# Sex Basics

You need to learn to walk before you can learn to run. There is no shame in admitting what you don't know ... only shame in not bothering to try and find out.

Well now there is really no excuse - here is everything you needed to know, but were afraid to ask. Start here and then explore other areas of the site to refine and develop your knowledge.

For those who think they already know it all - check this out, you might be amazed at your knowledge gaps, plus the myths and misinformation you have picked up over the years!

# Foreplay

Foreplay is a fundamental part of the whole lovemaking experience. Most men and women experienced in sex will agree that the best sexual encounters should include long and sensual foreplay. A big part of the fun on any trip is the journey to get there – do yourself a favor and don’t miss out on it. A more attentive form of foreplay will bring increased pleasure to both partners, and make any sexual experience more satisfying.

Both partners need a little extra spice to get fully aroused and achieve maximum pleasure. The man may need to prolong foreplay to get an erection and the women will usually need the same to become properly lubricated. Unless you are both just wanting a ‘quickie’, there is no such thing as spending too much time on foreplay. The trick is to start intercourse when both partners are fully aroused and having a hard time (pun intended) controlling their desires from foreplay.

Foreplay includes a range of activities such as undressing, kissing, petting and oral sex; but you can add your own thoughts to the list. Sensitive foreplay is so important to good sex because it will help both partners enjoy sexual intercourse more, and it will especially help women reach orgasm more often. Most woman need prolonged stimulation in order to reach complete arousal, and foreplay will provide them with the required encouragement.

There is no such thing as the definitive way to foreplay; it is not about pressing the ‘right buttons’ in any pre-determined order (unless after trying everything out you find that is what you both like). It is about understanding what makes your partner tick and supplying those things that make the experience exceptionally pleasurable. There are many ways to give your partner extreme pleasure, and it all begins in the brain. Compliment their appearance or other attributes, especially if they have a low confidence level; show them that you care about them and what they

enjoy.

Creating the right environment for sexual intercourse is all about paying attention to the details, which is especially important at mature stages in the relationship. For example, make sure the room is warm, the lighting subdued and that the appropriate music is playing. Once the mood is right, take the time to undress each other slowly, because the act of removing your partner's clothes can be an important part of successful foreplay. Many find that undressing increases the eroticism - stimulating and intensifying the feeling.

During foreplay, go slow; begin by kissing and caressing. A kiss is usually the first physical expression of love and desire, but it is also often forgotten during sexual intercourse. During intercourse, kiss the different parts of your partner’s body, and don’t be restricted solely to the mouth. Many women complain that their partner doesn't kiss long enough and rushes the movement directly to the genital area. Don't be shy to experiment on every part of the body (for example, many women enjoy particular kissing and nibbling attention to the neck and shoulders) - and remember to prolong the foreplay with more kissing and caressing.

Another reason foreplay is important is for the learning experience. Foreplay is the perfect time to spend time understanding what your partner likes because without that, you will never understand what they really need to be fully stimulated. Don't be shy; ask for feedback and also give your own. Both partners gain from good communication during foreplay and lovemaking. If words fail you, either SHOW or GUIDE your partner in the direction you want, and encourage them to do the same.

Remember that only by communication can we understand what is required to improve, and that practice makes perfect!

# Her First Time

Most women are naturally a bit afraid of their first time having sex. Will I enjoy it? Will it hurt? Will I satisfy my man? Is he the right one? These are all questions that most women think about before their first time. The truth is that your first few times having sex will not be remembered as your best sex ever. Most women agree that the first time often hurts a little, is uncomfortable, and is often very clumsy. Once you get passed the first few times, you will start enjoying all the pleasures that this type of intimacy has to offer.

## *Being Ready*

The first thing to consider is the person you are with. You want your first time to be with

someone you really care for and that really cares for you in return. Since sex will most likely be not that great the first few times, the person you are with is what you'll want to remember. Many women often rush into sex before they are ready because their friends are doing it or because their boyfriend is expecting it. Neither of these should be a part of your reason, there is no correct amount of time to wait; you just want to make sure that you will not regret the decision later.

A few questions you can ask yourself are: Do I trust my partner with my life? Can I see myself having a long relationship with this person? Is he pressuring me? Is having sex for me, or for someone else?

Although everyone has anxieties, if you don't feel you are completely ready, wait. If the guy you are with really cares for you enough, he will understand that this is a big decision, and you don't want to rush it. You do not want to give it up to a guy who is worried more about his stature with his friends then your feelings.

## *Tips*

1. Choose a place where you feel safe and comfortable, your bedroom may be the best place.
2. Choose a secure time when roommates / parents / friends won't come barging in./li>
3. Gain some experience ahead of time. You want to have explored foreplay for quite awhile before you take the plunge. Having a good understanding of how your and his body works as well as having played together will take away much of the tension. Make sure that you feel 100% comfortable in the nude with the lights on, as having sex will be much more intimate then looking at each other.
4. Communication is the most important thing in a sexual relationship. Make sure to talk about doing it ahead of time to make sure that you are both thinking the same thing. Getting the topic out in the open allows you to become more comfortable with the topic.
5. Most women feel pain during intercourse the first few times because they aren't used to having an object penetrating them. This can be reduced dramatically through fingering. Whether you finger yourself or your partner fingers you, stretching out your vaginal opening will definitely improve the experience.
6. Feel free to say stop when ever you want, whether you haven't started, are starting, or are well under way. It may be because you are getting cold feet, or something about the situation feels wrong, the reason can be whatever you want, just make sure the person you are with will honor your wishes.
7. Although lubricant will not stop all the pain, it will definitely decrease it to some extent. K-Y Jelly is most often recommended, and it can be purchased in our online store.
8. There are a few positions that are really good for starting out, depending on your concerns. If you want to be in control, then we suggest having your partner lie on his back, and you can straddle him "cow girl style". If you would rather be on the bottom, the missionary

position is probably the best way to start.

9. If your partner has difficulties with his erection, something that often happens the first few times, be supportive. This can be one of the most embarrassing things that can happen to a young man, and if not dealt with properly, can result in ongoing problems. If it does happen, try to stimulate him a little, and take some time before you try to put it in again.
10. The most important thing you need to know is to use protection. Whether it be to protect you from pregnancy, or to prevent contracting STDs, you want to protect yourself to the fullest extent. Until you have been with your partner to get checked for STDs, and you are on other birth control, there is no excuse for not using protection. Just because there is no excuse not to use them doesn't mean that guys will do everything they can to get away from them, and be prepared to hear everything from it makes me go limp, to it takes away from the pleasure, to they were sold out. You can buy condoms at most pharmacies, or order them online from our online store.

Remember, this experience should be an extremely special and intimate time for both partners. Good luck, and remember, the best sex happens with people you care greatly about.

# His First Time

Most men are naturally a bit afraid of their first time having sex. Will I enjoy it? Will I satisfy her? Is she the right one? Will I be able to get it up? These are all questions that many men think about before their first time. The truth is that your first few times having sex will not be remembered as your best sex ever. Most men agree that the first time is often fast and very clumsy.

## *Being Ready*

The first thing to consider is the person you are with. You want your first time to be with someone you really care for and that really cares for you in return. Since sex will most likely be not that great the first few times, the person you are with is what you'll want to remember. Many men often rush into sex before they are ready because their friends are doing it and they are ashamed of being virgins. This should not be your reason, there is no correct amount of time to wait; you just want to make sure that you will not regret the decision later.

A few questions you can ask yourself are: Do I trust my partner with my life? Can I see myself having a long relationship with this person? Is she or anyone else pressuring me? Is having sex for me, or for someone else?

Although everyone has anxieties, if you don't feel you are completely ready, wait. If the gal you

are with really cares for you enough, she will understand that this is a big decision, and you don't want to rush it.

## *Tips*

1. Choose a place where you feel safe and comfortable, your bedroom may be the best place.

2. Choose a secure time when roommates / parents / friends won't come barging in.

3. Gain some experience ahead of time. You want to have explored foreplay for quite awhile before you take the plunge. Having a good understanding of how your and his body works as well as having played together will take away much of the tension. Make sure that you feel 100% comfortable in the nude with the lights on, as having sex will be much more intimate then looking at each other.

4. Communication is the most important thing in a sexual relationship. Make sure to talk about doing it ahead of time to make sure that you are both thinking the same thing. Getting the topic out in the open allows you to become more comfortable with the topic.

5. Feel free to say stop when ever you want, whether you haven't started, are starting, or are well under way. It may be because you are getting cold feet, or something about the situation feels wrong, the reason can be whatever you want, just make sure the person you are with will honor your wishes.

6. If you have difficulties with your erection, something that often happens the first few times, stay positive. Don't stress it, since stressing it will only cause it to happen again and again. Try to relax, if your erection comes back, it does, and if it doesn't, it doesn't. You can try later that day, the next day, next week, or whenever you want, so don't get yourself down. If you have chosen a good partner, she will understand this and try to help you out with some manual or oral stimulation.

7. Just like men sometimes have erection problems from anxiety, women may have trouble getting wet. Be patient and do everything that you would expect her to do if you had the male version of the problem. The problem can be solved to some degree using a water-based lubricant like K-Y Jelly. You can find it and many other lubricants in our online store.

8. Be sure you are both open enough to talk about the experience afterwards, even if not right away. Whether it was as hot as a Spanish soap opera, or as embarrassing as a skit

from American Pie, be sure to talk about it. If you can't talk afterwards, then you are simply not ready to move to this level. Communication is the key!

9. The most important thing you need to know is to use protection. Whether it be to protect your partner from pregnancy, or to prevent contracting STDs, you want to protect yourself to the fullest extent. Until you have been with your partner to get checked for STDs, and you are on other birth control, there is no excuse for not using protection. Although condoms may not always be that pleasant, they are much better then contracting something like genital warts. You can buy condoms at most pharmacies, or order them online from our online store.

10. We shouldn't have to be saying this, but we thought we would mention it anyway. Do not go running your mouth telling everyone in the free world who cares what happened. Sex is something you share with your partner, and there may be privacy expectations. It can be a major event in your life, one that you'd love to share with a friend or two, but find out what your partner's wishes are first, and respect them.

Remember, this experience should be an extremely special and intimate time for both partners. Good luck, and remember, the best sex happens with people you care greatly about.

# Kissing

Kissing is a delicate art and must be taken slowly with a new partner. A good kisser knows how to pace themselves, has an active imagination, and understands what their partner likes or may not expect, but will enjoy. When kissing, remember the following: never slobber, don't stare, try not to belch, always pay attention with your non-visual senses (touch, hearing, ESP, etc.), and there is no such thing as too slow.

If you are unhappy with a kiss then chances are your partner is going to feel the same way. The best thing you can do is relax, and not just in your body, but your face, lips, neck, everywhere. Be relaxed and confident with how you kiss. Let yourself go with the flow of the moment and savour every second of it. While you are kissing, remember to use your hands, nose, and breath to entice your partner's senses. Everyone enjoys being touched anbd caressed while being kissed. Use your hands to gently caress the cheek, the jawbone, the back, arms, and collarbone. A gentle exhalation of air, that does not smell foul, can provide your partner with extremely light, warm feelings on their face, mouth, and neck that can be quite arousing.

Never "attack" someone when you kiss them, unless they like that sort of thing, and most people don't. Treat their lips like you would a dangerous creature. Move in slow and prepare for the kiss.

Initial contact should be lips only, firm, yet gentle. React to how your partner is kissing. If they speed up, speed up with them. If they slow down, follow suit. Try to synchronize your actions with one another and always pay attention to their body language.

The following is a list of some simple techniques to spice up a kiss:

## Triumverat

Kiss between the eyes, on the tip of the nose, and then on the lips.

## Top and Bottom

Kiss the top lip, then the bottom lip, then both.

## Lickable Lips

Run the tip of your tongue along your partner's lips.

## Earlobecstacy

Gently kiss, nibble, and suck on the earlobe.

## Facial Lines

Trace the neck and jawbone with your lips and tongue.

## The Big Tease

Kiss everywhere but the lips, until your partner pulls you to their lips.

## Caressed Lips

Rub your finger gently across their lips and then go in for a kiss.

## Sensuality

Look in their eyes and whisper you want to kiss them. Press your lips gently to theirs', caress their lips with yours and then give her/him a passionate kiss.

## Cheeky

Gently brush cheeks with your partner.

## Eskimo Kiss

Gently rub the tips of your noses together.

## Butterfly

Brush eyelashes with your partner. Make a fluttering motion of the eyelash by quickly opening and closing the eye.

## Rose Petals

Make a small "O" with your lips. Press your lips against your partner's skin and suck softly. Lift your lips off a little, move over slightly, and repeat.

## Hostage Kiss

Cover your lips with tape and get your partner's attention. When they come near, make noises like you're trying to tell them something and motion as if you can't get the tape off. Once they remove the tape from you to hear what you're trying to say, tell them, "I've been saving my lips all day just for you!" Then kiss them passionately.

## Strawberry Secret

Place a strawberry in your mouth without your partner knowing. Crush the strawberry in your mouth and feed some to your partner while you kiss.

## Cold as Ice

Put a piece of ice in your mouth without your partner knowing. Kiss them on the neck and let the ice softly touch their skin.

## Back Kisses

Snuggle up behind your partner and proceed to cover their back with little kisses.

## Foot Kisses

When your lover comes home from work, or wherever, wash their feet and give them a massage. While you're giving them the massage, lean over and give little kisses on their feet.

