



LICK
BY
LICK

*How to Go Down on a
Woman and Have Her
Begging for More*

Lick by Lick

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Lick by Lick

How to Go Down on a Woman and Have Her Begging for More

Forward

It is a well known fact that oral sex is extremely pleasurable for a man. The irrefutable evidence permeates our society from sexual innuendos in commercials to adult films and pornography. It is true that a man will not let a woman who gives great fellatio go far and for many men, oral sex is the cornerstone of a sexual relationship. Unfortunately, oral sex for women (called cunnilingus) doesn't get quite as much publicity as fellatio does, in spite of the fact that it is more pleasurable for a woman to receive oral sex than it is for a man.

Come again? Yes, you heard right. The amount of pleasure experienced by a woman when receiving oral sex is much greater than the pleasure experienced by a man receiving oral sex. How is this possible? The

surface area of a man's penis greatly exceeds the surface area of the clitoris; therefore oral sex for a man must feel better. Well, not exactly. Packed into that tiny little clitoris in a woman's vulva is a whopping *eight thousand* nerve endings! We guarantee *that* isn't something you learned in Sex Ed! Yes, the clitoris has almost two times the amount of nerve endings than a penis does and is the most sensitive part of the human body (both male and female). If the clitoris is such a big deal, how come we haven't heard much about it until now?

This is where a little bit of psychology comes into play. It is a woman's nature to give and give without ever receiving. It is unlikely that she will ever ask or tell you that she would like to experience cunnilingus – women just aren't wired that way. She may give clues like freshening up down south or making suggestive comments, but since men take such a direct approach to everything, it is quite possible that he will miss these clues entirely.

Rest assured, however, that nearly all women *love* to be gone down on, for both physical and emotional reasons. The physical, of course, is obvious – by directly stimulation her clitoris with a hot, wet mouth, she will most likely experience more powerful, intense and longer lasting orgasms than with intercourse alone. Emotionally, during cunnilingus the woman is the center of attention – nothing matters more at that moment than her pleasure. Many women today balance both careers and a family and in between her screaming boss and putting dinner on the table, there isn't much time left

for her. For a woman, cunnilingus is like a mini-vacation where she can finally forget her daily routine and nagging to-do list while her body releases the pent up tension from the day.

A study involving ninety-eight married women as described in *Sex: A Man's Guide*, ranked cunnilingus or oral sex as the most enjoyable and gratifying sexual act – **eighty-two percent** of these married women feel that receiving cunnilingus outranks any other sexual act! Only sixty-eight percent of the women felt that intercourse was very pleasurable and believe it or not, these women experienced an orgasm only **twenty-five percent** of the time! That means that out of every four times these women engaged in a sexual act, only once did they reach orgasm! During oral sex, however, these same women reached orgasm a whopping **eighty-one percent** of the time. There's solid proof that cunnilingus is *the* most surefire way to give a woman an orgasm. In a similar study by Kinsey and Masters and Johnson, only 7.7 percent of women did not reach an orgasm if their husbands spent more than twenty-one minutes engaging in foreplay and oral sex.

Okay, so we've made our point. Cunnilingus is the ultimate form of sex for a woman – hands down! You can go down on your partner before you enter her, or you can surprise her and make cunnilingus the main event for an evening. Either way you choose to do it, know that you will ultimately strengthen your relationship and get closer to your partner than you ever were before. So let's get started!

Chapter One – Ground Rules

We've established that women enjoy cunnilingus, but that most women don't ask for it or let on that they've thought about it or want it. So how do you initiate it? Again, a little knowledge of the way a woman's mind works can go a long way when learning how to best perform cunnilingus. We know you're anxious to get to the techniques section and try them out, but you can't jump the gun here. Most women are self-conscious. This we know from the "Do I look fat in this outfit?" question. Before going down on your partner, you must first break this barrier or she will never let you in between her legs. This is the easy part – compliment her. Do it gradually, over a period of time and make sure the compliments are genuine. Show interest in her and her activities and pay a little more attention to her. In this way, you are setting the stage for success - when your partner's emotional needs are met, she will open up to you sexually.

You must also examine any inhibitions you have about cunnilingus as well. It's great if you're completely gung-ho about the idea, but the reality is that most men aren't. Unfortunately, locker room stories about funny sights and smells have scared many men out of the water. If the idea of cunnilingus does bother you a little, try to isolate exactly *what about it* bothers you – most of the time, if it's just a hang up or two, the situation can be resolved with little or no effort. For example, if the idea of being so close to a woman's vulva that you can see the hair follicles unnerves you, simply turn

out the lights. There's an excellent chance that your partner will be more comfortable in the dark as well – she's not at the doctor's office, you know!

Shower Fresh

Although all women and their partners are different, there are a few things that you can both do to make the experience more pleasurable for both the man and the woman. Some men prefer a woman's vulva to have no hair and others prefer a bush – both are fine and we'll go into more detail about pubic hair later in the book. But we can almost guarantee that everyone appreciates a good shower! If you haven't figured it out already, women are very sensitive about their natural smell. This obsession probably started around the time that women as fifth graders were made to watch the "Mom, I don't feel so fresh" video when learning about their coming menstrual cycles. Fortunately for you, most women who know they're going to experience cunnilingus will make sure they are very clean beforehand. You will probably not have to introduce the subject at all – it will most likely already be taken care of, out of the fear that her natural smell doesn't smell all that great.

Of course, under normal circumstances, her down-there smell is usually just fine. Most women's sensitivity and self-consciousness about her natural smell is largely unfounded. Some women, of course, have a stronger smell than others and if you're new to cunnilingus (which reading

this book suggests you are), you may need to take some time to adjust to her natural smell. After some time after both you and your partner are more comfortable, she may not even need to shower beforehand at all. This is entirely a personal choice. However, especially in the beginning, a shower beforehand will ultimately make both you and her more comfortable and receptive to cunnilingus.

There may be a time or two in which you don't feel comfortable with her natural smell at that moment and wish your partner to shower beforehand. She may be comfortable not showering. In this case, it is best that you approach the subject of showering delicately so as not to offend her. A suggestion for a shower for two will almost always do the trick! Keep in mind that you don't want to ask outright, so you may want to say something like, "I would love to wash your hair in the shower to help you relax" or "Massaging my soapy hands into your breasts would really help turn me on...would you like to shower with me?" More than likely, your partner will happily oblige. You can even help turn her on and get her yearning for your mouth on her vulva by erotically stroking her vulva with a soapy hand. Get creative!

