to just barely above her vulva and lick your way down, without eating her out just yet.

You can also drive your woman crazy with food temperature play. Suck on an ice pop, then rub the tip against her nipples, sending a teasing chill down her spine. Trail the ice pop down her abdomen, circling her belly button, and along the sides of her



torso and her inner thighs before going in with your mouth to suddenly make that area hot and steamy again with the power of your breath and warm tongue.

- **Now that she's screaming to be eaten out completely, put cold cucumber slices over her closed eyes before giving her oral action.** The cool sensation on her lids plus your hot mouth below will make her toes curl. Start by sipping club soda, holding it in your mouth, then head down south to treat her vulva to a fizzy blast of pleasure.
- **Continue with the aphrodisiac temperature play tease by keeping a cup of cold water and a cup of warm peppermint tea near the bed.** Take a sip, swish the tea around in your mouth, then give her oral attention, switching to cool water after 30 seconds. The temperature change is electrifying.
- **She's close to climaxing, so now it's time to introduce coconut oil – the slippery stuff has a consistency similar to vaginal fluid, so it can act as a titillating natural lubricant.** Slather some on her vulva and massage her with your hand first. If a little gets inside her, that's okay. Coconut oil may be the one food that doesn't wreak vaginal havoc. Once she's oiled up, go in with your mouth and start licking and sucking until she comes screaming in delight.
- **One final trick to ensure you make sex sweeter, not messier?** “Dedicate one top sheet to



...head down south to treat her vulva to a fizzy blast of pleasure.

Watch this technique on video.

food play, then throw it straight in the laundry basket”, says Kevin Leman, author of *Sex Begins in the Kitchen: Because Love Is an All-Day Affair*. This way, you won’t sleep on sticky, stained linen when you fall into a deep post-food-and-sex slumber.

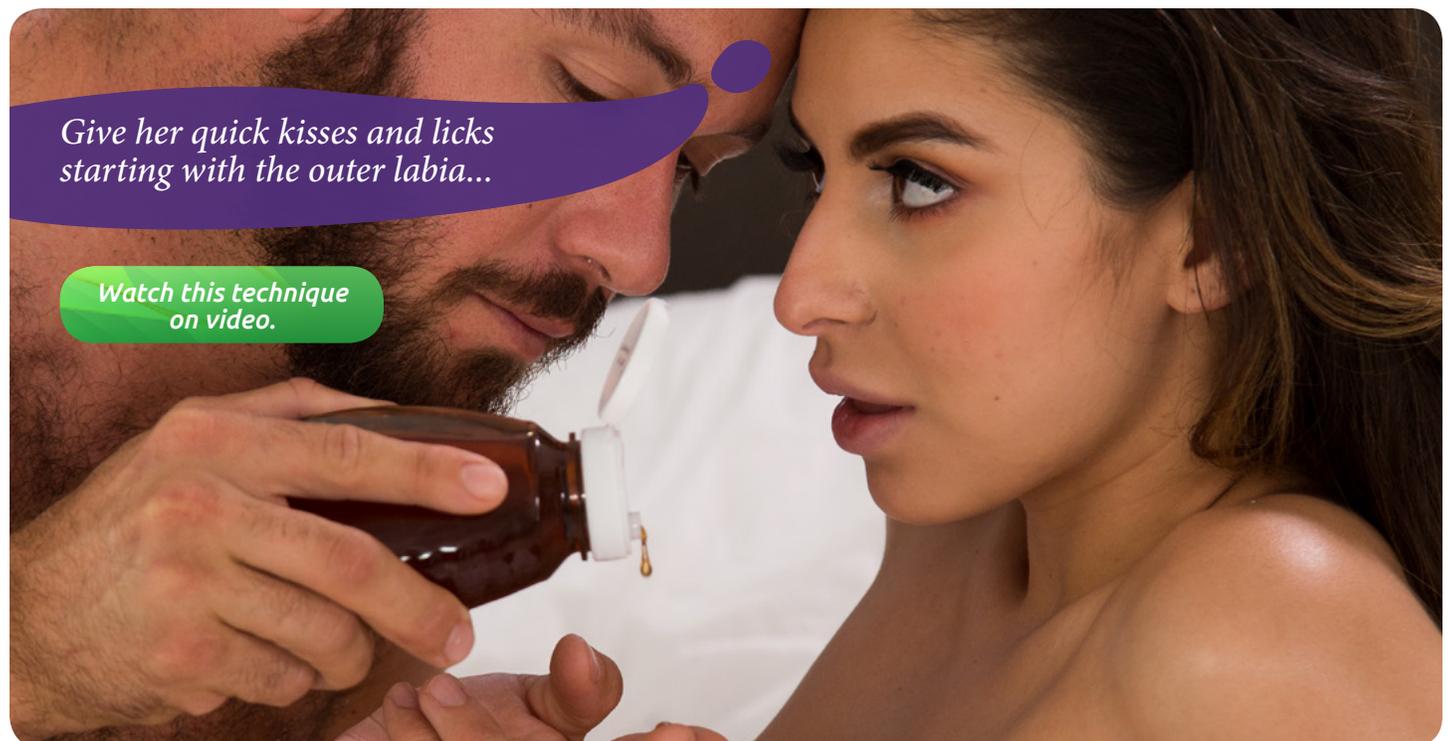
TECHNIQUE 2: Oh my God Oral with edible oils

Vanilla bean, candy apple, passion pear, strawberry... No, these are not dessert toppings and they’re definitely not air fresheners for your car – they’re flavors of lube. Why use them? Because flavors enhance the sensory experience of oral sex by adding in the taste dimension.

How to sound sexy in the sack

Is using erotic language to raise the temperature always such a good idea? In books and movies, women love it when the men make seductive demands, but do real women want their boyfriends and husbands to talk dirty to them?