## Hershey's Kiss

Try not to kiss your partner all day. Throughout the day leave Hershey's kisses or some sort of romantic candy in places that they will know it's for them. Later in the day start leaving notes with poetry or quotes on kissing for them. After that, leave a love letter describing how you'd like to kiss them and the satisfaction that it would bring you. Once you feel they've had enough teasing, spend sometime rewarding them with lots of kissing! This is rewarding for yourself as well, since you've been thinking about kissing them all day too.

## Red Light Kiss

When in the car with your partner, every time you stop at a red light, lean over and kiss them until the light goes green.

## Recorded Kiss

Record the sound of yourself blowing a kiss. Then either e-mail it to your partner or leave a note somewhere with instructions to press play.

## Video Kiss

Record on a videotape or web cam yourself blowing kisses to your partner and tell them how much you miss them.

## E-mail Kiss

Draw or animate a pair of lips kissing. Then send it to your sweetheart.

## The Lost Kiss

Look around your partner, looking under things and appearing like you're searching for something. When asked what you're looking for, say "I've been looking for a kiss all day but I can't find one anywhere. Oh wait, I found it." Then give your partner a kiss.

### Wake Up Kiss

Before your partner awakes, lean over and kiss their cheek. Then give soft kisses across their cheek until you reach their lips.

### Make Up Kisses

At the end of the day, sit down with your partner and ask them how his/her day went. Silently keep track of all the bad things that happened during the day. When he/she is finished, give them a kiss for each one. When asked what you are doing, say you are helping make up for all those bad things.

### Post-It Kiss

Make a post-it note trail that leads to your lips. On each note leave a lipstick kiss and an arrow or clue to find the next note. Place the last note over or near your lips.

### Full Body Meltdown

While your partner is laying down, slip over to them and start running your tongue, very gently, up their leg, arms, reaching their lips give them a full passionate kiss.

### The Grandious Tease

Softly run your fingers across your partner's lips, lure them in to kissing you, but before you kiss, pull away and then go in for the kiss, then pull away again, etc., etc.

# Vaginal Intercourse

Vaginal intercourse is more commonly known as sex or coitus in Latin. It is the act of inserting the penis into the vagina, and is one of the most pleasurable experiences that two people can share. This article only covers the basics in what you need to know, make sure to visit the rest of the site for more advanced techniques.

### *First Time*

The first time having sexual intercourse, for many people, is never what they expect. It is never as fulfilling or beautiful as fantasized about or seen in media. Your first time can be a very intimate

experience if taken slowly, but do not expect it to be the best sex you will ever have. For women, their first couple of times will be painful and the man needs to take extra special care in going slow and listening to her needs. From the other point of view, many men suffer from a performance anxiety their first time as a result of all this pressure to knock her boots off. If this happens, return back to foreplay, do not let it bother or stop you as it is natural. When the time is right, everything will happen, so be supportive of each other.

First time sexual encounters are usually fumbling, learning experiences, where both people are just starting to understand their partners body and how to make that person satisfied sexually. For more detailed information on your first time, make sure to check out the first time for her and first time for him articles.

### *Movement*

Sex is all about trying to stimulate the sensitive areas of the vagina and penis, how you move should depend on your preferences and the position. Some people enjoy slowly rocking together, others enjoy quick shallow strokes, and yet others love nothing more then the sensation of deep penetration. There is no right or wrong way, as long as both people are enjoying the experience.

A common misconception is that thrusting faster means better sex. Although most people enjoy going really hard right before climax, this point must be reached before the approach feels good. You should always try new things, keep mixing it up by varying your speed and the depth as you build towards climax.

Finding the rhythm may take some time, as will getting your abs, legs, arms and back into shape. Though most positions don’t require a great deal of strength, they all require endurance, so strengthening your muscles is a good place to start.

### *Positions*

Please refer to the sex positions sections for ideas and details.

# Anal Intercourse - Beginners

There are many ways to enjoy the anus erotically. Some people enjoy the sensation of a finger inserted into their anal opening and gently rotated. Others may find the insertion of a dildo, vibrator, or penis very arousing and stimulating. This section contains all the essential guidelines for enjoying anal intercourse.

## Getting Started

Some people are not very open to experimentation with this body part, as they are scared that it will cause great amounts of pain, or the whole thought of it is grosses them out. In any event, make sure to communicate with your partner to avoid bad reactions. If your partner refuses, don’t try to force them, it will be a horrible experience for them (and ultimately for you) if they are not comfortable with the idea.

If you are trying to convince your partner to explore this world, using something as large as a penis is definitely not the way to get started. You should start by getting them comfortable being touched in the area, then move up to using a finger or two, and then, when ready, finally moving up to intercourse. Please refer to the anal play to please women or anal play to please men sections to learn more about anal play, using anal sex toys, and analingus. Until your partner is ready to receive, their anxieties will cause their anal sphincter to tighten, and trying to push through will be extremely painful, so be patient!

Cleanliness is essential with virtually all forms of this type of play. A bath or a shower is a great primer, and can be the start of the festivities. Once your penis or sex toy has been inside the rectum, don't put them inside anywhere else until you have washed them. Carelessness in this regard can cause a very serious infection. Make sure to use copious amounts of a good lubricant, and start as slowly as possible the first few times.

## The Largest Misconceptions of Anal Intercourse

Most people believe that anal intercourse hurts and that it is always an uncomfortable experience. This is quite simply false. As with any form of intercourse, the anus, like the vagina, must become used to the activity. Any woman who remembers her first time having sex probably recalls a painful experience. In fact, the first couple of times were probably painful and not that enjoyable. Did they stop having sex? In almost all cases, they didn’t. Anal intercourse falls under the same guidelines for both genders; it takes practice to get accustomed to the activity. Pain is usually a sign that something is being performed incorrectly, not that the act is wrong. In most cases pain is due to a few reasons: the receiver is too tense and tightening, the giver is pushing too hard, there isn’t enough lubricant, or that the penis or toy is still too big to put in (based on current experience levels). Using fingers and smaller toys is the best way to get used to the feeling, and it is advised that you increase size a little at a time. Once you have become comfortable with the idea and concepts you will probably find it very pleasurable.

## The 5 Major Guidelines

1. Always use a lubricant. Unlike the vagina, the small amount of mucus a rectum produces is completely insufficient for anal intercourse. Therefore anal penetration should always be accompanied with an ample supply of lubricant. Water-based lubricants are latex-compatible and highly recommended.

2. Stop immediately if your partner asks you to stop. If your partner is too tense to experiment, all forms of anal penetration will cause a great deal of pain. We are not saying to stop trying completely, just don't push yourself onto your partner, as this will only result in a bad experience for them, and make them less willing to try again.

3. Take it slow. When experimenting with anal sex for the first few times, go slow. There is no rush and if you take your time you will probably both enjoy the experience. There should not be a great deal of forcing required. If lubricated properly, an object should slide in somewhat easily. We recommend using your fingers ahead of time to loosen them up first for the first few times.

4. Sufficient desire alone does not guarantee pleasurable anal sex. Read the other four points.

5. Always communicate with your partner. As with any sexual activity, communication is essential. Talk about what you want to do, discuss beforehand your desires, tell your partner what you like and don't like while engaging in anal intercourse. Basically, be open about your preferences and feelings, and, be receptive to theirs.

## *Understanding the Anus and the Rectum*

A minority of men and women respond with orgasms to anal sex without direct genital stimulation. Women probably do so through pelvic muscle contractions - and a small minority through the sheer excitement of being penetrated anally. For men, an orgasm may be experienced because of pressure applied to the prostate gland. They are no doubt responding to indirect stimulation of the penile bulb. Orgasms from anal stimulation are most likely to occur when the participants become thoroughly absorbed in their sensations and fantasies.

The main function of the rectum is to act as a passageway for feces, but feces are not normally stored in the rectum except just prior to a bowel movement. Small amounts may remain in the rectum. This is one of the reasons that it is recommended to use condoms during anal intercourse.

The rectum is not straight. After the short anal canal that connects the anal opening to the rectum, the rectum tilts toward the front of the body, sometimes as much as 90 degrees. Then, after a few more inches, it swoops towards the front of the body again. A person can learn about the shape of

his or her rectum by gently inserting a soft object, trying different angles and body positions and concentrating on how it feels. Make sure the object has a flared base so that if you lose your grip, it won't slip into the rectum and become temporarily irretrievable.

If you insert a finger about one half-inch into your anus and press your fingertip against the side, you can clearly feel the two sphincter muscles. There is less than a quarter-inch between them. The external sphincter is controlled by the central nervous system (voluntary), which means you can tense and relax this sphincter whenever you want. The internal sphincter is quite different. This muscle is controlled by the autonomic nervous system (involuntary). The internal sphincter reflects and responds to fear and anxiety. It may cause the anus to tense up automatically even if the person is trying to relax.

Though it is always wise to practice the safest sex possible, this is especially true with anal intercourse. The lining of the rectum is very thin, and can rip if there is too much stress put on it. By wearing condoms, you can greatly reduce your and your partner’s chances of transmitting most STD's.

# Safe Sex

When approaching the topic of safe sex, the typical first response is something along the lines of; "No sex until marriage!" or “If you make love, where a glove”. In a nutshell, those are the core of most discussions on safe sex.

Although many communities have rules about when a person is and is not allowed to have sex, rules have a tendency of making perceived problems worse then they would have been if left alone… so unsurprisingly, they aren’t working that well. Although we can not disagree with the fact that abstinence is likely the only way to avoid unwanted pregnancy and STDs, the social construct created in at least the western world is not in tune with that philosophy.

Rather then dwelling on when the right time is for everybody, we would just like to remind everyone to stay in tune with their own bodies, and to stay true to themselves as much as possible. If the person you are with isn’t willing to wait for you to be ready, then you can fill this part in yourself...

That said, when you are ready to have sex, you will already know that safe sex is a responsibility of all parties involved, and that knowledge and practice, are the best tools to making sex fun, positive and safe. Use a condom, every time, for any reason, and you will be much less likely to have a problem.

## *SexInfo101.com's Rubber Reminders*

Performing safe sex is recommended whenever possible, but we can not stress the importance enough of using it when with a new partner.

1. Whenever possible, use latex condoms over other materials.
2. Since no birth control method is bullet proof, a condom is great backup.
3. Condoms are a great way to keep toys clean for multi-hole penetration.
4. Using a latex glove for finger penetration prevents cuts from fingernails.
5. Using dental dams for oral sex can prevent fluid transfer from a cut lip or gum.
6. ONLY use water-based lubricants with latex as oil based products destroy it.

In one recent U.S. study* about one-half of the sexually experienced teenagers had failed to use a condom the last time they had intercourse. So for all the kids, bumping and grinding and forgetting to wrap it up, this next section is a taste of reality that can be easy to forget about until it happens to you.

## *Sexually Transmitted Diseases*

Well, that was our pitchy intro, hope you got the point. A little "finger wagging" as our mother's would say, and now comes the stats. These are important, so pay attention. They provide the foundation for answering the too often asked 'what are the odds that I'll catch something this time?' question, and should convince you that this is a serious affair affecting at least 40 million people around the world every year.

### AIDS / HIV

We will begin by looking at the AIDS epidemic. In 1997 2.3 million people were estimated to have died worldwide from the disease. Though that number may be coming down in western countries, the number of people contracting the disease is certainly going up. And over the last twenty or so years over half a million people have died in the USA from AIDS, and it still registers as the primary killer of people ages 25-44. What is the most scary part of this epidemic in North America is the fact that the number of HIV (the virus that causes AIDS) positive teenagers doubles every 14 months.

Q: What is driving these seemingly out of control numbers?

A: up to 80% of infected Americans don't know that they are carrying the virus.

In an attempt to even the playing field I have included a brief description of what HIV/AIDS is and how it is spread. HIV is the virus that causes AIDS and is spread when semen, vaginal fluid or blood passes from an HIV positive person into the bloodstream of another person. To enter the bloodstream, the virus must enter through a break in the skin or tissue in the mouth, vagina or rectum, or, enter the tip of the penis. The virus then breaks down our immune systems that fight off infection and other illnesses. People tend to contract fairly harmless bacterial or viral contagions, which under normal immune operating conditions would simply keep you in bed for a couple of days, but when the immune system doesn't work a common cold can kill you.

The World Health Organization says that in the first five years of the new century, half of all new infections world-wide will occur between the ages 15-19, and the fastest growing infection rates are among young women. This means that this issue is most pressing for our young people. We can no longer afford to not talk about it, or not educate our children about sex and their responsibilities.

## Other STD's

The fact that AIDS and HIV are so dangerous should not reduce our concern over other types of sexually transmitted diseases (STD's). Left untreated, sexually transmitted diseases can cause infertility, cancer, birth defects and miscarriages - even death. This being said, with the amount of treatments available and easily accessible, Americans still suffer 10 to 50 times more sexually transmitted diseases than people in other developed countries. This highlights the alarming deficit of knowledge within the general population and need for greater dissemination of preventative methods and awareness of the risks.

To further examine this problem in the US and Canada it is astounding that sexually transmitted diseases are diagnosed 12 million times a year in the United States -- including 3 million cases among teenagers. In light of massive empirical evidence suggesting that perhaps there may be a problem, the U.S. spends just $1 to prevent sexually transmitted illnesses for every $43 spent treating them. Gonorrhea strikes 150 times per 100,000 Americans, vs. just three times per 100,000 people in Sweden and 18 per 100,000 in Canada.