To Orgasm or Not to Orgasm?

Although cunnilingus is quite possibly the easiest and most direct approach to getting your partner to reach orgasm, this may not necessarily happen.

Don't stress! Your partner will still enjoy your efforts *a lot*. As you become more and more experienced, your ability to bring her to orgasm will likely increase, possibly to the point where she orgasms every time you perform cunnilingus. This is the part where it is important to pay attention to her sounds and movements as well as discussing with your partner what she likes best during cunnilingus.

If you're not comfortable yet asking her directly about her likes and dislikes, if you pay attention to what she's doing during cunnilingus you will most likely be able to figure out for yourself which movements bring down the house. Movements and sounds that will alert you to an impending orgasm is bucking and shuddering (particularly her legs) and she may be gasping for air or making a lot of noise or none at all. If you've ever given her an orgasm before (whether by cunnilingus or other means), you will more than likely be able to recognize when she is on the verge of a mind-bending big O. Once you start receiving cues that your partner is feeling really good, continue licking and sucking her vulva in the same manner until her orgasm. You can, of course, do a few variations, but most of the fancy tongue movements are for the beginning when she's really getting warmed up. Most women, like men, need repetition when they are close to bring them to orgasm.

If you and your partner are comfortable with talking to each other about cunnilingus, this can be of great help to a man. Men function best when given clear, direct instructions and if your partner is willing, she can tell you

exactly what she likes, where she likes it and when to do it. In this way, she can take control of her pleasure while still experiencing the wonderful and exhilarating feelings of cunnilingus. You can help her to be more open to expressing her likes and dislikes through conversation by asking her questions about what feels good. You can say in a hot, breathy voice into her vulva “Do you like that?” You will almost always be able to tell by the enthusiasm in her voice whether she truly likes the movements or not. And she may surprise you by just saying no!

If you sense that she does not like a movement, switch to something else and ask her if she likes that better. If nothing seems to be working, don't get frustrated! If nothing is feeling good for her, she will be frustrated enough for the both of you! Ask her gently to suggest a movement that she would like more and you can even ask her to demonstrate what she would like on your mouth. Keeping the lines of communication open is essential to her experiencing an orgasm. It is possible that she won't, however, no matter how hard you try. If you find yourself in this situation, try to bring her to orgasm using a sure-fire method that you know will work, such as using your fingers or intercourse. You may want to have a list of questions ready to ask though, because she may not be able to give you a blow-by-blow of exactly what she wants. Think of some questions beforehand so you can ask (and be sure to ask her gently) what she would like - all you will need from her is a simple nod or shake of her head! This makes it much easier on her – she may not even know what she wants at this point and suggestions can help her figure out what strokes and techniques she likes the best. Some good questions to ask are:

- ◆ Do you like this speed? Would you like me to go faster or slower? Just a little faster (or slower) or a lot?
- ◆ Would you like me to continue moving or stop moving for just a moment? If you want me to stop, just give me the green light to go again.
- ◆ Is this stroke good? Would you like me to continue using this technique? Let me know if you'd like me to change it up a bit.
- ◆ Would you like harder or softer strokes, or do you like the pressure I am applying right now?
- ◆ If this is not the right spot, I would like you to show me exactly where you would like me to move to.
- ◆ Would you like me to move my tongue around in circles like this, or do you prefer another type of movement?
- ◆ Do you like long tongue strokes or short ones?
- ◆ Would you like me to use a little suction or possibly a little more pressure? Let me know what feels good to you or what would feel better.

There will be times in which she doesn't want to have an orgasm at all, but is simply enjoying your efforts. That's fine, but it is also another reason why communication is so important. If she is not going to experience an

orgasm, it is important that she tells you before you become frustrated as well. Don't react harshly if she does tell you that she is not going to have an orgasm (or you sense that she is not) because you may turn her off cunnilingus entirely or at least for a while. If you feel that her body wants to have an orgasm but for some reason it is just not happening (even if you've tried using your hands or intercourse) give her the freedom to finish her orgasm for herself. She may want you to watch or she may need privacy. This is, of course, the last resort, but if you find yourself in this situation a time or two, don't be judgmental about it and just let her get her groove on.

Health Risks

Note: Although sex, as well as oral sex can be performed by any man or any woman on anyone, we are assuming that those in a long-term, monogamous relationship are going to be the primary beneficiaries of the techniques outlined in this book. We will, however, go over safer oral sex and cunnilingus practices for those who choose to utilize these techniques outside of such a relationship or, if one's partner is at risk for transmitting STD's.

Okay, so here's the naked truth. When parts of your body are coming into contact with parts of other people's bodies, you run the risk of catching infections and diseases. Now while a handshake is almost perfectly safe, cunnilingus is not. You may have heard that it is more difficult for a woman

to transmit a virus or infection to a man and to an extent, this is true. Both unprotected fellatio and unprotected vaginal sex carry more risks of sexually transmitted diseases than cunnilingus does.

Keep in mind, however, that your mouth will be coming into contact with bodily fluids that may potentially carry a virus and your partner's vulva will be coming into contact with a mouth that may have a potential infection – therefore, it is better to be safe than sorry. Let's first examine what types of sexually transmitted diseases you may be at risk for if you perform unprotected cunnilingus in an unsafe environment (i.e. with a promiscuous partner). Blood borne diseases are quite possibly the most serious of sexually transmitted diseases and include both HIV and Hepatitis C. These are diseases that are spread only if one partner or the other comes into direct contact with infected blood. This generally only happens if both partners have an open sore or cut on both the vulva and the mouth. You will want to be very careful or avoid cunnilingus entirely if you or your partner have an open sore or cut on the mouth or vulva.

These diseases can also be transmitted through hand to vulva contact if there is an open sore or cut on the hand as well. This is where communication is essential – if you are concerned about the risks of transmitting a blood borne STD, discuss the risks with your partner and whether you both would be more comfortable avoiding cunnilingus and hand foreplay at that time whether you would prefer to practice safer sex.

Bacterial infections and other infections such as Hepatitis A and B as well as Chlamydia, gonorrhea and syphilis can also be transmitted through unprotected cunnilingus. While there are Hepatitis B vaccinations and Hepatitis A as well as the other infections can usually be treated successfully with antibiotics, there is no reason that these sexually transmitted diseases should be considered any less serious than blood borne STD's. The practice of safer sex during cunnilingus and any other foreplay involving the vulva can reduce the chances of transmitting these types of infections.