Yes, women love carnal communication, they understand the power of erotic language and enjoy when their partners use it to seduce them. They love it when you talk dirty during highly passionate moments, use explicit language, tease them with whispered pleas for new sexual variations, or surprise them

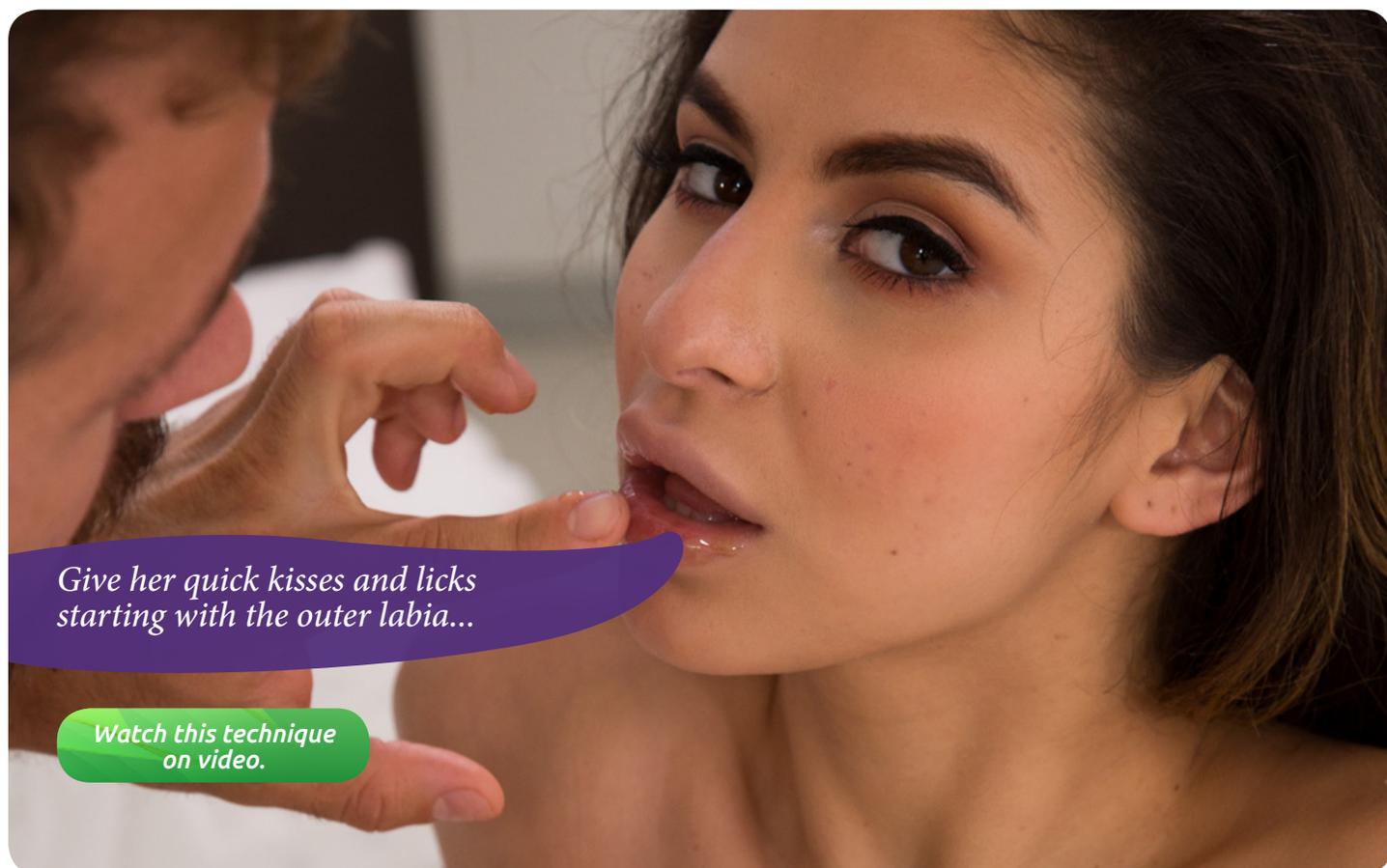


with gasped demands, but most won't admit it at first. I guess they think that it may not be politically correct to want you to say raunchy words during sex. But once you've achieved a real level of intimacy and trust, so you feel comfortable telling secrets about yourselves, it can be great fun.

However, you must know that the vocals that turn them on the most vary. Recent polls found that 52 percent of women are moved by moans and sighs, while 37 percent dig outright dirty talk. "The key is to determine what you feel good doing and what your woman wants to hear, then work from there. Even just some heavy breathing can make sex more mindblowing", says Lauren Dockett, author of Sex Talk: Uncensored Exercises for Exploring What Really Turns You On.

Remember Scheherazade, who fascinated her lover, the Sultan, by weaving stories for a thousand and one nights? She understood that talking dirty, expressing sexual desire with words as well as action, requires trust, a vivid imagination, and a willingness to explore your own sensuality. By opening yourself to these possibilities, you can deepen your relationship and increase the pleasure you find in each other.

There's no need to consult porn channels for tutelage. Just follow my easy manual for the hottest ways



*Give her quick kisses and licks
starting with the outer labia...*

*Watch this technique
on video.*

to moan, gasp and talk seductively between the sheets.

Step 1

Get psyched

Put yourself into the right mind-set. Listen to tunes that turn you on, read racy fiction, or conjure up steamy scenarios involving you and your partner. Do some deep breathing and let your body totally relax. Then experiment with sounds you could utter the next time you're in the sack. (Hey, you're solo here, so no worries about coming off lame.) "People don't realize that being vocal in bed isn't just about personality; it's also about practicing", says Regena Thomashauer, author of *Mama Gena's Owner's and Operator's Guide to Men*.