There is strong evidence that sexually transmitted diseases greatly increase the risk of sexual transmission of HIV, and thus are not something to exclude from any discussion of safe sexual practices.

To learn more about other STDs, just locate the section in the Sexual Health area of the navigation bar.

### *What about Oral sex?*

Is oral sex safe? Well, yes and no. This is certainly not to say that there are no risks, though unprotected oral sex is generally considered less risky then unprotected vaginal or anal sex. Since the lining of the mouth is less permeable than the lining of the lower orifices, there is a less likely chance of getting a small tear from the activity. That being said, if a cut is already there, ex cut during flossing, then it can be equally dangerous.

To minimize your risk while engaging in oral sex follow some suggestions for experimenting with at least new partners:

- Use condoms or dental dams whenever possible
- If you decide to roll the dice on the first tip, avoid ejaculating in someone's mouth
- If you see something suspicious, put the fantasy on hold until a doctor clears it
- Floss and brush regularly - but not right before oral sex
- Above all, get tested and know your status, so that you can help protect others

Remember to take things slow, and that behind every unwanted pregnancy or STD infection, is a person thinking it wouldn't happen to them.

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# Oral Sex

Consists of all the sexual activities that involve the use of the mouth. This may include use of the lips, tongue, teeth, and throat to stimulate the genitals.

In case you aren't familiar with the terminology;

- Fellatio refers to oral sex performed on a man.
- Cunnilingus refers to oral sex performed on a woman.
- Analingus refers to oral stimulation of a person's anus.

People may engage in oral sex as part of foreplay before intercourse, or during or following intercourse. It may also be performed for its own sake.

# Cunnilingus Basics

Performing cunnilingus can be one of the most wonderful things you can do for a woman. It makes her feel loved, admired, sexy, and has the potential to give her an exceptional orgasm. Many women prefer it to intercourse, and for those who require a large amount of clitoral stimulation, it is the easiest way to orgasm. Besides, lots of women expect it these days and men who perform great cunnilingus are always appreciated and considered fabulous lovers.

There is little more exciting to a woman than to know that her partner finds her delicious; meaning that you enjoy the taste, smell and feeling of her vaginal juices. At the same time, there is little less exciting to a woman than to think that you don't like the taste and smell of her most intimate region. The smell of a woman is normally fairly mild and pleasant, being quite arousing to the partner. The type and degree of smell can vary considerably from one woman to another and at different times it may be stronger (e.g. closer to her period).

If your partner has a smell that is more than you can handle, or she doesn't feel comfortable with you down there (thinking you won't like the smell), suggest taking a nice hot shower or bath together. See the Bathing and Showering section for more details on how to make that bathroom experience a whole lot of fun for the both of you.

Before reading further, you may want to get acquainted with this region of her body by reading the erogenous zones section and having a look at the diagrams.

Remember, there is almost nothing you can do that will feel bad (so long as you are gentle), so relax! Any licking and sucking of the labia, vaginal entrance, clitoris, or anal area should feel great to your partner. Also, once you find something that works, don't stray too far away from it unless you are moving to something that works better, or if you are teasing.

## *Exercises*

To be able to perform for extended periods of time, there are a number of exercises that can be used to strengthen the muscles in your mouth. Here are a few tongue exercises and positions for performing cunnilingus:

### Exercise 1:

Stick your tongue as far out of your mouth as possible, and then try to touch your nose. Once you are in this position, hold the same muscle groups still and begin moving your tongue around. Practice in sets, moving the tongue clockwise, counterclockwise, and up and down.

### Exercise 2:

With a loose jaw, point your tongue while simultaneously trying to keep your tongue in constant contact with the top and bottom your mouth. Once you are in this position, practice moving your tongue in and out of your mouth. For the more advanced student, try keeping your mouth closed and circling your tongue around inside of it, while of course, maintaining position. An extension to the advanced exercise is trying to dissolve a lifesaver held in your teeth from the inside out.

### Exercise 3:

Stick your tongue straight out of your mouth, trying to keep your tongue flat and relaxed. Slowly, while holding the position, practice curling the wide tip of the tongue upward, downward and side-to-side. Practice in five sets of ten, holding each move for 2 seconds.

### Exercise 4:

Keep your tongue relaxed and open your mouth. Move your tongue in and out of your mouth forwards and in both directions. Practice in five sets of twenty.

# Advanced Cunnilingus Tips

Read 'Cunnilingus - Basics' and then come back here to fine-tune your approach with some special earth-moving, hip-shaking, mind-blowing techniques that will have her panting your name and praising your game! Try all of these in one session and she might not come back down from the heavens until the morning:

### The Lick

Leaving your tongue soft and jaw relaxed, try licking her from vaginal entrance up to her clit and following the outer edges of her vagina along both sides. Repeating this technique going up and down and vice versa can be a great opener.

### Labial Hold

While holding the two parts together with your lips, run your tongue between the inner and outer labia one side at a time.

## Tongue Intercourse

The majority of a woman's nerve endings in her vagina are around the opening and within the first couple of inches inside. Target them with your tongue by inserting it into her vaginal opening. Techniques are pretty limited due to the length of your tongue, but try moving your tongue in and out, as well as in circles around the inside of her opening.

## The Flick

Spread her outer vaginal lips with your fingers. With your tongue pointed, gently flick your tongue around her clitoris. Feel free to roam, but keep coming back to her clitoris, as it is the most sensitive. This drives some women wild, and others find it to too intense. When stimulating her clit make sure to start out gently if you aren't sure how she likes it. When you try this, pay attention to whether those moans are ecstasy or pain.

The following techniques should not be introduced until your partner is really hot (i.e., very wet). These are more intense techniques, and may be too intense for some women, even when nearing orgasm.

## The Clitoris Suck

Expose her clitoris by spreading her lips and lightly pull back her hood. With her clitoris exposed, give it a quick little suck; pulling it into your mouth briefly and letting it go. This is a lot like licking a bit of cake batter off of your pinky. This feels incredible, and is a fine thing to do if you feel like tormenting her – but don't overdo it! We recommend not using your teeth nor using heavy suction when starting out.

## The Clitoris Hold

Take her exposed clit into your mouth and gently suck on it, simultaneously flicking your tongue over and around it. This can be done very lightly or very aggressively, and combined with fingering, will usually rapidly produce an intense orgasm.

## The Tongue Tube

Roll your tongue into a tube (if you cannot do this, forget about it because it is genetic and you

can't learn it). This technique works best in an inverted or 69 position. Roll your tongue into a tube around her clitoris. Slide it back-and-forth; in effect, your tongue is doing something similar to a woman's vagina around a man's penis. This is likely to bring any woman over the edge to an explosive orgasm.

### ABC's

Try using your tongue to spell the alphabet on her genitals. This works surprisingly well as your tongue is always moving in different directions. Learn her favorite letters and the orders that work the best!

### Other Tips

A good lover's hands never stop moving, so keep exploring, insert a finger, or massage her thighs while you perform.

You can also try using a wide variety of flavored gels, oils, and lubricants. Some of these products heat up when rubbed or blown to add extra stimulation.

Having a mint in your mouth while you are performing cunnilingus can also improve your results. The mint, as long as it is not too weak or strong, can create a very intense tingling sensation to enhance your performance.

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# Fellatio Basics

Fellatio is oral sex performed on a man. It is a great way to give pleasure; regardless of whether it is for foreplay, after play, or the main event. Like all other sexual skills, they must be learned, so communication is highly recommended. Whether the communication is before, during, or after, it is essential to learn the art. Finding out what he likes will invariably go a long way towards performing mind-blowing oral sex.

Keep in mind, when you are performing oral sex, you are doing this for him. Sending negative vibes about not wanting to or how much of a chore it is will take away from his experience. If you act enthusiastic, chances are it will be over faster, and it will be your turn to receive. If you are really against performing fellatio, explain to your partner why you don't, and don't allow him to force you if you are uncomfortable.

Cleanliness is essential with virtually all forms of sexual play; particularly in oral sex where a bad taste or smell will undoubtedly dampen enthusiasm on the part of the giver. A bath or shower is a great primer, and can be the start of the festivities. If you are uncomfortable with a particular smell that your partner may have, suggest taking a shower with you, because you've had a busy day and don't feel clean. You don't want to point out the smell (unless it is a very common occurrence and can be prevented), as that will only lead to anxieties and take away from the overall experience.

## *Positioning*

Finding an agreeable position for fellatio is usually not a difficult task. Both the man receiving fellatio and the person performing fellatio need to be comfortable. For deep throating, it is wiser to choose a position where the angle of the penis and the angle of your throat are somewhat aligned. For a better look at positions for oral sex, have a look in our sexual position section.

## *The Basics*

Too often oral sex is initiated by sucking on the penis. To achieve a more powerful orgasm, it is better practice to start with some teasing. With the exception of a quickie, fellatio should be started with some well placed teasing. Start by kissing and licking around his penis, on the inner thighs, then on to his testicles, and then slowly up his shaft towards his glans (the head of his penis). Once you get there, use your tongue to tickle him around the glans, and especially on his frenulum, the split on the underside of his penis. At this point, he should be hard as a rock and super-sensitive to everything that you do. You can continue teasing if you like, but we don't recommend teasing too long, as this can become frustrating for the receiver.

One common problem women performing fellatio make is using only their mouth to repeatedly stroke his penis. They continue doing this until either it works, or they get a sore jaw and neck. A good "blow job" should not be too repetitive, should include stroking using a hand and the exploration of his testicles, thighs and (if you and he like) the anal region. By mixing up your style, you allow your muscles to relax, you can avoid getting a sore neck and you can improve your performance.

How you mix it up should depend on what your partner's likes. Although there is a lot to say about fellatio that can get the job done in a matter of minutes, it is the longer ones that usually result in more intense orgasms, and coincidently are remembered. (Click here to read about stroking techniques).

It is a good idea to keep an eye on his scrotum (his testicle "sack"), as it is usually a good

indicator of how close he is to coming. As a guy gets closer to climax, the skin on his scrotum tightens and pulls his testicles towards his body to warm them up. You can let this happen on its own, or help out by stimulating his testicles with a hand, tongue, or mouth.

## *More Advanced*

Once you get the basics, and are comfortable and experienced with them, there are a lot of options to increase the pleasure. One option is using lubricants on his shaft. This will allow you to stroke faster without causing irritation. There are a wide variety of products that can be used, this includes: flavored lubricants, lubricants that heat up when blown on or rubbed, water based, oil based and many others. On this note, using whipped cream, spreads, and other food can also be incorporated to make the “blow job” more erotic.

Sex toys can add more stimulation. Whether it is a regular vibrator, a vibrating cock ring, or an oral simulator, these toys can greatly intensify the stimulation. These days, there is virtually a sex toy for everything and everyone, so check out our toy store to find a product that is perfect for you.

If your man likes to experiment, we recommend stimulating his prostate gland with your finger or an anal toy to take his orgasms to a whole new world of pleasure. For more information on this, please refer to the anal play article.

Another more difficult to master skill is deep throating. In this, the performer takes the entire penis into the mouth and down the throat - hence the name. In many cases, the sensation is so intense that climax in men comes quickly. As enjoyable as this may be, it takes time to learn to control your gag reflex. You can train your gag reflex by trying to take as much of the penis as you can when performing fellatio. Your partner should restrain from any thrusting during this exercise! With time, you will be able to go deeper and deeper, until finally you’ll be able to take the whole thing.

## *Ejaculation*

Most men find it very erotic to have a partner swallow their semen, but if you really don’t feel comfortable with it, don’t do it. Options include: catching it in your mouth, then spitting it out; using a tissue to catch it; or, just letting it shoot and clean up the mess afterwards. To find out more about semen, we suggest reading our article on male ejaculation.

Many women stop performing fellatio right after their man ejaculates. Instead, you should continue to gently stimulate orally or with your hand for a minute or two longer. After a climax,

the penis becomes much more sensitive, so try giving it to him a little longer. Be careful though, some men find this after-play too intense to handle.

### *Warnings and Suggestions*

Very few men like the feeling of teeth on their penis. Teeth can cause discomfort, cuts, and scratches to the skin if you are not careful. This is easily avoided by tucking your lips around your teeth before you take the penis in your mouth.

The use of condoms is highly recommended in the practice of safer sex. If you are not sure of your partner's sexual history, it is strongly advised that you use a condom while performing any sexual act. If you want something a little more interesting try using a flavored condom and by all means stay away from the lubricated variety (the lubricants used on condoms taste horrible). A good suggestion for anyone using a condom during fellatio is to buy a flavored lubricant to turn a normal latex condom into a tasty condom. The normal rubbery taste of a regular condom can be all but eliminated by unrolling, washing (with mild soap and water), rinsing, drying and re-rolling (if for later use).

# Fellatio Advanced

So now that you have gathered a good understanding of the basics, here are some more advanced lessons that are sure to knock his socks off!

### *Lesson 1*

Place your guy flat on his back on your bed, in a well-lit room. Take his penis in your hand and LOOK at it. You will notice a point of juncture where the two ends of this irregular circle come together. If your partner is not circumcised, this will also be the point where the foreskin is attached. This tiny area is likely the most sensitive spot on his entire body.