Perhaps the most commonly contracted sexually transmitted disease during cunnilingus is genital herpes, the reason for which is because genital herpes can be transmitted through simple skin-to-skin contact of the affected area. Although they are two different types of herpes viruses, it is possible to transmit the virus to the vulva through a cold sore on the mouth or to the mouth with a herpes sore on the vulva. Although the herpes virus is dormant underneath the skin when an outbreak is not present, it is still possible to spread the herpes virus even if there aren't any open sores on the affected area. In the case of either a cold sore on the mouth or an outbreak of genital herpes on the vulva, it is probably best to avoid cunnilingus and other sexual contact during this time due to the fact that genital herpes is so easy to spread. Like other sexually transmitted diseases, however, genital herpes can also be practiced in a safer manner by taking proper precautions.

Play It Safe

What are the proper precautions when practicing safer cunnilingus and other sexual foreplay involving the vulva? Well, they're no fun. Safer sexual contact during these activities involves lots of latex and frankly, most women will be completely turned off by the mere suggestion of a dental dam. Why use one then? Isn't this entire book about how to please a woman? If the woman is not going to enjoy cunnilingus, why bother? Well, for starters, if she's that uptight about it, then don't bother. Just think of it this way – men wear condoms. Men hate condoms. Why do they wear them? That's easy – to keep from having children and contracting STD's. Most men will sacrifice the extra pleasure of intercourse without a condom considering the alternatives. Certainly, a woman should be willing to sacrifice some pleasure for the sake of keeping both parties safe and STD-free. If there are valid risks associated with performing cunnilingus for a particular partner and she will not oblige to practicing safer sex, again we say: don't bother.

But for those who are interested in practicing safer cunnilingus and other foreplay, there are a slew of tools that can be used at your discretion – you may even have some in your kitchen drawer right now. You may have heard of dental dams – you know, those little latex squares they use at the dentist's office to isolate a tooth. Those are great for using during oral sex, but adult toy companies have started making what they call "lollyes" – the

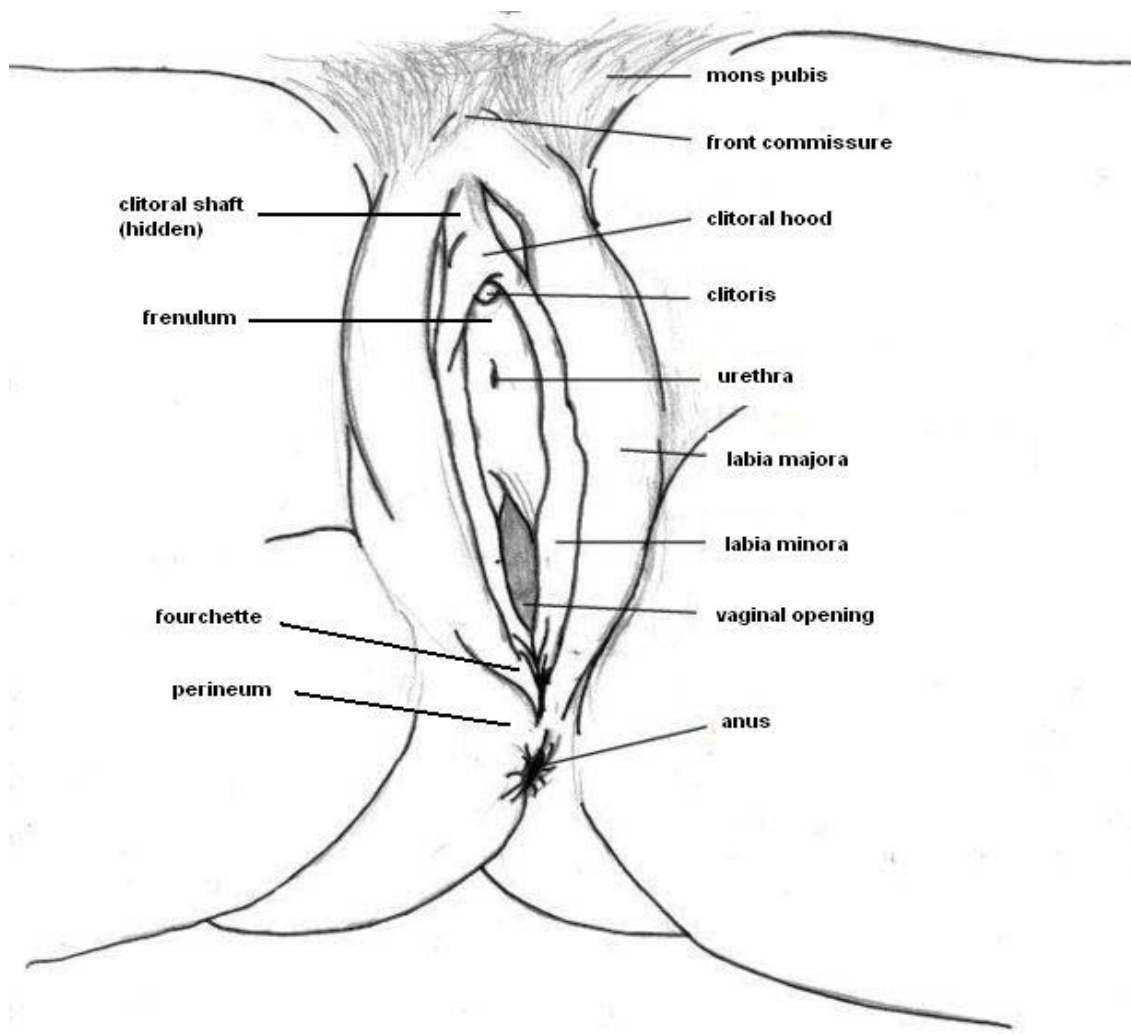
same concept, but labeled specifically for oral sex. If you're in the heat of the moment and haven't got anything else on hand, plastic wrap will work just fine (see, we told you it might be in your kitchen drawer). If you haven't put two and two together yet, the dental dam/lollye/plastic wrap goes in between your partner's vulva and your tongue. Lubrication is very, very important if you're using any of these items during cunnilingus. Just imagine a very dry latex condom. Uncomfortable, right? Plus, having lube on the vulva-side of the latex or plastic will mimic the feeling of a wet tongue more closely. Remember though, oil-based lubricant can cause latex to break down – always use water-based lubricant.