Step 2

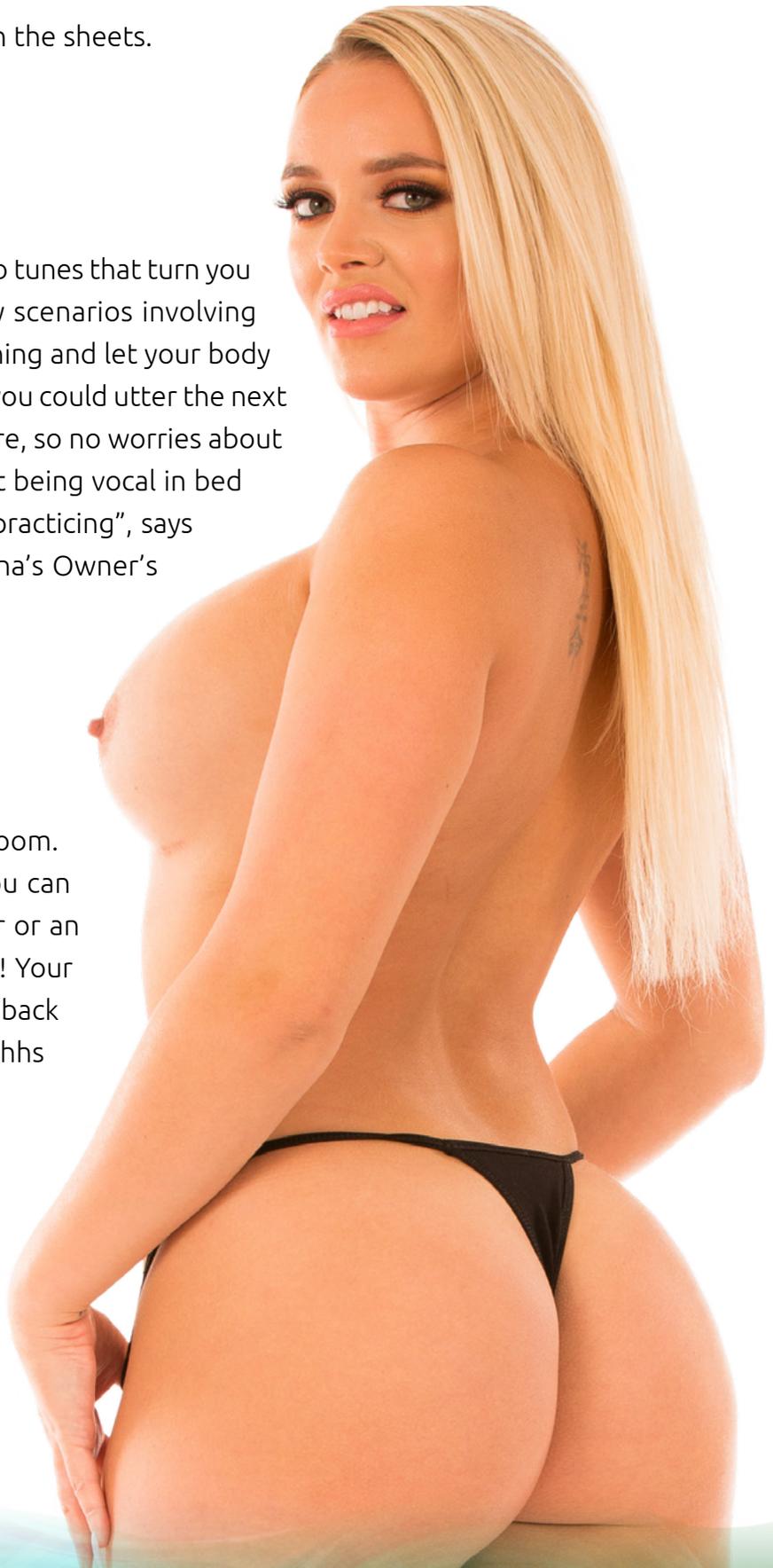
Make some noise

Now bring your sultry sounds to the bedroom. Since women say it's the hottest ruckus you can make on the mattress, start off with a purr or an mmm, or simply breathe heavily. Cha-ching! Your partner will be burning up. This kind of feedback cheers her on. Plus, a few easy oohs and ahhs will help you get comfortable.

Step 3

Use your voice

If that got you going and totally gunned her motors, attempt some dialogue. You can take any old sentence and say it sexily,



slowly and with emphasis – in a purr, a whisper, a hiss in your lover’s ear. They convey heightened arousal along with the caress of your steamy breath. Talking dirty in bed can have everything to do with how you say what you say. Just whispering or emphasizing certain words and simple phrases will up the erotic ante. For example, “What do you want to do now?” can be said as a breathy “So... what do you want to do now?” Or a little murmuring and accentuation of key words will fire up phrases like “You have the most amazing hands”, “I’m so hard”, “You make me so hot” and “I love it when you do that.”

There are so many other words that can have the same provocative effect on your lover as the traditionally dirty ones. The soft sound of you murmuring “Please, can I lick you everywhere?” or “I love it when you caress me like that” is highly erotic. Then, as the intensity grows, as the intimacy deepens, perhaps you will feel freer to say words society considers dirty.

Step 4

Say things your way

If your partner took to the compliments by issuing her own or was clearly excited by your semi-spicy discourse, then maybe you want to get a little dirtier. To avoid embarrassment and clichéd phrases spawned during the days of Boogie Nights, develop your own code for those words that are difficult to



*Give her quick kisses and licks
starting with the outer labia...*

**Watch this technique
on video.**

say and you'll feel less tongue-tied. "Can we do my favorite thing?" might signify 69; "tease me" could be a request for oral sex; and "my turn" might let her know that you want to sample her cherry as well.

Step 5

Choose your location

Where you are when you offer your whispered caresses can also add to the intensity of your pleasure. Murmuring against her palm, her stomach, the nape of her neck, can have a stunning effect on her. And punctuating your words with a lick or a kiss will probably set her on fire. Also, know that sex talk isn't reserved for the privacy of the bedroom. Try leaving a steamy message or voice mail – but only if you're sure she'll be the only one to hear it.

Oh My God Oral Step-By-Step

When you use flavored lube, you'll actually want to lick the delicious thing over and over again, which is really what your partner wants out of oral play. Everybody wins. Plus, it also provides extra moisture for when your partner's private parts are dry and sensitive. It reduces uncomfortable friction, is easy



Give her quick kisses and licks starting with the outer labia...

Watch this technique on video.

to use and will make any sex act more pleasurable, from foreplay, to oral sex and full-on intercourse. All in all, there's no limit to what it can add to sex, so grab your favorite edible buddy and let's do this!

- **Start your play slow, by initiating a sexy clothes tease.** Instead of viewing clothes as obstacles that need to be shed ASAP, use them as seduction tools and prolong the disrobing process by taking turns stripping articles off each other's bodies one by one. Lift the bottom of her shirt to expose her belly, and run your tongue over her bare skin. Switch between tender moves and wild ones, like removing her underwear using only her teeth.
- **Once she's naked, don't fast-forward oral just yet.** Resist the temptation. Taking things down a notch and then building arousal back up once more increases blood flow to her genitals. That in turn leads to a spike of sex hormones in her brain and more sexual tension within her muscles, leaving her with powerful feelings of desire. Lead her on the bed and indulge in a flavored lube full-body massage. The pressure relaxes her, priming her for more intense arousal.
- **Don't forget about her feet when you massage her.** Rub the ball of your hand along the sole of her foot from heel to toes. Then twist your finger in and out of each crevice with a corkscrew motion. Stimulating this surprising moan zone will literally make her toes curl. Then move a little



Stimulating this surprising moan zone will literally make her toes curl.

Watch this technique
on video.

higher. Gently trace your fingernails from the middle of her inner thigh to the fold where her leg meets her vulva. Then caress the sensitive line with your fingertips. Don't be surprised if surrounding areas start to quiver.