Spend time caressing the head and those areas immediately surrounding it. Beneath the head of the penis (glans) is the shaft of the penis. Apparently, according to people who study this type of thing, the shaft does not have many nerve endings and does not, therefore, provide a man with any high degree of stimulation when caressed either manually or with your tongue to the exclusion of the glans head itself. Now the one thing that the girls wanted me to add was that you can add a high degree of pleasure for him by paying the right kind of attention to the testicles.

So LOOK at your partner's penis. Study it. Learn its areas of special sensitivity completely and be

ready to apply your knowledge to his body with your tongue and with your lips when you bend your loving head over his cock.

## *Lesson 2*

The most important thing to do at the beginning of going down on a man is to learn to gauge his reactions to stimulus. Once this is done, you will be able to finish him on demand, thereby keeping the favor from becoming a chore.

While his erect penis points toward the ceiling, cup his testicles in one hand and gently, using only your tongue, lick softly, but carefully along the entire underside of his erect organ. As you explore along the underbelly you will learn those areas that give him the greatest pleasure when your tongue is touching them.

For most men the most sensitive area will be the point where the ring of the head and the foreskin are attached; or were attached prior to his circumcision. Position yourself so that your tongue is in direct contact with the “split” in the glans head, and simply stimulate that area with any variety of motions; circular, back and forth, side to side.

## *Lesson 3*

Place the head of his penis inside your mouth, but do not tighten your lips around the shaft. With your tongue, begin a circle motion around his head with the tip of your tongue. The head of his penis will slide to different places in your mouth as you continue the circle motion.

The technique is a great transition move between techniques; just make sure to experiment with the whole spectrum of pleasurable pressure, as this is incredibly stimulating just about any way it is performed. You can also incorporate spinning your head in a back and forth motion to add a little extra sprinkle of love.

## *Lesson 4*

Now let’s discuss a technique that is probably the most common in the world; stroking the penis orally. Take his erection in your mouth by sliding your moistened tongue lovingly over the head until your lips close around the shaft, going as far down as you feel comfortable.

Remember the shaft is relatively insensitive to most stimulation, so the majority of the pleasure is coming from the head of his penis coming into contact with your tongue, roof of the mouth, and or the throat. Since keeping it in contact with something at all times can be difficult, a short and

gentle stroking motion can provide a significant impact.

## *Lesson 5*

Wouldn't it be great if there was a little gauge somewhere that can give you some feedback on how you are doing? Good thing it is exists!

When a man is in a relaxed state, his scrotum and testicles hang freely. As the state of arousal increases, the scrotum will tighten, pulling the testicles closer and closer towards his body. This is a natural process geared at preparing the contents of the testicles for mobilization.

Even better news… his state of arousal, represented in part by his scrotum, can be directly affected by manually and orally stimulating his scrotum. Although you definitely do not want to play rough with his testicles, it can be a welcome change of pace if your neck or arms are getting tired.

## *Lesson 6*

An oral ejaculation is not always a welcome event, especially when it's not being expected. Although it's not recommended to cut off the flow entirely, the flow can be reduced by applying pressure to his urethra, found along the entire base of his shaft.

## *Lesson 7*

One of the first problems encountered when learning to perform fellatio was a gag reflex, especially when dealing with men who seem to always want to force their penis as far as they can get it in. (Especially at the moment when they cum!)

According to the statistics, the awkwardness of this situation is confirmed by considering that the average length of your oral cavity is three to three and a half inches while the average penis, in North America, is approximately five and a half inches.

As difficult as it may sound, many have overcome the gag reflex and can take most if not all of their partner into the land of deep-throating. Getting over this hump simply takes practice, ideally on an object that isn't attached to something that has the tendency to push deeper when you want to abort...

If your partner doesn't fall victim to the urge to palm your head like a basketball, live training can work... but if all else fails, a popsicle can be a good starter. Just remember to give yourself time to

overcome the reflex, rushing this skill will only lead to uncomfortable situations.

### *In Closing*

If you follow these instructions we imagine that you will have the guy in your life eating out of the palm of your hand, or at least eating out of something...

Be safe, and equally important, EN JOY, because that is the most important part.

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# Analingus

A small word of warning ... before you start poking around their backside, make sure that your partner is ok with it. Some people are not, and won't react gently when they feel an "intruder"". Some men will be uncomfortable with the idea initially, because of taboos of supposed homosexual behavior. Let us put your mind at rest; anal play is thoroughly enjoyed by heterosexuals as well.

If you want to try analingus, but your partner doesn't, don't try to force them! You have a much better chance that they will try it if you have their cooperation, rather than arguing with you. Bring the topic up gently on occasion, and help them open up to this experience by getting them comfortable in the area and with the idea.

Cleanliness is essential with virtually all forms of this type of play. Before engaging in Analingus, make sure to thoroughly wash the area. A bath or a shower is a great primer, and can be the start of the festivities. Once clean, licking this area of the body is virtually no different than licking any other, and can be very stimulating for both you and your partner.

Without going too close to their anus, explore their inner thighs and bottom with your hands and mouth. Some people (especially women) have had bad experiences with anal play in their history, mostly because their partner moved much faster, or less gently, than they should have. If this is true in your case, getting them to talk about the topic is a great way to start. By learning where they went wrong, you can prevent that experience from happening again.

A great way to start performing analingus is to move into it after the giver performs fellatio/ cunnilingus. The area is really sensitive, so run the tongue around in circular motions, use the tongue to tickle, and when you are both ready for it, even to penetrate.

Access to the anus is a little tougher than to a vagina, but there are several positions that are ideal:

laying the receiver on their back with a large pillow to arch their bottom up; the receiver sitting on the giver's face; the receiver bent over with legs spread; the receiver laying on their back pulling their legs back, and the receiver upside down with their legs spread.

Once any part of the giver has been inside the receiver's anus, it should not be put in anywhere else until cleansed. For Analingus a mouthwash/ teethbrushing should suffice. Carelessness in this regard can cause a very serious infection.

There are many nerve-endings around the anus that can make this form of sex-play an absolute blast for both men and women... turn-off the taboos and get totally turned-on!

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# Sensual Massage

Massage is one of the most relaxing and sensual gifts you can bestow upon a partner. It can be a simple and highly effective way to relax - or the introduction to an all-nighter of love and lust.

Take it in turns, or make it a night to pamper just one of you ... but don't forget to reciprocate another time!

Here are all the basics, with some advanced techniques thrown in to lead you from novice to expert. Read on and try it out - we promise, you'll thank us for it!

# Massage Basics

### Getting prepared

A massage should be a pleasant, sensual experience and there many things that can be done to ensure that it is so.

- Firstly, you definitely do not want to be interrupted, so lock all your doors and unplug the phones.

- The next thing you need to know is that a good massage is not a quick massage. Be prepared to spend some time with your partner, and do your best to set the mood. Dim the lights, have a good massage area (couches are lame), light up some candles, make sure the room temperature and your hands are warm (not too hot), and soft relaxing music is never a bad touch (make sure it is something your partner will like though).

- Have your partner shower or bathe to relax and clean himself or herself.

- Nice touches are; aromas, a sprinkle of rose petals over the bed, or anything that will help set the mood.

## Getting Started

Your goal in a massage is to put your partner in a state of relaxation; if you are scared or worried, it is very easy to read from your body language.

Start slowly, be sensitive to your partner's response and adapt your technique accordingly; while great massages are not the easiest to give, it is also difficult to give a bad one if you keep this rule in mind. Rub some massage oil or cream in your hands to get it warm, and then go to work.

The whole concept of massage is built around being touched, so try to keep constant contact with your partner. As you explore their body, try to do it in a continuous way to help keep your flow going, as well as to increase the intimacy level. If you are learning for the first time, or learning to please a new partner, don't forget to communicate. You don't necessarily have to ask if every motion you try feels good, but don't be afraid to ask if they want something harder or softer, and make sure to listen to your partner's breathing, it is an excellent indication of how you are doing. Try to keep your movements rhythmic, even, and symmetric when starting out. This will allow your partner to understand what is going on, and relax even more. As you get more experience, you will learn tricks and combo moves to improve your abilities.

Where should you start the massage? Well, there is no one place to begin. Virtually every part of the body (at least the areas that you are allowed to touch) is fair game. Some spots are better then others, and those are usually the ones that allow you to traverse your partners whole body continuously, but there is nothing wrong with hitting the best areas more than once (refer to erogenous zones in the pleasing women and men sections) as long as you don't dwell too intensely on more sensitive areas.

Starting with the feet and moving up is one way to go about it … another is starting at the head and working your way down. We want to reiterate, there is no one way of doing massage, so start wherever you are comfortable ... just keep experimenting. A suggestion for first timers would be to start at the soldiers, then go to the neck, scalp, run your fingers down to his or her shoulders, arms, upper back, lower back, buttocks, thighs, calves, and then feet; then flip him or her over and work back up. Some areas are better massaged softly, others are better if they are massaged deeper, so start trying! As you gain experience, the whole process will become second nature.

### How to use your hands

Again, there is no right or wrong way! We have found that using your finger tips softly in softer and more sensitive areas, and using your full hand, especially your thumbs, works wonders on large, commonly sore, muscle areas like the outer thighs and shoulders. If you are ever unsure, start softly and progressively massage deeper carefully monitoring your partner's breathing. It won't take long until your partner thinks you are a professional.

Some people enjoy being scratched (lightly is recommended), others enjoy being licked, some prefer little circular movements, others enjoy hard deep massages, and yet others want them all. Besides giving ideas, we are unable to give you a road map to your partner's body, as every person is different and enjoys different stimulation. This article will be extended in the near future to include some "hitting strokes", and don't forget to check the pleasing men and women sections to find ways to please each area of your partner's body.

The best advice that we can give you is this … "know your partners body". It is the people who know their partner's bodies the best, who are usually remembered to be the best lovers!

# Back Massage

Back massages have been bringing lovers together for centuries. From India to Japan, to brothels in the Wild West, relieving the tension that inevitably builds up in our back muscles can be both soothing and arousing. There are a lot of different types of manipulations that can be used to work out knots, promote health and increase general levels of wellbeing. It is also a great way to connect with a partner and gain a serious upper hand in any tally of good deeds with your lover.

Like a bull in a china shop, most of us wade into back massages without any idea of what is at stake. A good massage, as opposed to some pinching, prodding or poking rendition, can make that special someone turn to mush. Here at sexinfo101 we are going to give you the tips that are going make you look and feel like a cheap hooker with a PhD in pleasure. So take out your notebook, your red pencil and prepare to get the goods.

### *Effects*

If you need some encouragement to either give or ask for a massage, then look no further. Although offering a single massage is a good pick-up technique, the effects of regular massages are cumulative, and incorporating massage into your monthly patterns (be it professional or relational) will give the greatest benefit. Regular massage can have the effect of strengthening and toning the entire body mechanism, and so help to prevent unnecessary strains and injuries

that might otherwise occur due to excess tension and any resulting structural weaknesses. Massage can stimulate or calm the nervous system and thus help reduce fatigue, leaving the receiver with a feeling of replenished energy. At its best, massage has the potential to restore the individual - physically and mentally.

## *Common Types*

Since we are trying to prepare you to deliver Navy-Seals-type massages, the best place to start is by figuring out what kind of massage to give. The following are descriptions of four common styles of massages with four specific expected outcomes. Once you figure out which style fits the profile, then you can decide which of our suggested techniques to apply.

### Swedish Massage

Swedish massage therapists use five basic strokes, which anyone can learn and use on themselves and others. They are effleurage (stroking); petrissage (muscles are lightly grabbed and lifted); friction (thumbs and fingertips work in deep circles into the thickest part of muscles); tapotement (chopping, beating, and tapping strokes); and vibration (fingers are pressed or flattened firmly on a muscle, then the area is shaken rapidly for a few seconds).

### Deep Tissue Massage

Deep tissue massage targets chronic tension in muscles that lie far below the surface of your body. You have five layers of muscle in your back (for instance), and while Swedish massage may help the first couple of layers, it won't do much directly for the muscle underneath. Deep muscle techniques usually involve slow strokes, direct pressure or friction movements that go across the grain of the muscles. Massage therapists will use their fingers, thumbs or occasionally even elbows to apply the needed pressure.

### Sports Massage

Sports massage is designed to help you train better, whether you're a world champion or a weekend warrior. The techniques are similar to those in Swedish and deep tissue massage, but has been adapted to meet the athlete's special needs. Focus on the lower back and shoulders. Using heat and petrissage can promote injury reduction and prevention.

### Neuromuscular Massage

Neuromuscular Massage is a form of deep tissue massage that is applied to individual muscles. It

is used to increase blood flow, reduce pain and release pressure on nerves caused by injuries to muscles and other soft tissue. Neuromuscular massage helps release trigger points; intense knots of stressed muscle can also "refer" pain to other parts of the body. Relieving a tense trigger point in your back, for example, could help ease pain in your shoulder or reduce headaches.

## *Now the Secrets!*

When you are starting your massage, remember that the back muscles are usually massaged in three groups. A successful back rub will cover all three groups.

1. The long muscles that run parallel to the spine.

2. The flat muscle groups that cover the top of the back and lower neck.

3. The wide band of muscles that stretches from the spine to the side of the back.

Begin the back rub with a simple circulation (sweeping motion) that touches all three areas in a simple, continuous stroke. You needn't press hard during this stroke.