If you plan on engaging in foreplay of the vulva using your hands, you may want to consider using a latex glove if you're concerned about the risk of transmitting STD's. Truthfully, infections such as gonorrhea, Chlamydia and the like generally aren't going to be transmitted through hand-to-vulva contact. If, however, there are open sores or cuts on the hands, fingers or vulva, you do run the risk of possibly transmitting or contracting an STD. Unlike with cunnilingus, using a latex glove does not hinder the pleasurable feelings in the least – in fact, when properly lubricated; a gloved finger may feel more heavenly than one with calluses and hangnails. Just keep in mind that a dry latex glove doesn't feel good – remember to use plenty of water-based lube. Although some of these ideas (dental dams anyone?) may seem like no fun, it really is better to be safe than sorry. A caring partner will happily oblige if you request protection for both her and yourself if you are concerned about sexually transmitted diseases. And if she

doesn't happily oblige? You may want to reconsider sexual relations with this person entirely.

The Vulva in All Its Glory

A Female Anatomy Lesson Far Removed from Eighth Grade



Chapter 2 – Yes, Learning The Parts Is Important

So why do you have to learn about female anatomy to learn how to perform cunnilingus? You just lick it, right? Well, not exactly and we're sensing that since you're reading this book, "just licking it" hasn't quite had the reaction that you were hoping for. We'll start with the basics – doing certain things with your tongue on certain areas of a woman's vulva can yield extremely pleasurable results. That's what cunnilingus is all about and of course, we will go more into just what to do when you've made your way down south later in the book. First, let's get familiar with a woman's vulva in general.

So why is it called a vulva? Why don't you just say vagina?

Well, we're trying to be politically correct here, or at least, anatomically correct. Contrary to popular belief, the term "vagina" does not refer to the whole thing in general. A woman's vagina is simply the entrance to her cervix, uterus and all those fun baby-making organs up there. So how do we refer to the whole thing without listing all the different parts every single time we want to refer to...down there? The term vulva fits the bill and is generally non-offensive to most people. We didn't think the p-word would accurately refer to what we're talking about here, and no, we don't mean "poonanny."

I've heard of the clitoris before, but what the heck is a fourchette?

Okay, so you've heard of the clitoris. That's a great start, but there are many more parts to the female anatomy that will make her feel good and possibly bring her to orgasm if licked, sucked and caressed in the proper ways. Let's go over each part in the diagram so we can get a better idea of what exactly, makes up the vulva.

The Mons Pubis

The Mons pubis, also known as the "Mound of Venus" is the soft mound of skin at the top of the vulva and is usually the part sporting the most pubic hair, although there will most likely be pubic hair present on other parts of the vulva as well. Sexually, the Mons pubis doesn't play a big part, although you may find that your partner enjoys having her pubic hair tugged lightly during cunnilingus or having the Mons pubis pulled gently towards her belly button (stretching out the vulva) when she is close to orgasm.

The Front Commissure

The front commissure lies just underneath the Mons pubis and is the beginning of the clitoral shaft. Some women who have extremely sensitive clitorises (to the point where direct stimulation of the clitoral head is actually painful) may enjoy more pressure on the front commissure. This is also a

great place to begin during cunnilingus, as it will help your partner get warmed up before direct contact is made with the clitoris.

The Clitoral Shaft

Similar to the front commissure, the clitoral shaft hides beneath the skin and is actually one of the most sensitive parts of the vulva (other than the clitoral head). Just like with the front commissure, if you find that your lady is a little on the sensitive side, you can try using soft pressure and long, flat tongue sweeps on the clitoral shaft to help get her aroused and bring her to orgasm.

The Clitoral Hood

The clitoral hood plays an important part during a woman's arousal and it is extremely important that you understand its function before embarking on a cunnilingus session. Not knowing how to work around the clitoral hood could make or break your partner's orgasm. This little guy protects the clitoral head – like we keep saying, the clitoral head is extremely sensitive. Some movements can be too rough on the clitoral head and may cause pain. The clitoral hood will actually move down to protect the head – in essence, like a protective sleeve that diffuses touch (whether by a penis, tongue or hand) to make it less painful and more pleasurable for the woman. As a woman moves closer and closer to orgasm, the clitoral hood retracts, revealing the clitoral head in all its glory. If you notice that the clitoral hood is down over the head, try licking in circles around it or using a

downward motion. This will help arouse your partner and coax the clitoral head out of its hidey-hole. Take note, however, that as a woman reaches the brink of an orgasm, the clitoral head will once again retract beneath the hood to protect against over-stimulation and the ruination of an orgasm. If you see the clitoral head move beneath the folds of skin of the hood just as your partner is starting to scream and moan, don't go searching for this lost treasure – you may end up with a very disappointed and frustrated partner. Just continue the strokes that brought her to the brink in the first place.

The Frenulum

The frenulum is the beginning of the inner labia, where the two lips meet at the top. It is comprised of similar tissue and although it does not have the capacity to bring a woman to orgasm, it too is full of sensitive nerve endings that can experience pleasure if caressed and stroked in the correct manner.

Labia Minora and Labia Majora

Yes, these parts also have pleasurable nerve endings, although not as much as the clitoral hood or head. The labia minora (the inner lips of the labia) and the labia majora (the outer lips of the labia) are basically there to protect the vaginal opening and the birth canal. You can, however, give a woman extreme pleasure by licking in, out and all around these folds – it will give her a more intense and a more “thorough” cunnilingus experience.

The Vaginal Opening

This is the vagina. It is also known as the birth canal and of course, is most men's favorite part of the female anatomy. The outer rim of the vaginal opening is sensitive, as well as the G-spot found deep inside. A woman can derive great pleasure from a finger or smooth object working its way inside the vaginal canal during cunnilingus, but more on that later.

The Fourchette

This is basically the frenulum in reverse – it is the where the labia minora meet at the bottom of the vaginal canal. It too can be sensitive and receptive to pleasurable attention; however, this may be where some women get uncomfortable during cunnilingus. Some women are not comfortable with a man's tongue going so far down south, so you may want to communicate with your partner her feelings about that particular area of the vulva. Also keep in mind that during childbirth, an episiotomy is often performed on this particular area (a vertical cut directly through the fourchette and into the perineum) to make more room for the birth of a baby. Afterwards, this area is extremely sensitive and painful and some women say that it has never returned to its normal state. Again, it is important that you and your partner discuss the fourchette and whether or not she would like to receive pleasure in that area of her vulva before a cunnilingus session, especially if this is the first one.

