A Man's Guide to Knowing Her Sweet Spots

Ok so you want to know about us women... Well what better way to learn about women then from one in the flesh. So lets begin. When it comes to knowing your woman's body, are you in touch with all her sweet spots? That is, are you enjoying all that your woman has to offer? Or do you just stick to what you know? Well here are a few spots that you might like to try if you have not done so already.

What every great relationship needs is great foreplay, so that is what I will be starting with...

- Foreplay

Keep in mind that foreplay should last at lest 20 minutes to achieve the staying power that you are seeking. Never rush take your time and enjoy your love play with your partner.

Here are some Sweet Spots to get you started:

Lips:

Women love to kiss. They exude a lot of emotion through their kisses. Have fun playing with her. If you know how to manipulate her lips just right through kissing, licking, sucking and biting, it is very possible that a kiss will lead to a lot more than that. Use your lips, your tongue and your teeth to play with her top and bottom lip and kiss her with absolute passion.

Nape of the Neck:

Just breathing on this part of her body will give her goose bumps all over. So just imagine her

Be careful not to overdo it -- the area, after all, is very sensitive and you must be careful not to make the sensation annoying by getting too rough or tickling her too much.

Feet:

Many women enjoy having their feet touched, massaged and some even enjoy having them licked and sucked. I am not into the licking and sucking part but I do love a nice massage. I as well do not mind a little nibble. Now this of course is assuming that their feet have been properly cleansed, sounds silly but you make the conclusion. Women enjoy it when their men spend time caressing their soles, toes and ankles. Because these zones can all be ticklish, the sensation of ticklishness can be pleasant for the recipient.

While some men cringe at the thought of wrapping their mouths around a body part that spends most of its day sweating in leather, many guys are actually pretty keen on the idea of giving their women a good toe lashing every now and then. If you do not like the thought of touching your tongue on her toes. try and make it interesting. Try adding whipped cream or something fun like that. Make it fun, loving your partner is not supposed to be a stressing act.

Buttocks:

Yes, it's true. Lots of women like it when you play around with their behinds. A lot of women like mild spanking and squeezing of the buttocks. But there's more... Now this is not something that I like or even like to describe so this is for the women who do like it.

Some women like having their butts licked, sucked and penetrated (with fingers, penis or both). For those who shudder at the thought of sticking their tongues out at *Uranus*, I'm sure that anal penetration**,** on the other hand, sounds

reaction when you use your tongue or teeth to get her aroused.

Do not forget to use your hands as well. Lift her hair up gently as you bring your mouth closer to her neck. Then, as you sink your teeth into it, pull on her hair slightly so as to give that "I want you sooo bad" impression.

This part of a woman's body is also a good place to start giving her that sensual massage you are famous for and no woman can resist.

Ears:

Many women enjoy having their ears licked, sucked or kissed. Although blowing in her ear is acceptable, it's not what women enjoy most. Besides the few little things that I have mentioned they also like it when you whisper in their ears.

They enjoy sweet nothings not something like, "What time do the playoffs start tonight?" Try to be somewhat erotic and give her the shivers up and down her spine instead. Instead tell her how beautiful she is and how much you love her

Wrists:

This may come as a shock to most guys but did you know that a woman's wrist is an erogenous zone. Women love having their wrists nuzzled and nibbled by their partners. The next time you're getting into the foreplay of things with your woman, woo here with soft sensual kisses and caressing her wrists and just check out how impressed and turned on she'll become!

Breasts (nipples):

As I am sure this is no surprise to anyone, the breasts are very sexually sensitive and gentle fondling, squeezing, caressing, licking and sucking of the nipples can be extremely arousing. Just as well, many women like it when their guys get a little rough with their quite inviting, huh?

Inner Thighs:

Now the inside of the thighs are highly sensitive to touching, stroking, nibbling and licking. Just like the back of the knees, inner thighs also have many nerve endings, therefore when you fondle them, you will turn her on like crazy. Remember not to bite only to nibble gently because the area is very sensitive and doing so would only cause her mild pain.

And for most woman I am sure that I have saved the best for last.

Vagina/Clitoris:

The clitoris can be stimulated by using the tongue, the Finger or, for the multi-talented, both simultaneously. Some women like to guide their lovers as to the specific amount of pressure they enjoy. The key to a great sex life is communication. Communicate with your partner and be honest as to what you want and enjoy.

For those who have not had that luxury, it's usually quite evident whether or not she's pleased with your performance. For instance if she begins getting squirmy, make sure that it's because she's enjoying it and not because you're giving her that "annoying" feeling. If she is enjoying it you will defiantly see the results of your actions. See will be wet from the vaginal secretions from all the pleasure that you are giving her.

When you are ready to move on to something more and are ready to take her over the edge even more find her g-spot. In the vagina, the G-Spot may be a little difficult to locate, but some women find the search quite worthwhile. There is an area inside some women's vaginas that

breasts, so find out how she likes it and give it to her the way she wants!

Behind the Knees:

Because of all the nerve endings behind the knees, you'd be surprised at how crazy a woman can become when you gently lick or nibble on the back of her knees. Soft gentle nibbles and and sweet soft butterfly kisses. She will love it. Try it!

produces intense sexual feelings when stimulated. Once located, very gentle stimulation gives an incredibly pleasant and unusual sensation