## Circulation stroke – Clocking in…

Begin with your hands flat and your fingers facing up from the base of the spine. Slide your hands along the spine, up towards the head. When you reach the neck, turn your hands so that your fingers massage along the top of the shoulders and then down the outer sides of the back. When you come back down the outer sides of the back, turn your hands back to the original position. If this confusing, think of it this way: if your back is a butterfly and your spine is the body, trace the spine with both hands. At the base of the neck, separate your hands and trace the wings, bringing you back to the base of the body. Repeat this circulation movement about ten times.

## Pressing the Back

Pressing the back is the most dramatic massage stroke available. Since massage is about muscle tissue, and not back-cracking or other chiropractic issues, make sure that you keep that in mind during the back press. Keeping this in mind, the first step to this stroke is finding the mounds of muscle that run along side the spinal column. Massage is the manipulation of muscle tissue. These ridges are where you should concentrate your attention.

When pressing up the back, start at the base of the spine (even as low as the upper buttock).

Apply pressure with the heel of each hand. Slide your hands along the ridges of muscle from the very base of the spine until you reach the shoulder blades.

In contrast to the circulation stroke, don't bring your hands back along the far outside of the back. In this stroke bring your hands back just off the original line, like mowing your lawn. You will know when you are doing this stroke properly. Your partner will moan with delight. At least ten strokes are appropriate here.

Variations: Small circles as you glide up the spine, use your thumbs in place of the heel of your hand; scratch their back as you return to the base of the spine. Use your own imagination.

## Finger Kneading Along the Spine

Use your fingertips to knead the two strands of long muscles that run just outboard of the spine. The muscles work very hard keeping you upright, and are sometimes the only support our (increasingly) soft middles have. Envision yourself kneading at every vertebra. Two or more trips up and down the spine are great.

## Back Compression

This stroke is another one that attacks the muscles beside the spine. Put the heel of your hand on those same long muscles that run down your back. Push downward. Release the pressure and then move slightly up the spine. Make three or so passes up the spine. This stroke can also be done hands together, first on the right side, then both hands together on the left side of the spine.

## Kneading the Bread

Knead the muscle of the upper and lower back. Pressing on bone won't have any effect on your partner. Try to find the tissue of the muscles and work that area. The effect is worth the effort.

## The Pinch

Use the thumbs of each hand to press folds of flesh and muscle together. The hands move slightly in opposite directions to scissor the flesh between the two thumbs. Moving your thumbs in small circles during this stroke is a nice addition.

## Shoulder Massaging

With one hand, lift up on your partners shoulder. You will only need to lift it about an inch. You

can accomplish this by just sliding your hand underneath their shoulder. With your other hand find the muscle tissue that runs across the upper back. Kneading the muscle tissue that is just in from the edge of the shoulder blade is fantastic. The picture tries to demonstrate exactly the location.

It is a difficult stroke to get right, but your partner will tell you when you have hit the spot. If you don't understand, have your partner try it on you. If they find the spot, you will know exactly why this is my personal favorite.

## Knead the Neck

The muscles that run behind the neck form a sort of diamond pattern. The muscles that run up the neck are thick and respond well to kneading with the thumbs. The muscles that run downward to the spine are thinner and can be kneaded with the heel of the hand. Alternating between using your thumbs and the heel of your hand, will make you look a real pro and keep the massage from becoming an uncomfortable experience.

Spend some time on this area with small movements that run up the back of the neck. Try not to pull on your partner’s hair.

## Curling and Kneading the Shoulders

Depending on if your partner has thin or thick shoulders you should be either delicate or firm. Work slowly and feel the muscle tissue around the bones of the shoulders and necks. Curl your fingers over the ridge of the shoulder. Feel the muscle tissue. Press the heel of your hand into the back of the tissue while your fingers manipulate it from the front.

## Warming the Back – Hot Hands Harry

At this stage you might want to finish the massage or you may wish to transition to the front of the body. Here is a movement that will accomplish this smoothly. Breathe on your hands to moisten them slightly. Take your hands and vigorously rub them together until they get hot. Do this a number of times placing your hot hands progressively lower down the back. This motion is relaxing and awakening. Your partner should have no trouble turning over in the anticipation that more delights follow.

## A Nice End…

To end the massage you might want to finish with brushing. You can do this by lightly touching

the ends of your fingertips all over the areas that you have just massaged. Since those areas will be freshly vitalized these muscles will respond with an intensely sensual experience.

# Foot Massage

There are those who would argue that there are more important types of massage to undergo. Our backs hurt, our heads are sore and our neck is always creaking, but those in the know understand that all our body's idiosyncratic pains and aches originate from our feet. Our feet are the foundation that our musculature and bones structure sits on, and engage with the world through. A Ferrari won't run with flat tires, so won't your body when you have tired and sore feet.

Physiologically, feet are the foundation for proper knee alignment, hip and lower back placement. Most doctors prescribe orthotics for your shoes when your back or hips are feeling out of sorts. And since your feet are so important, keeping them happy can lead to a greater sense of well-being in your whole body. And since the tendons, ligaments and muscles are worked so constantly over years and years of serious usage, massaging your 'dogs' can actually help keep them strong for more years to come.

On the other hand, foot massages can also be one of the most pleasurable types of body work. More than any other part of your body, your feet connect to a myriad of pleasure centers and are, according to acupuncturists, connected to multiple, seemingly unrelated, aspects of your health.

So break out the foot-cream. Find yourself a generous lover/partner/friend, or even by yourself, and tend to those poor feet. They do so much for you, do something back and show them that you care.

## *Circulation*

Since our feet take such a beating in everyday life, the first thing to do is get the blood flowing to them. Blood brings our muscles all the nutrients that they need, so helping our feet's circulation is key to their recovery. Thus the first stroke in a good foot massage is called a circulation stroke. The name implies that it increase blood flow in the tissues of the foot.

Grasp the foot with one hand and stroke the top with the other. You can use light pressure along the top of the foot. Moderate pressure might be required on the bottom of the foot to prevent tickling your partner. Continue rubbing and stroking your partners entire foot. Twenty times on the top and ten times on the bottom is suggested.

## *Rotation of the Foot*

Don’t forget about those ankles. They take as much of a beating as your feet and are interconnected. So the next two techniques are going to deal specifically with the ankle and its relationship with the foot. This rotation is not a stretch; it is just a movement to relax the foot and ankle.

Support the foot with one hand as shown. With the other hand, gently move the foot through its natural range of motion. Simply and slowly glide the foot in an oval-type motion. As you slowly rotate the foot, you may find the range of motion increases slightly. Important to note is that there is bone and cartilage in the ankle joint, so only move the ankle as far as it permits, stop if your hear any grinding or crackling. Rotate the foot 3-5 times in each direction.

## *Stroking the Foot and Ankle*

This stroke seems to relax the whole body. Start with your fingertips right where the toes meet he foot. Use both hands to press down between the bones of the foot. Slide your up the foot toward the ankle; when your fingers reach ankle level, wrap your fingers around the ankle and massage the front of the ankle joint with your thumbs.

We generally look for muscle tissue to rub when giving a massage. This area is firm with bone, tendons and ligaments. Try to do your best to treat the muscle tissue you find with thorough kneading.

## *Flexing and rotating the bones of the foot*

This stroke feels really nice when the top of the foot is sore from standing or walking. Press the heel of each hand on the outer edges of the foot. You will be curling the top of the foot. When you curl the foot you will be able to massage the muscle between the bones with your thumbs. While curling the foot you will also that pressing your fingertips into the underside of the foot, will be greeted with oo's and ahh's.

## *Pulling of the Toes*

This can feel good, but be careful. Don’t try and pull the toes too hard. Gently pulling the toes out can free up range and give them a sense of mobility and rejuvenation. Try this in conjunction with a foot bath, since warming the toes can make pulling them more enjoyable and easier. Remember, the point of pulling the toes is not to hear them pop. Simply pulling them will be good enough, but if they pop don't worry - just don’t force them to.

### *'Soul' Work*

The most muscular part of your foot is the bottom, which has pads to protect the bones. When you are working on yourself, this is easiest with your foot propped on the opposite knee, with a towel underneath to protect your clothing from cream. If working on a partner, place their foot either on your knee or prop it on a chair with some pillows under it.

Using your thumbs, make circular motions that cover the entire surface of the bottom of your foot, moving from the base of your toes toward your heel. Keep the pressure of the circles steady and even. Use a bit more firmness on your heels; the skin here is tougher.

Once you have gone over the entire foot give a few extra strokes to any area where you experience chronic pain - the ball of your foot, or the arch, or perhaps around your ankles. One way to relieve cramping in the arch is to hold gentle pressure with one hand, and stretch your foot with the other, but not to the point of pain, just to muscle resistance. Make sure that you don’t hurt yourself or your lover. This part of the foot can be sensitive and digging in too aggressively can hurt, and this is supposed to be relaxing!

### *Bath ‘em and Polish ‘em*

At your local health food store you will inevitably be able to find salts and bath oils specifically designed for bathing one's feet. The heat from the water can loosen muscles and the salts can soothe the skin and their smell can relax the mind. Let them sit until they prune, that way you know that your skin and muscles have been saturated in the warmth. Doing this regularly can increase the vitality of the tendons and integral portions of the foot.

Filing is something that people don't do often enough. This can be done in conjunction with a bath, since the skin is softer and more malleable. Use a large pumice stone to remove the build up of calloused skin, and dirt which can get ingrained in the skin. This is not just an aesthetic exercise. By reducing calluses you can even out your gait and prevent cracking, which is especially important during the summer when we tend to go about barefoot and in sandals more often. Socks help keep our feet moisturized, but callous buildup prevents moisture from getting to our skin.

Take care of your feet, and they will take care of you.

# Head Massage

Do you know how many facial expression we make in a given day?! Well we don't know the exact number either, but we guarantee that it is large. It is probably larger than you may even care to consider. This being the case; throw into the mix an ever-present host of stresses and bad emotions, and our facial muscles are a wreck. From our jaw to our scalp, most of us have no idea the beating our heads take in this day to day struggle.

We have broken this article up into two a series of massage techniques that can be used on the face and scalp. Although any one of the techniques can be a great way to pleasure your partner, we highly recommend that you experiment with those that you like so that you can learn how to move smoothly from one to another.

Before we get into it, there are some tips that we can't stress enough:

1. Wash your hands, its amazing how much dirt and germs they can pick up
2. Make sure you don't have sharp fingernails that may reduce the pleasure
3. Make sure to be gentle on facial skin, you don't want to stretch it
4. Make sure to use face massage oil for deeper facial massages (refer to tip number 2)
5. Too little oil is always better then too much… you can always add a little more.
6. Have open feedback with your partner so that you can learn their preferences
7. Unless it is required, do not rest your hands on your partner's head while giving.
8. Success comes with practice, so relax and learn.

Now that we've covered the warnings, let's get into it. There are many positions to get into so that you can perform head massages, but we recommend that you follow the lead on the experts on this one, we did. To perform the massages, you'll want to be at the head of your laying partner who is either face up or down depending on what you want to do.

## *Petting the Kitty*

With your partner laying face up, and you square to them, you want to perform a series of pets that start right between the eyebrows and with next to no pressure, pull upwards towards the scalp. Your hands should be alternating, ideally in a fashion where your partner can't tell where

one hand is beginning and another is ending. That being said, you don’t want to keep doing it exactly the same on every single stroke, feel free to mix up the tempo.

## *Stroking the Brows*

With your thumbs starting just inside of each eyebrow right above the edge of their eye socket, with only slight pressure, pull each thumb across the brow and outward to the scalp. The stroke should end when you get to the scalp.

## *Ladder to Heaven*

Similar to the previous technique, the only difference here is that you repeat the technique along the lines of the forehead until you get to their natural hairline before repeating.

## *Relaxing the Jaw*

Place your hands on either side of your partner’s face, and with either your thumb or your three middle fingers, using medium light circles, move up and down between the corner of their jaw and the bottom of the ear lobe. You can mix it up by changing the size of the circles, the direction of the circles, by making the circles figure eights, and by changing the pressure.

## *Scissor Hands*

Put your hands in a "knife hand" position, and spread it only between the ringer and middle fingers. Position your hands on the side of your partner’s head, and slide them up and down in line with their ears. On the down stroke, you want to make sure to leave at least 1 inch between the open webbing of your scissors and the top of their ears; you don’t want to tug at them. When you first start, keep both strokes gentle, but once you get the hang of it, try to be gentle on the down stroke and apply a little more pressure on the upstroke.

## *Praise the Temple*

Couple your middle and index fingers on each hand, and place them on your partner’s temples. Using slow circles and medium light pressure, repeat a few times on the temple getting larger each time, then pull lightly towards the scalp, then repeat.

## *Rubbing the Lobes*

Using your index fingers and your thumbs, gently squeeze on the edge of your partner’s ears with

a circular motion. Travel up and down the ear lobe, making sure to watch out for shrapnel (earings).

### *Kneading the Dome*

Using as many finger tips as you have and light to medium pressure, explore their scalp. You can perform small circles, large circles, or just back and forth motions, either way your partner is going to enjoy it. You will want to pay some special attention to the back of the skull, but make sure to spread the love out. As usual, diversity will help keep things from getting stale, so make sure to change it up.