The Perineum

This is the space of skin (sometimes small, sometimes large) that lies between the fourchette and the vaginal opening and the opening of the anus. Some women enjoy slight pressure in this area, possibly with a hand or index finger, but as with the fourchette, it is something best discussed with your partner before cunnilingus. This part in particular may not give her any pleasure at all and worst case scenario, she may find attention to this area somewhat offensive. If you and your partner are not comfortable discussing the fourchette and the perineum and their roles in cunnilingus, it might be best to play it safe and stay north of the border.

Yes, It Takes Two

How to Prepare for Cunnilingus and Make It Pleasurable for Both of You

Chapter 3 – Getting Ready

So we've already established that showering is an important part of cunnilingus. It does two things – it makes the woman feel fresher and more comfortable with her body and it helps a man to enjoy her light, natural scent without feeling overpowered. Some couples more comfortable with each other may elect not to shower directly beforehand while others may consider it a rigorous part of the routine. Whichever you and your partner decide on is up to you – just make sure it is something that will make you both interested in and receptive to cunnilingus.

Now is a great time to discuss pubic hair. Naturally, even if everything down there is clean, an overgrown forest is probably not the best venue for a cunnilingus session. Not to say that the vulva has to be completely bare either. This is another aspect of cunnilingus that must be discussed with your partner beforehand if you're both going to enjoy it. If your partner feels that being too bare and exposed with very little or no pubic hair on her vulva is uncomfortable, she will not be receptive to cunnilingus and may be too preoccupied worrying about her lack of hair to enjoy it. Similarly, a man that is choking on massive amounts of pubic hair will not find cunnilingus enjoyable either. One thing that is important to note here is that an overgrowth of pubic hair will actually impede a woman's ability to feel a warm, wet tongue on her vulva to the fullest extent. A good trim (or shave if she desires) is an excellent way to open up her vulva so that she can experience more of your efforts during cunnilingus.

If your partner is apprehensive about shaving her pubic hair, she can certainly try trimming it closely to the skin. Surprisingly, a good tool to use for this job is a man's electric shaver. She can experiment with different lengths to find which one suits her best. She may find that pubic hair closely shorn to the skin is more comfortable and may give her a light, airy and clean feeling. Something for her to remember – many women shave their pubic hair for the same reason they shave their armpits. Sweat sticks to thick, long hair and will begin to collect bacteria. Unfortunately, when this happens, a pungent and sometimes unpleasant odor will arise. For many women, keeping their pubic hair under control has become part of the daily beauty routine, as with the underarms.

For those who would like to shave, there are many options. She can shave all her pubic hair off, or she can leave a small patch (sometimes called a “landing strip”) on the mons pubis. Shaving can sometimes be uncomfortable when it grows back, just like with shaving any other part of the body. Shaving bumps can occur and it can be itchy when growing back. Shaving, if done properly, however, can become a simple job. Here are some great tips if your lady chooses to shave:

- ☑ Soak in a warm bath for a few minutes before shaving to soften the hairs.
- ☑ Conditioner can also be used on the hair to soften it – leave it on for several minutes.
- ☑ Trim any long hair with scissors (or an electric shaver) before starting
- ☑ Use disposable safety razors – never use a straight blade!
- ☑ Use your hands to manipulate skin to stretch it out before shaving it
- ☑ Use hypoallergenic, unscented soaps, shaving creams and lotions. It will cut down on irritation later.
- ☑ Don't use powder unless it's cornstarch – studies show that talc leads to cervical cancer.
- ☑ Use a mirror – a hand mirror works well. It's easier if you can see what you're doing!
- ☑ Over-the-counter cortisone cream can help razor burn should it arise.

Waxing – It's Not Just for Brazilians Anymore

First, let's establish one thing – if your partner is prone to ingrown hairs, waxing is *not* for her! Waxing will sometimes make the hair grow back inwards and that can be very painful. If she usually doesn't get ingrown hairs, then she may want to consider waxing in lieu of shaving if keeping her pubic hair to a minimum is more comfortable for both her and you. The wax itself can be painful as well – think about ripping hundreds of thick, curly hairs out all at once...ouch! If it's so painful, why does *anybody* get a wax?

Usually, waxing only lasts a few minutes (thank goodness) and it makes for very silky, smooth skin for about four to six weeks. Waxing eliminates shaving hassles (to maintain smoothness, a woman has to shave her vulva every two to three days, depending on the rate of hair growth), but it can also be somewhat expensive. She can try waxing at home, but she will usually end up frustrated and without the desired results. Waxing in the area of the vulva is best left to a professional.

There are a couple of different types of waxing – there's a bikini wax and of course, a Brazilian wax. We're going to be straightforward here – a bikini wax doesn't really do the job unless the only thing your partner is going to be wearing is a bikini. This type of wax is designed for women that have pubic hair in excess, meaning that some (or most) grows outside of areas

that would normally be covered by a bikini. Since she's not going to be wearing a bikini during cunnilingus, we're going to recommend going with a Brazilian wax. But be careful – a Brazilian wax is *not* for the faint of heart! Your partner will be required to *bare it all* (and by all, we mean quite possibly more than her gynecologist will see) so if she's not comfortable with that idea (or her body), don't send her to the salon. She will come back in no mood for cunnilingus, that's for sure!

This is probably something you want to discuss with your partner first, considering it is her body. She may be up for the idea, or she may be turned off by the entire idea itself. A couple things that will help if she's considering getting a wax – find a reputable salon. Most women that are a little apprehensive at first will relax once they realize they're in the hands of professionals and not some guy that just wants a peek. Most females will be more comfortable with other females doing the waxing, so make sure you send her to a female waxer.

If she does decide to go for a Brazilian wax, ask her if she wants you to drive her to the salon and back or if she'd like to go alone. Respect her boundaries during this time, because waxing definitely isn't a comfortable way to remove pubic hair. Whatever you do, *don't* suggest cunnilingus or intercourse that evening (unless she does first) because she will most likely be very sore, swollen and irritated. It is best to wait until the next night.

Make Sure You're Shaven Too!