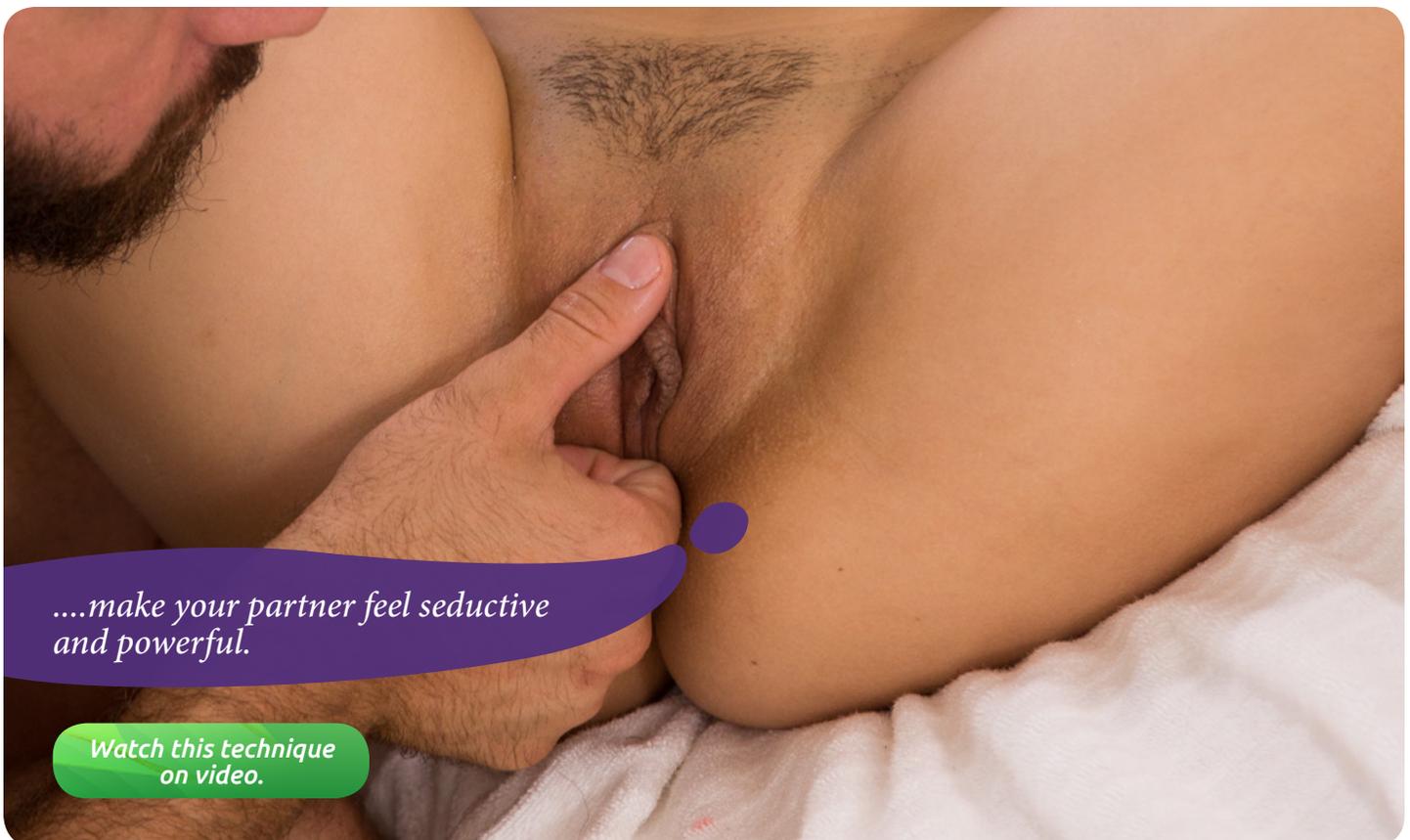
- **Take your time massaging the lube onto her body to awaken nerve endings.** When you can't stand the delicious smell of the flavored lube, move on with your lips, passing them over her back and butt, enjoying the slippery sensation of skin-to-skin contact (use the heels of your hands to knead the flesh in the outer, lower portion of her bum). Next move to licking the outer ridges of each nipple as you would an ice cream cone, circling toward the sweet center. Gently nip it, then give a little blow of cool air to send a sexy chill down her spine. The trick to making the experience excruciatingly sexy is to engage both erogenous and non-erogenous zones.
- **Alternate between focusing on neutral areas of her body and sensitive places near her genitals.** Almost going there will really tease and tantalize her. For example, run your tongue from behind her ear down to her collarbone, then across it, before making your way around and up the other side of her neck. The feel of your tongue against the ultra-thin skin there will trigger sensations below the belt. For more information on the art of erotic massage, check out my program on the matter, Erotic Massage For Better Sex - <http://www.eroticmassage mastery.com>.



You can also move lower and tug the sides of the lips.

Watch this technique on video.

- After all that buildup, your woman will be aroused like crazy and want to be eaten out ASAP. Before going in with your mouth, take your penis, slather it with the flavored lube and stroke her clitoris and vaginal opening with it. Next, put a generous amount of the lube all over her vulva and start feasting. Give her quick kisses and licks starting with the outer labia, circling the clitoris and vaginal opening, and trailing your flat tongue over her inner labia. Begin with wide, slow-motion licks up and down, followed by faster laps and sucking so you hit all her hot spots. The buildup here is crucial. Slow and steady wins the O-face!
- While you suck and lick her vulva, make one of your hands into a fist, slather up your knuckles with lube and move the fist up and down from just below the vaginal opening to her anus. Her entire down-there region gets stimulated at once. When her breath gets quicker and she's approaching climax, whip up the lube one more time, put a dollop on your lips and use them to suck on her clitoris. Squirt another drop of lube on two fingers from each hand and move them on opposite directions over her labia, creating a lot of feel-good friction. Amp up the intensity of the sucking, following the same intensity and pressure on your fingers, until she comes.



....make your partner feel seductive and powerful.

Watch this technique on video.

TECHNIQUE 3: Hot & Cold with warming and cooling

lubes

Close your eyes and think of your last sexual encounter. You're probably recalling how it felt, since touch is the primary sense engaged during sex. Enhancing your sense of touch with warming and cooling lubes has a hot payoff - it heightens arousal, creating a cascading effect. And when you pair them with other ingredients in the sensation play menu – enticing all senses and making them work at once – you're in for a truly spine-tingling event.

Naughty sex trends worth trying

“Sex trends?” you may ask. “Is that a thing that exists?” Is it possible that the seven billion people inhabiting our planet might agree that, sexually, some things are just way hotter than others? Imagine getting together with a few billion of your closest friends and deciding exactly which moves, kinks and positions deserve erotic gold stars. I mean, you know they have to be pretty awesome when they're considered trendy in the world of sex.