### *Scratching Post*

We've heard that some people do not like this one, but those who do like it tend to like it a lot, so we are mentioning it despite the fact! Using your nails, very gently, scratch your partner's head. Starting above the neck, slowly and gently explore your partner's head.

### *Relaxing the Base*

Using your thumb and index finger of your dominant hand, grip the back of your partner's neck and massage it using small circles along the skull line. Experiment with different sized circles as well as a technique similar to "stroking the brows" in the same area. Massaging this area can be performed using both hands, but most people find it difficult to apply the right amount of pressure that way. Consequently, we recommend using one hand to get started, then adding in the second hand when you are ready to move onto something like "kneading the dome."

# Sexual Massage

Welcome to the sexual massage section of sexinfo101.com. Here you will find a variety of articles featuring tips and techniques on how to pleasure your partner's most intimate spots manually... From hand-job to fingering techniques, these guides should help you learn how to play your partner's sexual instruments...

# Fingering - Anal

If your partner is not open to this form of sexual play, don't force the issue! If your partner refuses, try to open them up to the idea by exploring the area more often with your hands. They'll

slowly get used to being touched around there, and it won't seem as big of a deal. But ultimately if your partner says "no", then accept it graciously and try something else you both like!

Cleanliness is essential with virtually all forms of this type of play. A bath or a shower is a great primer, and can be the start of the festivities. Once your finger(s) or sex toy has been inside their anus, don't put them anywhere else until you wash them. Carelessness in this regard can cause a very serious infection. Make sure to have a good lubricant, use plenty of it, and start as slowly as possible the first few times. Assess their responses to your actions and react accordingly.

Be sure to clip your fingernails quite short before doing any type of penetration, especially anal. The lining of the rectum is thin, and can be torn by sharp objects. If you have longer fingernails, you can pack some cotton balls around your fingernails and put on a latex glove. Also, if you are paranoid about what could be on your finger when you pull it out, a regular or finger condom may be a good idea.

## *For Males*

Some men are not very open to experimentation with this body part, as enjoying it may make them question their sexuality. As ridiculous as this may sound, it is a result of the prejudice and lack of understanding in today's society. In any event, make sure to communicate with your partner to avoid bad reactions.

Once you get lubricated, you want to start by taking it really easy. Most people who have never had any anal play will tense their sphincter muscles. If they are tensing, do not try to push through, as it will cause a lot of pain and discomfort. Instead, make little circles around his anus and wait for him to relax. Once he starts relaxing, gently try moving your finger in and out a little. Start shallow and slowly move deeper, just make sure to watch his reactions and facial expressions to see if you are going too fast.

Once you get inside, you can do a variety of things, including: twisting your hand, pulling in and out, moving in large circles following the wall of the cavity, or stimulate specific spots with little circles. There are two very pleasurable spots in and around a man's anus. The first location is the anus itself; it is surrounded by a large number of nerve bundles and is very sensitive. The second is the prostate gland; it is located a few inches inside the anus towards the belly button, and often feels like a firm bulge.

The most effective use of anal play is right at orgasm. If you have a finger inside stimulating his prostate when he reaches an orgasm, you will send him to another world of pleasure, one that he will most likely be asking you to help him revisit. By stimulating the prostate gland as he gets close to climaxing, you can give him an orgasm three or more times as intense!

### *For Females*

Without going too close to her anus, explore her inner thighs and bottom with your hands and mouth. Some women have had bad experiences with anal play in their history, mostly because their partner moved much faster, or less gently, than they should have. If this is true in your case, getting her to talk about the topic is a great way to start. By learning where they went wrong, you can prevent that experience from happening again.

Using her natural vaginal lubricant or saliva may work, but we strongly recommend that you use lubricant, especially the first few times. Apply a fair amount of lubricant on your finger, and start by making little circles around her anus with a finger. If you feel her clenching her anus, you need to find a way to help her relax, as progressing deeper while she is 'tight' will only cause another bad experience. Kissing her on the mouth and all over her body, performing cunnilingus, are just a few ways to ease her anxieties. If you get a chance to put on some music and candles ahead of time, it should help her be more comfortable.

Once inside, you can start playing to see what she likes. Start slowly and softly, and make sure to pay attention to her reactions when you speed up and/or add pressure. A few basic techniques to get you started are move your finger in a circular motion exploring the walls of her rectum, moving in circular motions along a specific region, moving in and out, rotating your hand to spin your finger. After learning what you can from these techniques, start mixing two, three or more of them together. Just always remember that it is a very sensitive area; so be gentle and watch her reactions before going further.

# Fingering - Vaginal

When performing the following, make sure that your fingers are well lubricated. There is nothing more uncomfortable (and painful) than a dry finger roughly rubbed across a woman's clitoris or pushed inside. See the sexual lubricants product page for information on useful lubricants. In most cases, proper foreplay stimulating a woman’s erogenous zones will usually avoid the problem of dryness. Nevertheless, it never hurts to keep a "tube of lube" sitting nearby. Under no circumstance should you put pressure or blame on your partner for this if it happens; work with her to get around it. It’s written all over this and every other sexual information site, but in case you have forgotten, communication is key.

### *Vaginal Massage*

Most women masturbate by rubbing a finger or two over their clitoris, sometimes "through" the skin of their inner or outer lips, in a circular or back-and-forth motion. You can do this too, and it is most helpful to ask, or better yet, have her show you how she likes it done. Lie down side by side, and put your hand over hers while she shows you what she likes. You can also try having her hand over top of yours guiding.

### External

Another technique which women are very receptive of is to have your partner lie on her back, spread her vaginal lips wide apart with your outer fingers, and use your middle finger to rapidly slide up and down her vagina rapidly and lightly grazing her clitoris. This motion alone will often bring a woman to orgasm. Don’t forget to use your mouth while you are fingering, keep kissing her, her neck, and all her other erogenous zones.

### Internal

An excellent way to begin manual stimulation is to stick one, and later two or more, finger(s) inside her, with your palm cupped over the mons area. We're talking about that fleshy "mound" over her pubic bone. Your finger should have freedom to move in and out freely while the palm of your hand can add pressure against her vulva and clitoris. Once you get better, you can start moving your palm to add more stimulation.

Another, more intense motion is to position your hand so that you have one or two fingers inside her with your palm facing her body. Now bend your fingers inward and move them in rapid but short movements focusing on her G Spot. This technique can quickly bring your woman to orgasm, especially when combined with cunnilingus.

## *Fingering Techniques*

### Labial Massage

Place a well lubricated hand over her labia, fingers pointing towards her anus. Pull up toward the navel and alternate hands. Explore the inner and outer lips with your fingers. Pull gently on one lip and then the other. Rub the outer lips gently between your forefinger and thumb, then the inner lips.

### A-One and A-Two and a-Three

Try inserting your first two fingers into her vagina, then arch your thumb back 'hitch-hiker' style

and thrust in until your thumb rests against her clitoris. Now wriggle, twist, thrust, and vibrate your hand to drive her wild.

## Close But No Cigar

If your partner has a particular spot that they like to have licked or caressed, try doing so very close to but not quite on that spot. This trick will make them take longer to reach their orgasm, but they will likely have a much stronger, more powerful orgasm when they finally do.

## Push Here to Start

Gently insert one finger deeply into her vagina and, when she's ready, insert a second. Then take your thumb and place it against her anus (Don't insert it). Press against her anus while you move your fingers inside her vagina.

## Tap Dancing

Place the palm of your hand on her mons (the mound where her pubic hair is), and rest your fingers lightly on her vaginal lips. Rest your thumb on her thigh. Lightly but firmly press your palm onto her mons and begin to move your hand in a tiny circular motion. Your palm should not slide too much over her skin during this process. Rather, her skin should move underneath it. Repeat this process until you have done ten circles. You then raise your fingers and lightly tap her vaginal lips about once a second until you have given her ten taps. After giving the taps, rest your hand for five to ten seconds. Then repeat the whole routine over and over.

## Cervix Clock

A woman's cervix can usually be found in the upper rear part of her vagina. The cervix feels like a little dome of tissue, and may also have a small cleft in the middle, like your chin. Carefully stimulate the area surrounding the cervix. Some women may enjoy this and want you to do it more often; others won't.

## From the Outside

Lay your free hand over the lower part of your partner's abdomen. Experiment by applying different kinds of pressure with the top hand while fingers from your other hand are inside her vagina.

## Imitations

An excellent way to learn more about pleasing your partner is to rest your fingers over hers while she is masturbating herself. Then do the reverse, with her fingers acting as guides for your own.

## Off the Edge

Another form of genital massage can be done by holding a lubricated vaginal lip between your thumb and forefinger. While squeezing just a little, pull your fingers straight away from the woman's body. Your fingers will end up in the air an inch or two above her body. If she likes this, repeat it often.

## Ovaries

Ask your partner to help you locate her ovaries. They can usually be felt in the deepest part of the vagina and to the far left or right. Some women will like you to massage this area, others will find it painful. Sensitivity will also vary with her menstrual status.

## Proper Invite

Begin with a light, gentle caress that barely touches the inner thighs and pubic hair. Don't go much further until your partner's pelvis begins to arch upwards. Tease and caress until the lips of her vulva invite your fingers to come play.

## Tracing

After applying lubrication, it might be nice to begin with one of the large outer lips. Place the lip between your thumb and forefinger, clasping it at the base where it attaches to the main part of the woman's body. Then run your fingers (or fingertip) from the lower to upper part of the lip, as though you were tracing one side of a parenthesis. Repeat this as long as your partner's feedback is positive.

## Crecent Moon

Insert your thumb in her vagina, curl your palm around onto her clitoris, and rest your fingertips on top of her pubic bone. Alternate stimulation between the internal G-Spot, the clitoris, and the external G-Spot\bladder.

## Four Directions

With two fingers press firmly up/side/down/side in her vagina, eight times each side.

### Gentle Touch and Tickle

Tickle the clitoris extremely lightly.

### Healing Thrust

Some women might need and want good, hard, deep, vigorous thrusting penetration. Be sure to keep her relaxed - don't let her get tensed.

### Pinch and Pull

Gently pinch and pull on the clitoris.

### Rock Around the Clit

With your forefinger make tiny circles, stopping at every 'hour'.

### Temple Gate Tease

With one finger, tickle her vaginal opening as lightly as possible.

### Tour de France

Orbit your forefinger around between her inner and outer labia from perineum to above her clitoris.

### Triple Digit Pet

Use your three longest fingers, with your middle finger gliding along the outside of her vaginal opening and your other two fingers running along the area where her thigh meets her labia.

### Twist and Shout

Using one or more fingers, massage in and out while twisting at the wrist.

# Fisting

## *What is Fisting?*

Everyone (well, almost everyone) knows what fingering is. Whether in the vagina or anus, it's tremendously enjoyable to stroke someone inside. (Fingers up a man's anus, if aimed properly, will tickle his prostate gland, which feels AMAZINGLY good... just a little tip!). People are generally comfortable with the idea of fingering with more than one finger, but not as many have been exposed to the idea of inserting a whole hand into the vagina or anus ... which is, in its simplest terms, what fisting is.

Yes, it's anatomically possible, and yes, it CAN be EXTREMELY pleasurable. You generally can get your whole hand inside your partner's vagina, and some people (male and female) are able to accommodate a hand in their anus. For those who are into massive penetration, nothing is a bigger turn-on. No experience is necessary - for either of you; but for vaginal fisting, if your gal pal is a little roomy, or has given birth in the past, you'll have an easier time. In any case, you need to start off slow and work your way up … pun intended!

A few words of caution before you roll up your sleeves and plunge in: fisting can result in injury to the fistee if not done properly. You do NOT make a fist and ram it home. Fisting is one of the most intimate and complete ways to touch another human being and it is something that has to be worked up to slowly and gently. Not everyone is able or willing to accept fisting … respect that fact and NEVER force participation. In addition, the anus is designed as a one-way system (out) and many members of the medical community argue that any kind of excessive activity that over-stretches the anus can/will result in damage to the area … so, be informed and BE CAREFUL!

There have been many posts about fisting on bulletin boards … talking about the proper technique, the safety concerns, the fantastic feeling of openness and connection, the magical plane that two people fisting can attain ... it's an incredibly intense way to make love.

Trust and communication between partners is essential--and tons of lube helps a lot, too. Respect your partner's limits and pain threshold. The following guide is intended for consenting adult partners who wish to engage in this act, and we assume no responsibility for possible injuries caused by, or to, those attempting it.

## Some safety issues

First of all, cut and file all your nails until every finger is as smooth as it could possibly be. Your fingers will be in some very delicate places -- places that may not have pain receptors. You want to make sure you minimize all chance of causing damage.

Use latex gloves. AIDS is a matter of life and death.

For anal fisting, you will probably want to clean your bottom's GI tract out. What else are enemas for? Be gentle with enemas - warm water is best. DO NOT use detergent in enemas.

## *Okay, now how do you do it?*

### Get her/him ready.

Make sure your partner is relaxed, turned on, and comfortable. When a woman becomes aroused, her vagina relaxes, expands and lengthens; all very important for accommodating a fist.

For anal fisting, the anus must be similarly relaxed. If the receiver is not relaxed, forcing a large object like a fist in could be very painful... so make sure to relax, and take it slowly.

### Use lube.

Even the wettest vagina can use some extra juice during fisting; the more, the better. The anus produces no natural lubricant, so an artificial one is MANDATORY! A latex glove can also reduce friction and is a good idea for safer sex purposes.