Remember how we said that it takes two to get ready for a pleasurable session of cunnilingus? While her vulva may be smoother than a baby's bottom, if you've got a five o'clock shadow, she's still not going to have any fun. Stubble or thick hairs are painful during cunnilingus (especially if they irritate a sensitive clitoris) and can even impede orgasm. Women like to call this "beard burn" and it is as uncomfortable as it sounds. If you prefer not to shave or are growing out a beard, you can wrap a small towel around your chin to help cut down on the abrasion. Just make sure the towel isn't a regular bath size towel – doubled up, the only thing she's going to feel is that towel, not your tongue or anything else on your face. A kitchen towel does nicely. If you can, however, manage a freshly shaven face before a cunnilingus session, your partner will be grateful and you will reap the rewards.

Cunnilingus During Menstruation

In regards to cunnilingus during menstruation, there are generally two types of men: those who love it and those who absolutely hate it. There are very few men who don't care either way. Let's face it – you've got to want to perform cunnilingus pretty bad not to mind it. If you don't feel like you're one of those men, don't stress out yet! The subject of cunnilingus during menstruation may not ever come up between you and your partner. She

may not feel clean or in the mood for cunnilingus during her period, therefore clearing you of all responsibility during this time. Most women feel this way during their period – it is just not a fun time for them. Be on the alert though – depending on her mood during her period, she may feel *very* in the mood and may even ask you to perform cunnilingus outright. It is possible for a woman that has never previously liked or asked for cunnilingus during menstruation to feel turned on by the idea once or twice in her lifetime. If you're really turned off by the idea (and you're not alone if you are), politely tell her that you aren't comfortable with cunnilingus during menstruation. Offer to please her (such as with your hands) or offer to have slow, sensual intercourse with her (or hard, fast intercourse if that is what she is in the mood for).

Before you say nay to the whole cunnilingus during menstruation idea, keep in mind that if your partner is wearing a fresh tampon and has showered, it is very much like she is not on her period at all. The tampon will prevent any secretions from reaching your mouth and you can prevent this further still by staying just in the clitoral area. If she is really in the mood for cunnilingus and is on her period, you may want to try it that way – you might be surprised.

Be a Tease

Getting Her Hot, Horny and Begging For It

Chapter 4 – Make Her Want It *Bad!*

So now we're getting to the nitty gritty – cunnilingus technique. But wait! Don't jump in feet first just yet. There are a couple of things you need to know before embarking on a cunnilingus session, specifically, how to get a woman warmed up. Compare a woman to an oven – you can't bake a cake unless the oven has been preheated. If your partner hasn't been "preheated," she will not be receptive to cunnilingus at all and your efforts will most likely be lost. The best you could hope for during a cunnilingus session in which the woman hasn't been warmed up first is an orgasm after a *really, really, really* long time.

There are two basic things you want to make sure happen before you start cunnilingus. First, your partner must be mentally in the mood. Then she must physically be relaxed, comfortable and as a result, receptive. You can get creative – while old standards work great (and we'll get into that here in just a minute) you will also want to take into account your partner's preferences and your relationship together. For example, for a woman who can't stand to have her feet touched, our suggestion of a foot rub to get her relaxed isn't going to go very far, is it? Feel free to come up with your own ideas – just remember the basics: get her mentally turned on and physically relaxed.

The Biggest Difference Between Men and Women

No, we're not talking about the obvious here. We're talking about mental differences between men and woman and that is generally considered to be the biggest one. Specifically, we're referring to the different ways men and women get turned on. Men are visual creatures and this is why the pornography industry brings in billions of dollars per year. Just the sight of a large pair of soft, bouncy breasts can get a man turned on in a millisecond. This is not so with women. Very, very rarely a woman is turned on by something (or someone) she sees. For women, it is mostly mental. A steamy novel will get her juices flowing before any film or movie will.

It is time for you to learn to take advantage of this knowledge and apply it to your cunnilingus technique. Yes, we'd like for you to think of getting her mentally turned on as part of your technique, so you never forget to do it. How do you get a woman mentally turned on? *Romance*. No, don't cringe! Men couldn't care less about romantic dinners, flowers or any of the like but women can go from zero to hot and horny with these simple gestures. If you've been married for years and a romantic dinner doesn't seem up your alley, this is where you can use your imagination. What would be romantic for the two of you? It can be something like an elaborate gift or a simple compliment. Most guys can't grab this stuff off the top off their head though, so we've got a few ideas for you.

- ◆ **Massage** – with this one, you can kill two birds with one stone. If you're not skilled with your hands in that area, book her an appointment with a professional masseuse. You'll get the gift-giving bonus too! Women love massages – not only does it relax them, it makes their responsibilities melt away and as a result, they feel loved and cared for.

- ◆ **Thoughtful Gifts** – these can be large or small, but they must be thoughtful, not generic! Getting her that new can opener (even though she's complained about the old one for weeks and desperately needs a new one) will *not* do the job here! So let's make a rule of thumb – if you're getting her a gift, don't get anything that can even remotely be construed as practical! Although it may seem a waste of money to you, it makes your partner feel truly special. Jewelry, Bath & Body Works goodies, comfortable sleepwear, the delicious perfume she's been eyeing flowers, etc. are all great ideas. If you do choose to get her flowers, *don't* get her a plant! Even though flowers will die in a few days, a plant is just another thing she'll have to take care of and in time will become a hassle (unless she absolutely loves plants).

- ◆ **Dinner** – whether you take her out, bring dinner home or cook for her, letting her forget about what to put on the table when she gets home from work can do wonders for her sexual mood!

Make an effort to eat with her at the dinner table if this is something you don't normally do – the idea here is to spend time with her and enjoy being in her presence during an every day activity. You can also turn this idea into anything, such as going bowling together, taking a walk in a nearby park or just a quiet drive to the ice cream parlor on a hot summer evening. Your time is valuable to her and is probably better than any gift you could give.

- ◆ **Chores** – believe it or not, chores are to women what lingerie is to men. Nothing will get a woman more instantly turned on and inclined toward her partner than if he were to do a few chores *without being asked!* Yes, we said without being asked. It will only take a few minutes of your time (such as taking out the trash or doing the dishes) but here again; the idea is to lighten your lady's load. In doing so, she will not have much on her mind except what you'll be doing to her next.
- ◆ **Be Original** – if you're unsure about how to mentally get her in the mood, just follow this simple rule: *break her out of her daily routine.* It is that daily grind that gets women so worn down that they are turned off or "not in the mood." If you can lessen that or break her out of it (even for a short time), you will most likely succeed in getting her mentally turned on.