Why you need to sample them in the sack? Because you need some carnal crazes from time to time to make sure routine doesn't settle in comfortably. Here are the ones that have caught my attention the most recently.

The 5-step Yoni massage

Once you've warmed her body up with a breast massage and nipple stimulation, move on to the actual yoni massage, which consists in 5 crucial steps.

1. Circling

Circle the tip of the clitoris with the tip of your finger to stimulate arousal, varying from smaller circles to larger ones. Alternate the pressure from light to heavy.

2. Pushing and pulling

Push down on the clitoris and make small push and pull strokes, and then slide your finger down the shaft of the clitoris. Do this on both sides of the shaft, keeping in mind that some women are more sensitive on one part of the clitoris than another.

3. Tugging and rolling

To tug the clitoris, pull it gently away from the body by grasping at the sides and tugging back and forth. You can also move lower and tug the sides of the lips. Keep varying strokes from the top of the clitoris to down to the lips. To roll the clitoris, start by holding it firmly and rolling between the thumb and the index finger—kind of like you're making a tiny violin motion with your fingers.

4. Tapping

Using one or more fingers, tap the clitoris in varying rhythms from fast to slow to learn what the body responds to most.

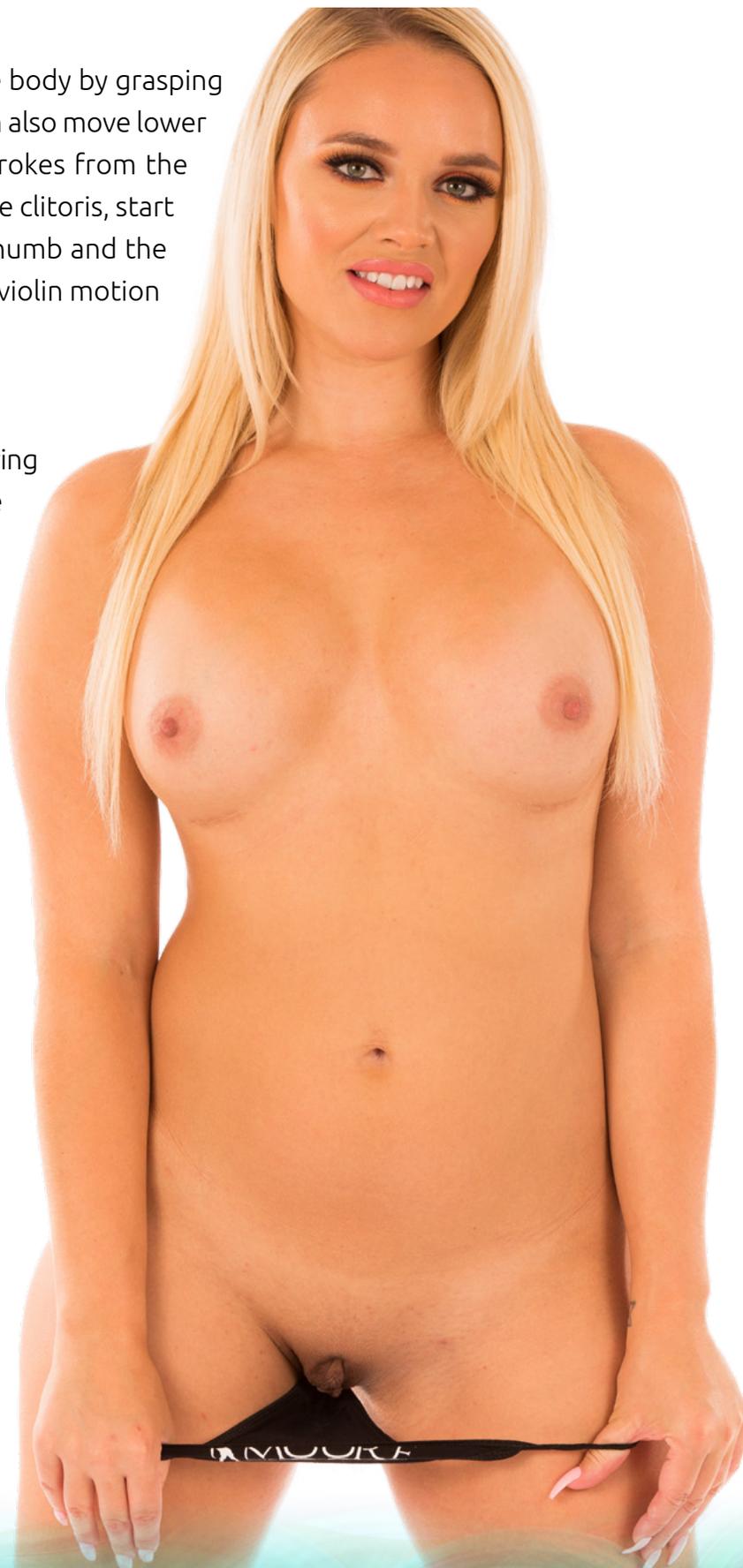
5. G-spot massage

To find the G-spot, curve your first two fingers like the letter C and slide them into the vagina. Feel for a soft, spongy piece of skin behind the clitoris. You can massage it by making a come hither movement with your curved fingers. Vary between fast and slow strokes. You can also tickle the clit simultaneously at the tip, or place pressure on or above the pubic bone.

Make sure to mix up all the above and vacillate between stimulating the clitoris in the various ways, while also involving the G-spot and nipples.

Play hide and sniff

Send her into olfactory overdrive with a scintillating scent. In fact, scientists have found that the nervous system is stimulated