Use LOTS (and I mean lots) of lube. Push it in with your fingers. Make a huge mess. Get it all over your hand, the back of your hand, between your fingers. Keep applying it as you go. You can't have too much lube. (And remember, oil-based lubricants dissolve latex).

Some people like KY jelly - others say it dries out too quickly; Astroglide (available in North America) is a water-soluble lubricant which holds up well to continuous use. In the UK, a substance called "Aqueous Cream" is the crème de la crème. Others use "J-Lube," which is a powdered concentrate that when added to water produces incredibly slippery goo; it's sold in veterinary supply houses! (Some people still use Crisco with latex gloves, on the theory that the Crisco is just the best lube, and the gloves don't break down that fast. This is risky, but it's an option.)

### Start slow.

Start with one or two fingers and work your way up to three and then four. Most people need some time to further relax their muscles, and some may require several stretching sessions, over

weeks or even months, before you can actually get your whole hand in.

Go slowly. Start with one finger and work up. DON'T RUSH. Be sensitive to your partner's feelings. You are trying to persuade part of their body to open for you, to admit part of you deeply inside it. The energy will move back and forth, and you'll ride it, coaxing and pushing, in and out, moving your partner into a trance. Keep communicating with your partner; help them to relax and demonstrate some empathy if they are a little uncomfortable at first.

If this is anal fisting and your partner’s anus suddenly hits their limit, you'll know; their orifice will clench tight-shut suddenly. DON'T PULL OUT. Stay right where you are until the contraction ends, THEN start pulling out. You can pull a muscle or two if you try to back out in the middle of a reaction like that. If this happens, it's OK; you'll know to go slower next time (if you both want to try again). But assuming all is well...

## Duck inside.

When you reach five fingers, you're almost there. Now is when you want to be most sensitive and most aware. Your partner is going to be flying on pain and pleasure; a sudden flinch and you'll find the vagina or anus doesn't want you anymore. If so, respect that - and pull out (slowly!). But if your partner wants it, then you'll slip your knuckles inside, folding your thumb *inside* your fingers, and your hand will NATURALLY form an elongated fist (think of the shape of a duck’s beak) - you DON'T need to clench your hand or anything else! (Note: be careful with your nails as you form a fist). This makes your hand into a wedge shape that allows you to gradually stretch your partner open as you press on. Apply steady but slow pressure.

## Let her/him lead.

Listen to your partner and let her/him tell you when to push, when to back off, when to add more fingers, and when it’s too much. Fisting can cause muscle and tissue injuries if you go too fast or too hard. Some discomfort during fisting is normal, but you have to take her/his word on the difference between a good hurt and a bad hurt.

## All the way in.

The knuckles are the widest part of the hand and the most difficult part to get past the opening of the vagina/anus. You’ll probably run into resistance at that point. Wait until your partner is ready before making the big push. She/he may be able to help by bearing down (as if giving birth or in a bowel movement). Once your knuckles slip past the ring of muscles around the vaginal/anal entrance, the pressure will ease off. Now roll your hand into a fist.

### Voila!

At this point, your partner may or may not want you to make gentle pumping movements with your hand inside her/him, or stimulate her clit/penis etc. Fisting can produce extremely intense sensations, so ask her/him what feels good. When you’re done, make your hand into the wedge shape again, and gently slide out slowly and naturally!

Now the real fun begins... explore, entice, pleasure your partner’s vagina or bottom...

# G Spot Stimulation

## *Where is the G Spot?*

If your partner is lying on her back, then her Grafenberg Area, commonly known as the G Spot, is located roughly 1.5" inside her vagina on the upper wall. The most ultimate orgasms come from a woman having her G Spot stimulated. This area inside the vagina typically has a different texture; ridged (not as smooth) as the rest of her vagina, and when aroused feels spongy. A G Spot orgasm is often associated with the mystical legend of female ejaculation and 15-30 minutes of a euphoric sensation where she is in complete bliss... Don't expect much from her during this time, she is in heaven.

## *G Spot Technique*

With your fingers approximately two to three inches in, move your fingers in even circles all around the inside of the vagina. It generally feels best if you keep consistent, firm pressure along the entire length of the vaginal walls while fingering. You may wish to give a LITTLE extra pressure towards her belly as long as you don't break the steady rotational rhythm. Stop rotating your fingers and rest your fingertips on the (usually slightly ridged) area of the vagina just behind the pubic bone and exert pressure towards her belly (upwards). This is direct G Spot stimulation, and it usually feels best if the fingers are subtly moving. You can move your fingers in small, slow circles, or point your fingers more sharply and rock them back and forth.

An advanced and very successful technique is a combination of the two. Trace the inside of her vagina with your finger(s), while moving in and out. Make sure that your fingertip always hits the g spot on each rotation. Finding a nice rhythm is critical in this technique, and when you get it right, she’ll be asking you how you learned that!

## *Stimulating G Spot During Intercourse*

This topic is covered in greater detail in the vaginal intercourse article in the Intercourse section, but keep in mind the angle you position yourself during intercourse. Being able to stimulate the G Spot during intercourse will definitely increase the likelihood of your partner reaching orgasm through intercourse.

### *Toys*

Sexual toys are a great way to enhance your sexual experiences. They can vibrate, stay hard, and best of all they don't get tired. There is no better way to learn how to experience vaginal orgasms then by using a vibrator to help you figure out how to use your body better. If there is a way to stimulate it, there is a sex toy to automate the process and to no surprise this holds true when referring to the G Spot. Click here to browse a selection of vibrators with curves to connect right where it counts.

# Hand-job (Penis Massage)

Penis massage, often referred to as hand jobs, can be a great way to pleasure your male partner. They can be used by themselves, or while performing oral sex on your partner.

Below is a listing of hand job techniques, mostly gathered from alt.sex.faq. Although not necessary, it is better to perform these using a lubricant.

### *Pressure*

With one hand, pull the shaft's skin toward the base and wrap the fingers of this hand around the base to act as a cock ring. Using the other hand, rhythmically pick various points along the shaft of the penis and squeeze opposite sides of the penile shaft at these points, releasing pressure either immediately or after only a brief period of time.

### *Fire*

Rub the penis between both palms, as if rubbing two sticks together to create fire. Be sure to use plenty of oil.

### *Glans Head Massage*

Hold the penis in one hand with the head sticking up. Using the well-oiled palm of your other

hand, slowly and sensitively massage the glans head. Reverse directions every once in a while.

## *Healing Stroke*

With the penis resting on the man's stomach, take one hand and cup the testicles. Then glide the heel of the palm of the other hand up and down the underside of the penis.

## *Twist and Shout*

Pull the skin of the penis toward the base with one hand. With the other hand, corkscrew the penis. This can be done with the thumb and first finger or with your entire grip.

## *Anvil Stroke*

Start with one hand lightly grasping the top of the penis. Then stroke the penis from the top, all the way to the bottom. When you hit the bottom, release the penis. Meanwhile, bring your other hand to the top of the penis and repeat.

## *Bookends*

Place both of your hands side by side against his shaft like a pair of bookends. Now push hard against his penis. Then lift your hands up and down.

## *Doorknob*

Turn the head of his penis like you're trying to open an oily doorknob. Now try turning the other way. Repeat. This stroke is sometimes improved by using the other hand to stretch the skin of the penis toward the base.

## *Double Whammy*

Bring your well lubricated hands down on his shaft. Some penises are so big they require both hands; if your partner's doesn't, then use the other hand to caress and lightly flutter his testicles, or tighten around the base of his shaft. If both hands fit along the length of the shaft then move them together, up and down, in the typical pumping motion. Pretend you're holding a baseball bat and are about to score a grand slam. You can also vary the directions of your hands: one up, one down at the same time.

### *Milking*

Start with one hand lightly grasping the bottom of the penis. Then stroke the penis from the bottom all the way to the top. When you hit the top, release the penis. Meanwhile, bring your other hand to the bottom of the penis and repeat.

### *Perpetual Penetration*

Start with one hand lightly grasping the top of the penis. Then stroke the penis from the top all the way to the bottom, letting his penis "penetrate" into your fist on each stroke. Before the head of his penis pops out of your hand, bring the other hand up for the next penetration. This way it seems to him like he is penetrating deeper and deeper into an infinite vagina. Make sure you keep the penetration continuous.

### *Ring*

Make a ring with your thumb and forefinger and pump up and down with it. When you get to the top close the ring. Then make him squeeze his way in as you slide back down to the bottom.

### *Shaft*

Stroke only his shaft, ignoring his glans head. You will notice his glans head swelling and turning red. When it's bright red, use Doorknob, Glans Head Massage, or Perpetual Penetration.

### *Shuttle Penis*

Take the penis in both hands, fingers lightly touching the sides of the shaft. Now flick the penis back and forth between your two hands by holding onto the loose skin of the shaft. Do this stroke for a while to allow tension to build.

### *Spot Pinch*

Lightly and slowly run a finger up the underside of his penis. Ask him to tell you where the most sensitive spot is. Pinch, squeeze, nibble and tease that spot.

# Prostate Gland Stimulation

For many couples, the prostate is a largely unexplored region of recreation, and yet it can be an

area of pleasure for both partners. Whether this area becomes a staple of your sexual practices is to be determined, but some initial investigation is recommended before making a decisive conclusion.

The prostate gland is centrally located inside the pelvic region of the male; it sits below the bladder and immediately in front of the rectum, wrapping itself around the urethra in order to add to the flow during ejaculation. The area between the anus and the genital 'zone' is known as the perineum, which is in close contact with the prostate gland. So not only does this little organ lend itself to hedonistic pleasure, it also actually performs a reproductive function by producing a seminal fluid that allows sperm to survive in the vaginal cavity.

Reaching the gland can be a potentially invasive procedure, involving petroleum jelly, rubber gloves (if desired), and wholehearted arousal in order to stimulate relaxation of the sphincter muscle. The stigma associated with anal penetration may be negative, depending on a person's particular background. Factors that affect an individual's readiness to delve into this sphere can range from degrees of homophobia or a fear of appearing homosexual, to simple issues of discomfort. An important point to consider is the man's willingness to engage in this affair; the more frightened, unsure, or unwilling the recipient is, and the more the incident is going to hurt, lowering the overall chance of success. Perhaps a drink or two might be required to relax inhibitions.

Though it is a voluntary muscle, the anal sphincter is designed to open upon internal pressure ... specifically, the force that is exerted from a full bowel. If gentle stress is placed on the periphery of the (well-lubricated) anus, it will perform the same action in reverse, almost sucking the finger into the rectal area. Once the finger or suitable substitute is inside the rectum about one or two inches, it must be pointed towards the ventral (stomach) region of the male and gently manipulated. In other words, if you are sitting between your partner's legs and your finger is in his anus, curl it toward yourself to facilitate the stimulation of his prostate to orgasm. Some men may need less or more specific attention to the areas in and around the rectum; for some companions, provoking the perineal surface before and during sex can promote or intensify the climax, and can form an alternative method to penetration.

An inhibiting factor to be aware of is the rectal susceptibility to infections of all kinds, especially those caused from the insertion of unclean instruments or of lubricating agents that contain low quality ingredients. Due to the vulnerability of this and other internal organs to damage, care and consideration is always warranted. Washing of the area with soap before and after the activity is a good plan, as is the use of condoms for organ penetration. Don't feel discouraged by the apparent elaborateness of preparation; anticipation is half of the enjoyment. Enjoy!

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# Dirty Talk Basics

You are laying beside your partner, feeling their naked skin caress yours. Their chest rises with every whisper of a breath. You can feel their warm lips against your neck, and all of sudden, the sexually enticing words rush through your body like a jolt of energy. Have you wanted to unleash that wild side of yours through dirty talking, but haven't found the courage, or don't even know where to start? Here we have gathered techniques to teach beginners exactly how to do so. There are tips for breathing, body movements, sounds and the actual phrases themselves. The most important thing about talking dirty is how you say it, rather than what you say!

## Creating Mood

For some, the first attempt at talking dirty with a partner can seem to be quite awkward. To eliminate some of that initial embarrassment, you should mention both the idea of the experiment to your partner as well as the limit of your desired kinkiness. The latter is created to help avoid a negative reaction from your partner in case you go "buck-wild" too quickly and cross their own personal boundaries. However, this chat should not occur directly before the incident; this could create massive unwanted pressure. Let's face it – most people do not want be in the bright spot light when beginning to speak dirty.

Creating a sensual mood is an essential basic to letting that naughty side out of you. No, no - - put that Barry White CD down! The aura I have in mind could be considered a little peculiar, for it consists of a rhythm of breaths and body movements, rather than the soft music and candles, as most would expect. Yet you can also use those if you feel it adds to turning you on. This aspect is the most important part of dirty talking, because it is not what you say, but how you say it. You could say the dirtiest thing in the world and yet sound as sexy as an electronic encyclopedia.

## Breathing

Stabilizing your respiration is quite significant for it distinguishes the difference between speaking normally, and talking dirty. You should begin by imitating the deep breaths you take in the doctor's office as he/she listens to your lungs. You have the option of breathing through your nose, mouth or both. If decide to breathe through your mouth, you do not want to form a large "o" shape with your lips. Come on, you are not a pet waiting for a treat from its owner. Instead your mouth should be slightly open, no bigger than the point of your index finger. This seems to produce a more appealing expression...