I've Wined, Dined and Romanced Her – Now What?

The next step is to get her body relaxed. If her mind is relaxed but her muscles are so tight that her legs snap shut every time your head gets to her knees, you aren't going to get very far during cunnilingus. Like we said earlier, a massage will both get her mentally and physically prepared for cunnilingus. If massage, however, isn't on the menu tonight, there are a few other things you can try to get her so relaxed that her legs turn into butter.

- ◆ **A Hot Bath** – this is an oldie but goodie. But we don't mean draw her bath, plop her in it and go about your business for thirty minutes until she's done. We mean light candles, talk to her and wash her hair for her. Let her know that you are interested in her! If done properly, a conversation geared towards her while in a soothing, hot bath will do the same thing as a massage – kill two birds with one stone and get both her mind and body relaxed and ready for cunnilingus.
- ◆ **A Foot Rub** – believe it or not, foot rubs can do even more magic than a back massage and a hot bath put together. Why? Studies in reflexology show that pressure points all over the foot lead directly to specific points in the body. When these

pressure points are activated, the corresponding point in the body becomes relaxed and can promote wellness. A good foot rub will activate all of these points and will relax her entire body.

- ◆ **Brushing Her Hair** – brush it while watching a movie together or braid it for her if her hair is long enough. You can also do variations on this by scratching her scalp or using one of those metal spider-looking head massagers. It will make her spine tingle! This is a great way to get good, relaxing feelings from the top of her head to the bottom of her feet.
- ◆ **Anything Physically Relaxing** – use your imagination. If your idea to get her mentally relaxed is walking around in the mall and window shopping together, then buy her one of those chair massages (or get one together). Some malls even have water massage beds. You can also do something like buying her a manicure or pedicure (or both!) and complimenting her nails when she is finished. Anything that will physically relax her is the ticket to a successful cunnilingus session.

Don't Forget To Start Slow!

A woman that is about to receive cunnilingus must be treated gently and with care, like an object made out of glass. Anything done in haste (unless you are told to!) can ruin a cunnilingus session. Once your partner is mentally and physically relaxed, you can begin making your way down south slowly but surely. This technique will not only show your love for her and her body, it will get her so hot and ready for your tongue on her vulva that she will not be able to stand it any longer and will beg for it! Based on individual circumstances, you can either go extra, extra slow during this stage or you can speed it up a bit without going too fast. Take cues from your partner – she will let you know when she is ready!

Before we get too far in the technique section (in fact, we should have introduced it earlier), it is important to note one thing: pornography is an absolutely *terrible* place to learn how to perform cunnilingus. The pornography industry is not there to maximize a woman's pleasure. It is there to make money. When cunnilingus is depicted during a pornography film, the man goes straight for the vulva and begins licking the clitoris – there is rarely any kissing, cuddling and if there is breast fondling, there is very little of it. When the man begins licking the clitoris, he doesn't take any time to explore the rest of her vulva. And even more so, the man must hold his head at an odd angle so the camera can zoom in close – this position does not allow for a woman's pleasure at all! During a proper cunnilingus session, the only thing one would see is the back of the man's head – his entire face would be buried between her legs. So if you've been

watching pornography to learn about cunnilingus or have already employing cunnilingus techniques found in pornographic films, for your partner's sake, stop now!

Female Erogenous Zones 101

Remember making out as a teenager or college student? Remember how you'd spend so much time kissing your partner, kissing her neck and (possibly) touching her breasts through her shirt? You spent so much time on the non-sexual parts because, well, you weren't allowed to touch *down there* yet. Now that we're older and we *are* allowed to touch "down there," we always cut to the chase. If you want to gear your partner up for an extra-special and pleasurable session of cunnilingus, start by kissing her like you were both teenagers again. You can only touch "down there" if she lets you! Like we said before, depending on the occasion, you can speed this up a bit if you or your partner are not inclined to spend an hour making out, but at least give her a little bit to get her warmed up. Here are some good points to start with:

- ◆ **Lips** – kiss her, but don't kiss her while thinking about what body part you're going to lick next in four seconds. Kiss her while thinking about kissing her. Kiss her as though you were kissing her vulva and give her a preview of what she will feel tonight. Let her imagine those lips on her vulva – deep kissing like this

will help you both get into the right frame of mind. Remember not to be too sloppy or too uptight. A little tongue will be nice, but let your lips do all the work.

- ◆ **Neck** – not surprisingly, the neck is a very erogenous zone. Be careful not to kiss her too lightly or she will get tickled, but perhaps on this night, a little tickling might be nice. Also remember not to get too rough with her. Find a nice balance in between and stay for a few minutes. While in the neck area, you can also drift up to the earlobe and whisper to her how excited you are about what's to come, or how tonight is just for her.
- ◆ **Breasts** – this is most men's favorite part, but be careful not to dive right onto the nipples – it can be almost as detrimental as going straight for the clitoris. If she is wearing her shirt still, make an effort to caress her lightly with both your hands and mouth through her blouse. She will feel the light touch and become aroused, but she will not be shocked with the more intense touch that will come when her blouse has been taken off. Speaking of, make a big deal about taking off her blouse. Do it slowly and deliberately. Take off her bra in the same manner, and give her the attention you would give her if you were seeing her naked breasts for the first time. When caressing her with your hands, make sure not to pinch her

nipples too hard – you can roll them between your thumb and forefinger like you would roll a cigarette, but don't press down or pinch. When beginning to lick the breasts, again, don't go directly for the nipple. Lick all around her breasts for several minutes, working your way down. Once your mouth is on the nipple, you can swirl your tongue around it like you were licking an ice cream cone. This feels divine! Another technique is to flick the nipple with your tongue. Spend lots of time (unless your partner is nudging you downwards!) caressing and licking her breasts and nipples – studies show that there is a direct link between the breasts and the clitoris. Also, once you do begin cunnilingus, don't forget about her breasts! Many women enjoy their nipples being caressed while their vulva is being licked (and we'll delve more into that later in the book).