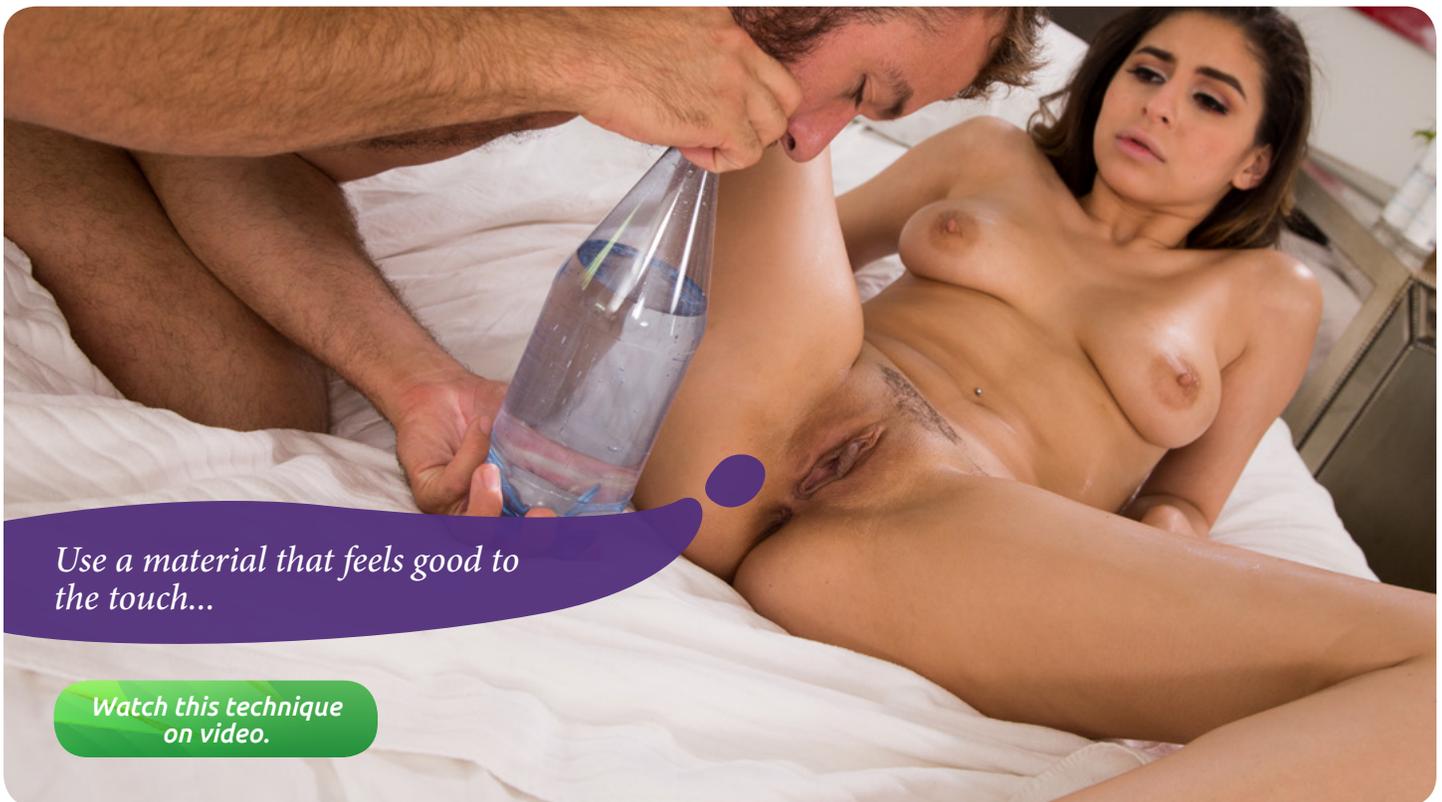


by pleasant odors – there’s a direct pathway between it and the olfactory bulb – which can, in turn, increase blood flow to the nether regions of a woman’s body. Scents to try: sweet and sexy fragrances with sensual overtones, cinnamon and vanilla.

Introduce her to the arousing aroma you choose by sending her on a sexy search. Use a sleeping mask, bandana, or even her tie to shield her eyes. It takes away one of her major senses, so she has to rely on others, which heightens the element of surprise. Then dab a scent on a covert part of your body, such as your inner ankle or under your ball sack and challenge her to locate it. The erotic exploration is bound to inspire lust. Once the race is over, switch places and you be the one sniffing around her hot spots.

Lasso her limbs

A little light bondage can be very exciting for women. “It turns them on when you demonstrate that you are as imaginative as you are sexually assertive”, says Barbara Keesling, author of *The Good Girl’s Guide to Bad Girl Sex*. Start with a novel prop – a belt, a pair of nylons, her bikini top. When she lies back on the bed, straddle her body and gently bind her wrists above her head (and to the headboard, if you have one), Once she’s bound, it’s time to play with her body.



Use a material that feels good to the touch...

Watch this technique on video.

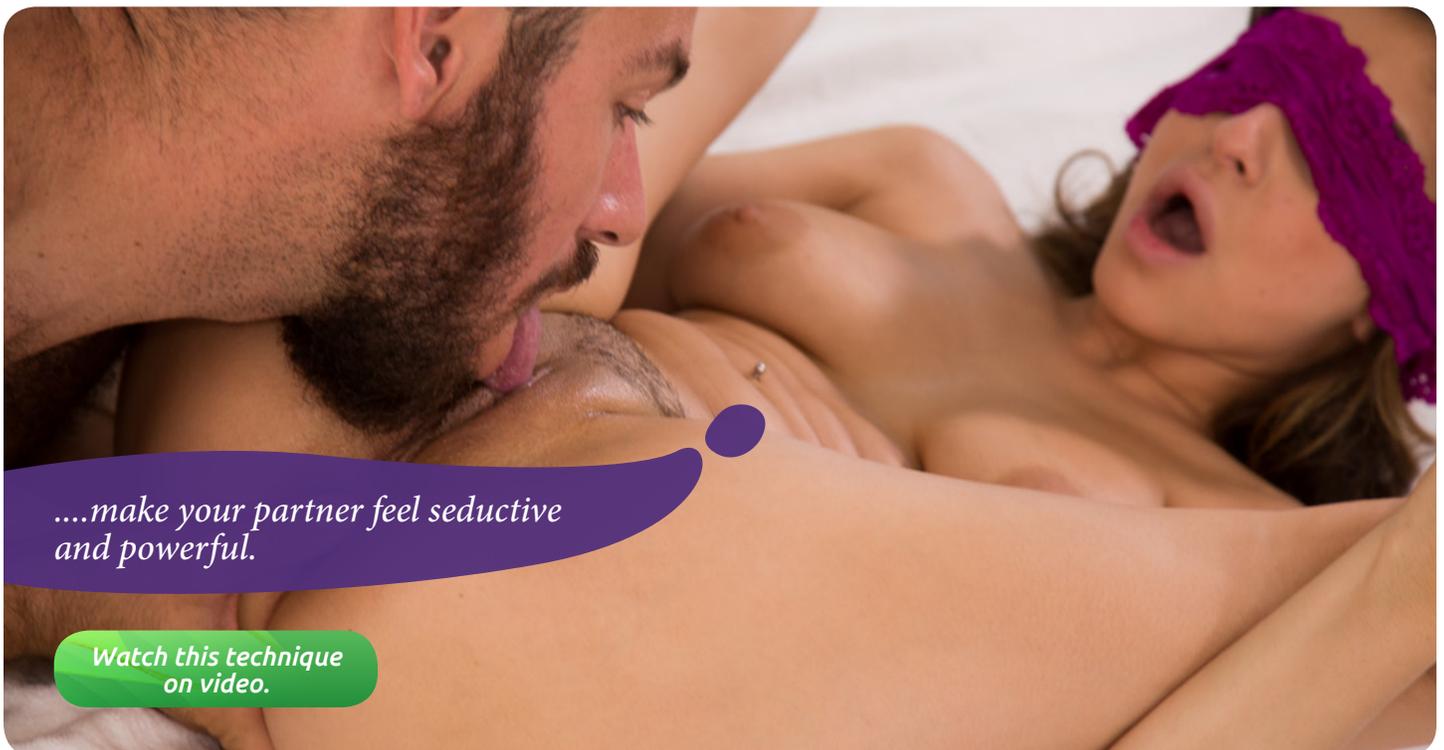
Use a material that feels good to the touch, like a piece of faux fur. Rub it lightly down her thighs or stroke her vaginal lips with a silk cami or lacy bra. This is also a great time for oral sex, which is the most stimulating for a woman since her clitoris is lavished with attention and she can't move. Plus, a woman will never miss a chance to see you take control like this.