The speed of the breaths should co-ordinate with the progression occurring from body movements, foreplay or intercourse. If you are about to make sensual love, then the breaths

should be slow, and if you are about to imitate a wild rabbit gone mad, then the breaths would obviously be faster.

After accomplishing a stable beat, you should be examining the sound of your respiration. Most importantly, your exhaling should faintly die off. If the exhale breath stays one tone, it could seem abrupt and almost forced. To help you visualize the sound of this breathing technique, picture a roller coaster. As it shimmies up the tracks, you inhale. As it pauses for a mere half a second at the top, so do you. Then as it coasts down the tracks until slowing down for the next hill, you make the initial part of the exhaling breath a little loud and then slowly become quiet. You may want to consider practicing this routine when you are by yourself.

## Adding Sounds

Once you feel comfortable with this breathing technique, you can begin to make sounds as you exhale. These sounds should usually be instinctive and relaxed such as "uh," "ah," "oh," or "mmm." Here you are able to comfortably drop your jaw to widen your mouth if wanted. Do not analyze these sounds; there is no need to worry whether you are making a correct sound. If you unsure, a good rule is that you can rarely go wrong with vowels rather than some awkward consonant. For example, perhaps you choose the sound "bah;" you will ultimately sound like one very naughty, moaning sheep.

The trick with these sounds is that you are not being loud; actually you are being quite faint. The desired outcome is for your voice to barely seep out. Technically, this is speech sound articulated by a momentary closing of the glottis in the back of your throat, hence restricting the airflow. In laymen terms, you are making a murmur sound or a loud whisper. This is also commonly known as a “sexy voice.” If you are having difficulty reaching this volume, imagine being backstage at a play. All of a sudden, the main character draws a blank and completely forgets all his lines. It is entirely up to you to whisper the lines loud enough for the actor to hear, but not loud enough for the audience to hear.

## Adding Body Movements

To perfect the rhythm, you now want to add body movements. Desirably, the body movements should be in perfect harmony with your respiration; the body movement should begin and end when a breath begins and ends. As you inhale, your chest should ever so slightly rise in an upward and diagonally out motion. Naturally, your shoulders will delicately move backwards and your upper back should arch with this motion.

There are many different techniques for exhaling. You can simply let your chest, shoulders, and upper back return to their original positions. This can resemble a relieving motion. Another

option is to add a subtle pelvic thrust. As you inhale, let your lower back arch so your pelvis and buttocks are being pushed outwards. Your abdominal muscles are being elongated. As you exhale, squeeze your buttocks and bring your pelvis forward in a scooping motion, from a side angle, until back to its original position.

To add some difficulty to these movements, try adding an abdominal contraction as you are about to make the scooping motion. A contraction is the tensing of muscles. An abdominal contraction resembles the same motion your abs make if they are about to be unexpectedly punched; your shoulders move a little forward as the abs are pushed against your back. Ultimately, the contraction should make your pelvis finish the scooping motion by delicately going upwards and back down to its original state. From a side view, the path of your pelvis should resemble the digit, "six."

For those looking for even more difficulty, let the quiver of the contraction be heard in the exhale breath. This sound can be quite sexual, for you can tie it to dirty talking concerning ejaculation. Even though all these movements are critical, you do not want to overdo the actions. You aren't trying to get the attention of a plane. Keep it subtle or you'll be doomed to the funky chicken dance.

You can also add other smaller body movements to the rhythm such as the arching of your neck, the closing of your eyes, and the clenching of your hand or the biting of your bottom lip.

# Dirty Talk Advanced Guide

Now that you should hopefully have awakened your partner's libido, it is time to put that final touch on. Oh yes! The feature presentation! These are some basics guidelines to keep in mind. Like deep breaths and sounds, your words should also be in sync with the rhythm you have just created. The inhale breath should almost always be heard by your partner and you should speak in the "sexy voice" on the exhale breath. Enunciate all your words to your best degree.

To begin you should focus on these following questions: Which of my partner's skills or attributes turn me on? How do they make me feel? How am I feeling right now? Dirty talking is mostly concerned with momentous sayings, so you should try to let your instinct carry you. If you feel that your partner is hot, call it as it is: "you are so hot!" If you feel that their touch makes your genitals quiver, say it: "Your touch makes my cock/pussy quiver." If you feel that you are very hard/wet, state it: "I'm so hard/wet right now."

However, a good rule of thumb is to avoid the word "because." You are not writing an essay question. This will avoid sounding dull and it will also add urgency. In a sense, you may be

cramming a long portion of a sentence in an exhaling breath so this forces you to say it very quickly, which emphasizes that urge. For example: "You laying there naked makes my cock/ pussy hard/wet because I find you to be so irresistible." You may be feeling this, but this is a bit long. Try separating the fragments with breaths. Long inhale, "You lying there naked," quick inhale “Makes my cock/pussy hard/wet" inhale "You’re irresistible." This style sounds more natural than mechanical, which is the intention of good dirty talk.

Another added bonus of separating the sentence is that it allows you to think on the spot. You can simply state something with out wondering whether it’s long enough, or why you feel that way. State the phrase, breathe, and add to it.

To turn up the dirty talking a bit, you should focus on this question: What do I want to happen to my partner or to me? Do not be intimidated. Think about things like foreplay, oral, anal, the use of toys, different positions, being spanked, etc. The answers to this question can be transformed into very naughty phrases. These are all within you, for only you know what you want. Ok, so you can cheat if you really need to: if you draw a complete blank, watching adult films for inspiration is always a possibility. Nevertheless, you should look deep within yourself and bare all your dirty fantasies. "Long inhale, You just got out of the shower, couple breaths, I just want to fuck you until you can't walk anymore, inhale, Cum/spray all over you, inhale, quivering exhale, inhale, Get you all dirty again."

After letting out some of your wants and desires, you may want to consider adding some more emphasis on certain subjects. One option is to add those initial sounds as previously mentioned. "Uh, inhale, I want to eat out your pussy/suck your dick, inhale, Ah." Repetition is used to emphasize the importance of an action. "Pound me! Long inhale, Come on, quick inhale, Pound me! Inhale, Pound me harder!" You can also use adjectives and adverbs. "My nipples want your soft lips to slowly suck them and then bite them hard."

Using singular adjectives or adverbs can also be a relief from always hearing the combination of an adjective before a noun. Make sure to stress the last syllable in the word to create more of an impact. For example, the word "wet" should be pronounced as "wet-te." "Long inhale, I love it when I/you push my/your cock so far into you/me, inhale, I feel it touching all your/my walls inside, inhale, warm, inhale, wet, inhale, moist, inhale, tight."

To avoid sounding redundant with vocabulary, attempt using metaphors. "I want to feel my/your essence leaking out of me." "I love it when my/your pole reaches the bottom of your/my throat." "For a more aggressive touch, using cursing can be quite thrilling. Compare “You are such a great lay" to "Holy shit! You are such a great fucking lay!" Other examples are "Fucking bang me harder, bitch/bastard," "Fucking smack my God-damned ass," and "Jesus, it just feels so bloody good that I want to fucking cum all over you." Here you are able to speak louder because these

phrases tend to be more aggressive.

Role-playing can also be considered a section of dirty talk because even though you may be acting, there is massive dialogue. Role-playing basically concentrates on acting on your or your partner's fantasies. This tends to be more difficult because you need to fully understand your fantasies by knowing the role of both you and your partner. For example, you need to know if your partner ought to be dumb, wild, shy, mean, etc. An easy angle to start with is the dominant and submissive roles. You choose one of these roles while your partner must choose the opposing role or vice versa. The dominant figure tends to be more aggressive in their wants and desires. They must take charge: command and demand. "I am going to handcuff you to the bed, and you better not squeal." "Spread your legs now!" There are two sides of being submissive: the willing and the refusing. As a willing figure, you may decide to either solely perform the actions or perform with the purpose of liking them.

If you are a refusing figure, you may decide to perform the commands while begging for mercy or perform after intense threats. In a case you are finding that your partner is having difficulty taking on the role of a dominant figure, you can then ask defiant questions. "What are you going to do if I refuse to even kiss you, never mind suck your cock / eat out your pussy?" If the dominant partner is still not responding, then you answer the questions. "Will he/she smack me, or pin me down?" Here the submissive partner is offering material that the dominant partner would hopefully be able to work with. There are many situations where dirty talking can be used in role playing: nurse and her not-so-sick patient, the student begging for a better grade, a master and his slave, Cleopatra seducing Caesar, popular cheerleader with the average guy, etc. Remember that the trick to having a great role-playing session is to act out exactly what you crave as long as it is to a safe degree.

It is absolutely necessary to practice dirty talking with a partner that you are comfortable with. This will allow you to say exactly what you are striving for and in the end satisfy your wants and needs. Everyone has the potential of being a great dirty talker as long as you remember to work with your own instincts and try to be as natural as possible. The techniques and tips here are not etched in stone so feel free to add your personal style to them and to focus on your partner's feedback. Please keep in mind that practice makes perfect and that variety is the spice of life.

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# Role Playing

Like telling a police officer where he can put that ticket, or telling your university professor what you think of 18th century legal history, there is an inherent satisfaction in saying what you think - even when you know social convention prohibits it. For anyone who has had such taboo thoughts, the resulting adrenaline (as the words sit dangerously close to the tip of the tongue) can be

delicious.

The expressions of such powerful scenarios derive their intensity from the same taboo social prescriptions as those fantasies wrought of a more sexual nature. The sight of an attractive police officer, nurse or flight attendant can conjure not only forbidden positions of authority, but also forbidden places for sexual activity.

Everyone's fantasy sexual experience is different, but if there are any similarities, it is that they lie outside of the usual day-to-day sexual range. They inhabit a world where circumstance and situation often conspire to prohibit satisfaction of our most erotic dreams. For most of us, finding ourselves in favor with the gods of chance should not stop us from realizing our most lascivious imaginings. This is where the delicate art of convincing a lover, or partner, to participate in a romp with a cop, schoolgirl, doctor, nurse, football team or any other such scenario, becomes so important to an exciting and fulfilling sexual life.

With that being said, it is worthwhile to keep in mind that any role-play can possess the potential of eroticism; they do not need to have a power dynamic. Many times the place, position or power (known as the three P's of erotic fantasy) can all be intertwined with the most emphasis placed on one or more of the three. The most important thing to account for is what does your fantasy consist of, where does it need to occur, and what (if any) props are needed. In many ways the understanding of the individual components of one's fantasy are as integral to its successful realization as any persuasion or props that may be needed.

The following are some hints on how to get your partner to put on put on that hospital uniform and give you an examination. They are only suggestions and the best advice is always approach your potential participant with honesty and respect. Since you probably know their individual temperament better, do go with instinct. The more you discuss what you want, and get to know what your lover wants, the greater chance you have of a great memorable experience.

## *Communication*

Probably the most difficult part of beginning to talk about sexual fantasies with a lover is the exclusion aspect of personal desires. Since fantasies can be intimidating because they require such a high level of trust, so including your partner may be a tricky thing. The key is making them feel part of your imaginings. Start the conversation by discussing each other's inner most sexual desires and, once comfortable with the topic, start to broach the idea of incorporating them into your sex life.

Keep in mind during this initial stage that the uniqueness of the situation should be reinforced. This is not something that you want to do with any person that you pick up at the bar, but that

you feel so comfortable with your lover that this is a way to further your intimacy. By making the situation special you are emphasizing your partner's importance in the fantasy, helping them feel invested and sexy.

Next, decide on a good time. Timing can ruin even the best 'laid' plans. Make sure that you provide enough time for schedules to be cleared and for other commitments to be fulfilled. This means make a stress and worry free space so that you can have your whole mind on the fun, and not stuck thinking of the hard day ahead. Hint: If you work during the week, Friday night is an especially good time because the weekend provides a good buffer.

Especially for the first experimental session, try and tie it into other fun and sexy activities that you tend to do with your partner. Things like dinner, movie, dancing, etc. can serve to link the rest of the evening's fun with other positive shared experiences. This will make future forays into fantasy sex more accessible.

## *Engaging it*

Ok. So you've convinced your sweetheart to put on chaps and spurs, what next? Get the props and space you want to use set up beforehand. Being able to fall into the dream without having to look for the goods, or make the bed, is integral to keeping the mood and authenticity of the situation intact.

Stay in character! This cannot be stressed enough. The most fun is taking the roles seriously and truly making the fantasy come to life. It will also allow whoever is less comfortable to shed the last remaining part of their natural self-consciousness and give into the fantasy.

Laughing at each other, unless it feels safe for everyone and is agreed on earlier, can be a bad idea. People who are already stretching their comfort zones are likely to quickly retreat into self-consciousness. That is not to say "don't have fun". Experts suggest smiles and sexy noises are the best way to indicate how much fun the experience is. Let each other know that this is going well (or badly) through positive feedback, but stay away from outright laughing at first since it is easily misconstrued as mocking.

So, get into it, make it intense and safe, and always agree that it can end the moment someone feels uncomfortable. It is good to know that just because it doesn't work once, does not mean that you should stop trying. Fantasy is always fun, if done the right way. If at first you don't succeed try, try again.

In the end, the only truly effective aphrodisiac seems to be that which has been working for humans all along. "Your biggest sex organ is the one between your ears," says sex therapist Dr.

Granzig. "What is desire, after all, than the hope that you can fulfill your sexual fantasies. And that's all in your mind."

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