Tweak your touch

She's felt the tickle of a feather and the sensation of silk on her body. Now give her a new tactile treat: leather. Slip on some soft leather gloves and give your woman a rubdown. At first, run your palms down her chest toward her groin – but don't go there yet. Massage her legs, then work your way back to her body. When you finally make contact with her vaginal lips and clitoris, touch lightly with both hands. Most men just use one hand, but two gets you and her fully involved. Plus, the new texture will add to the experience.

Sample some forbidden positions

True, any sex style can be naughty if your mind is gleefully in the gutter, but certain poses have a little extra sin built right in. Anything that deviates from traditional missionary sex could be considered taboo, but these carnal configurations really raise the bad-boy bar. Want to know more about the sex positions



*....make your partner feel seductive
and powerful.*

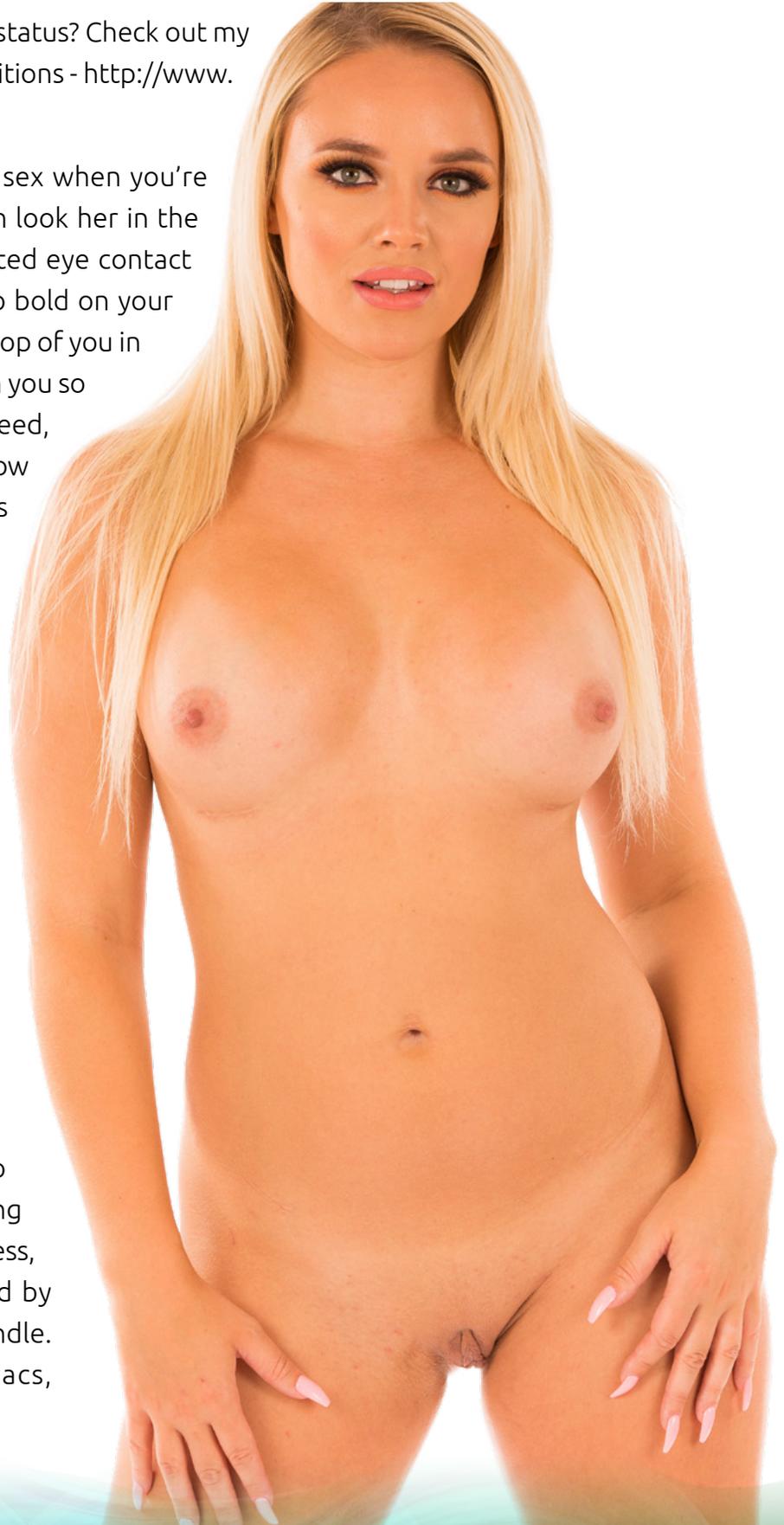
Watch this technique
on video.

that take you to a whole new carnal lover status? Check out my program on the matter, Orgasmic Sex Positions - <http://www.orgasmicsexpositions.com/>.

First, instead of giving your woman oral sex when you're both lying down, have her stand up, then look her in the eye as you make mouth magic. Unexpected eye contact will thrill your partner because it's just so bold on your part. Another illicit idea: Get your lady on top of you in reverse cowgirl position, facing away from you so you form a T shape. As you get into the deed, ask her to lean her upper body forward as low as she can, stretching out against your legs while still straddling your lap (she should hold your legs or ankles for balance). It's comfortable, G-Spot-accessible intercourse that gives you a lewd look at her private parts thrusting on your penis. She's getting off because she's in control, and you're in heaven with an up-close-and-personal view of the action.

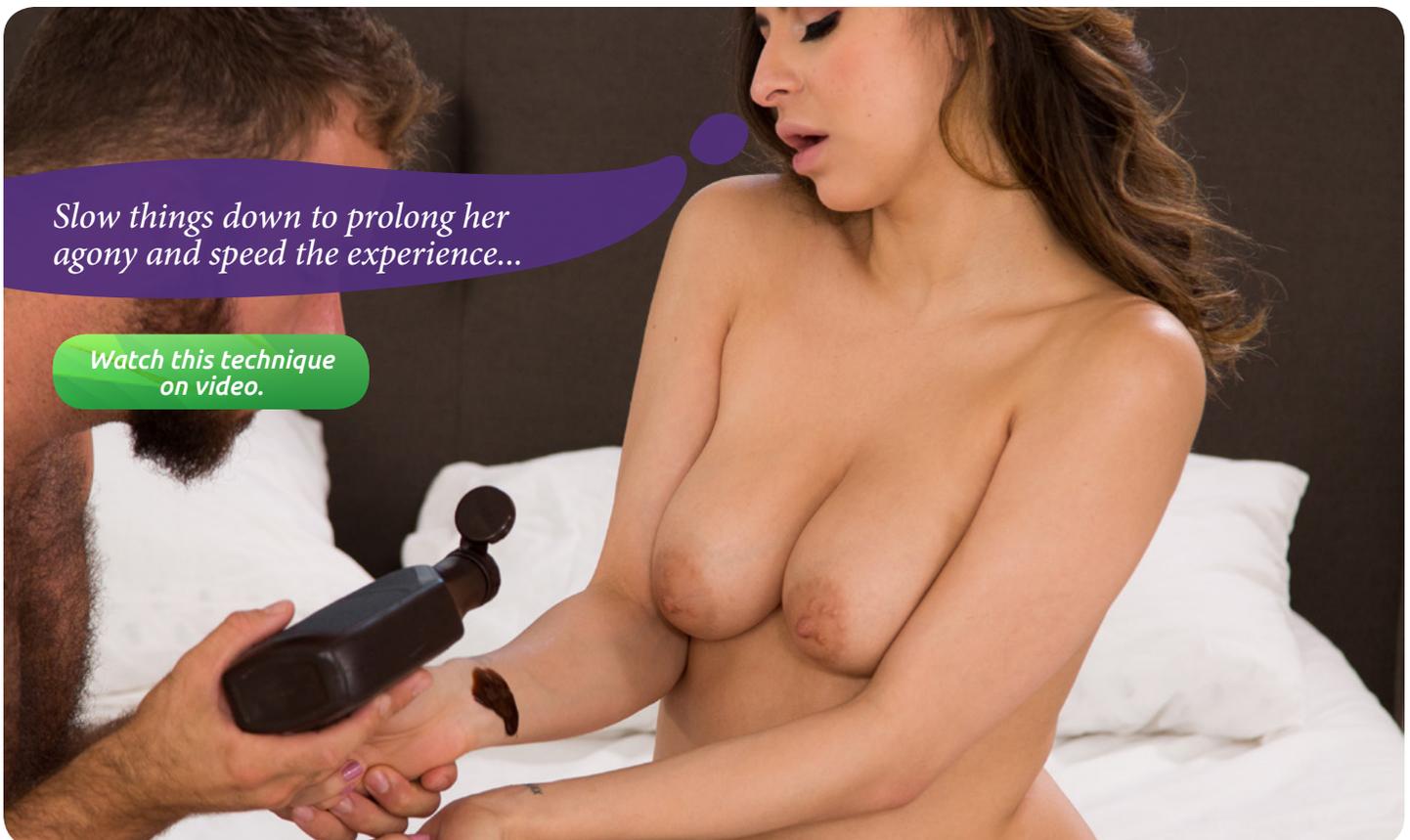
Hot & Cold Step-By-Step

Think of things this way. It's like how an orchestra is more powerful than a single instrument playing. Different senses arouse different areas of the brain, so combining several creates a more arousing experience. Before getting down to business, make sure her sense of scent is aroused by lighting a pine, cedar, or sandalwood candle. Woody scents are ancient aphrodisiacs,



believed to enhance sensuality. Or mist on a sweet-spicy perfume with notes of cinnamon or vanilla. Because it's a bold fragrance, it can make your partner feel seductive and powerful. What's more, the scent of vanilla has been shown to increase blood flow to female organs.

- **Now get naked and sit face-to-face with your woman.** Cup her face in your hands, breathe deeply and trace her lips with the tip of your tongue. After circling her mouth a couple of times, alternate between sucking on her top and bottom lips. If she tries to kiss you back, pull away and say, "Uh-uh, not until I'm finished." Then slide your tongue in and out of her mouth, using the same thrusting movements you would use during intercourse.
- **Next, with a barely-there touch, slowly run your fingertips over her face, down her neck, across her shoulders, and along her arms all the way to her hands.** This sensual stroking will electrify her nerve endings and prep her pleasure centers for more extensive exploration. Up the ante by repeating the process, this time with a warming lube slathered all over your hands, but extend the passion path to include her breasts, stomach, inner thighs, and other sensitive spots. Just keep your hands off her goodie bag until she's practically climbing the walls.



Slow things down to prolong her agony and speed the experience...

Watch this technique on video.

- /// **Before going all in, take care of her sight sense as well.** Use your tie or a scarf to blindfold her. It makes her feel vulnerable and intensify her other senses. Now it's time to go for the bull's eye – the vulva. But take your sweet time. As you inch closer and closer to her package, she'll be aching with "Will she or won't she?" anticipation. That's why when you finally hit the jackpot, stroking and fondling her vulva and clitoris, you'll shoot shock waves of pleasure through her system.
- /// **While you're using the flat of your tongue to make wide circles around her clitoris, whip out the cooling lube this time and use it to stroke her breasts and nipples.** Gradually go closer to the nipple tip, sending shockwaves of arctic pleasure through her chest while your warm tongue tenderly flicks the tip of her clitoris, getting it as hot as possible.
- /// **Another way to take sensation play oral sex to a whole new level is by caressing her butt cheeks as you're going down on her.** While she lies on her side, with her knees bent, spread warming lube on her vulva and cooling lube on her butt cheeks. As you're sucking and licking her vaginal lips and clitoris, pump your fingertips into the skin of her bum gently.
- /// **Then zero in on the clitoris, licking it from side to side at the same speed as your fingers are pumping her backside, nearing the anal opening.** The synchronized motions will be hot but not overwhelming. Plus, you control the pacing. Slow things down to prolong her agony and speed the experience on to help her go over the edge.



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