- ◆ **Stomach/Belly Button** – this can be a very erogenous zone, but it usually is not. Light kisses work best here, because there needs to be a transition between the top half of the body and the lower half. Extreme licking in this area may turn a woman off, but feel free to use your tongue a little bit – but again, light kisses work best in the stomach area. Don't stay too long in this zone because it is not directly giving her pleasure. Waiting too long in between the pleasurable zone of her breasts and the actual cunnilingus may cause her to become frustrated.

- ◆ **Inner Thighs** – this is a good place to go before jumping right into the vulva. If your partner is self conscious about her inner thighs, don't spend long here, but you want her to feel the warm wetness of your mouth and your heated breath *before* putting your lips on her vulva. This will get her anticipating your tongue even more! Be careful of ticklish thighs, however, and avoid nibbling if your partner is ticklish. If she likes it, however, nibble away! If you want to tease her even more, alternate between licking her vulva a little bit and staying in between her inner thighs. Again, be aware that too long in between pleasurable activities (or in this case, too long before finally giving her vulva pleasure) may frustrate her and turn her off. If you pay attention to her cues, you will know when she is ready for you to begin cunnilingus.

Let's Get Down To Business

Cunnilingus Techniques

Okay, so here we are...cunnilingus techniques. Although there was much information leading up to this point, each and every bit of that information is important in the entire act of cunnilingus. So if you've skipped ahead and are just starting, go back to the beginning! Jumping in now and putting your face between your partner's legs right off will do nothing but put her off. With that having been said, let's get started!

Chapter 5 – Don't Head Straight For the Clitoris – Yet

Wait, what's that? The clitoris is the most sensitive part of a woman's body and is partially if not wholly responsible for a woman's orgasm during cunnilingus – why not go straight for it? That's the "orgasm button," right? Well, yes. But also remember that it can be *painfully* sensitive as well – which means that direct stimulation can sometimes have the exact opposite effect that you want it to. But didn't you do all the "preheating" with the warm bath and the sensual conversation? Of course, but keep in mind that you were only relaxing her mind and body. Now you need to get her vulva involved.

If you're not heading straight for the clitoris, where do you go? That's easy – everywhere else. One of the most sensual and exciting experiences for a woman during cunnilingus is to have her entire vulva explored eagerly and completely with a warm, wet tongue. Let us emphasize eagerly and completely – make a few sounds as though you were eating something really delicious (well, you are, aren't you?) and don't let an inch of her vulva escape your tongue. There are, however, a few tongue techniques that you can utilize before moving directly to the clitoris.

- ◆ **Wide, slow strokes** – you'll want to spread your tongue out wide, like you were about to lick an ice cream cone. Start at her perineum (or her vaginal opening if you don't want to go

quite that far down south) and work your way up. If you're not pressing too hard, you can go over the clitoris – this indirect licking, if you will, wakes up her clitoris and gets it ready for what's to come. This “wide lapping” move is a great first move – it simply feels wonderful to have a warm, wet tongue covering the entire vulva and moving up slowly, enhancing every last sensation. You'll want to spend a good one to two minutes utilizing this technique at first, and then it can be mixed in with other techniques either before focusing on the clitoris or during primary clitoral stimulation.

- ◆ **In between the labia** – this is a great move to help transition from the wide, slow strokes into more detailed cunnilingus. You can use a wide tongue during this stroke as well, or you can mix it up and use a semi-pointed tongue. A very sharp and pointed tongue is generally not something you want to use during this particular technique – leave that to clitoral flicking, which we'll go over later in the clitoral stimulation techniques. Remember how we said that it feels divine to have an eager tongue explore every nook and cranny of her vulva? This is primarily the technique that will give her that sensation. Use your flat or semi-pointed tongue (semi-pointed *does* work best) and work your way slowly in between her inner and outer labia from top to bottom. You can even nibble her labia gently with your teeth (or, if you're concerned about your teeth being too

sharp, you can use the same technique with your lips turned inward and covering your teeth) to give her added pleasure.

Again, you'll want to avoid the clitoris for the most part during this technique; however, if your lady is getting a little antsy, you can lick between her labia and move up, brushing the side of the clitoris with the side of your tongue. This works well if she seems to be craving clitoral stimulation, but keep in mind that at this point, the clitoris is most likely still too sensitive to strike head-on. Another great technique you can use while focusing more on the entirety of the vulva (before reaching the clitoris) is what some like to call a "lollipop lick."

This sort of lick encompasses the entire area and, similar to the motions used while licking a lollipop (and we mean those big ones you get at amusement parks and Chuck E. Cheese's) – from the outside in. Start on the outside of her labia and work your way inward using slow and wide tongue strokes. If you wish, you can end the "lollipop" on her clitoris and begin to use the clitoral techniques outlined below.

- ◆ **Tongue thrusting** – again, a great move to help transition from either a wide, flat "ice-cream cone" tongue or labia exploring into more focused cunnilingus. Bring your tongue back down to

her vaginal opening and insert it gently, much like you would a finger if you were pleasuring her with your hands. You may find that either you or your partner does not like very deep tongue thrusting, so start out very light and gentle until you get a feel for it. Just licking barely in and out of the vaginal opening will give her a great feeling, so no need to try and reach her cervix with your tongue. This is also a great place to begin working on your tongue flicking, which you will use later on her clitoris when she is more geared up and nearer orgasm. Her vaginal opening is sensitive as well (not as sensitive as the clitoral head or shaft) and she will get a wonderful preview of the tongue strokes you are getting ready to use that will bring her to a delicious orgasm.

- ◆ **Use your lips** – although the tongue is the most powerful muscle in the body, there's just nothing that compares to a soft set of lips caressing the entire vulva. This creates a soft, sucking sensation that will send chills down her spine (and you will probably receive a few moans in appreciation). You can use your lips as an icebreaker to clitoral stimulation since they are much softer than your tongue, or you can use them on the rest of the vulva, particularly the labia. Gently sucking her labia in and out of your pursed lips feels exceptionally wonderful, but make sure that if you are going to use your lips that they are nice and wet (by this time, she may already be wet enough for the both of you). If, however, you find them somewhat dry, you

can lick them to moisten them and you can even incorporate this movement into the cunnilingus itself. A great way to use both the lips and the tongue together during cunnilingus is to act as though you're French kissing her vulva. This feels great! Again, it gives your partner the sensation of having her most sensitive and private parts be fully explored, kissed and caressed. Another variation on this technique is to place your entire mouth on her vulva. You can then move into a gentle sucking or use your open mouth to gently blow warm air onto her vulva.

WARNING: DO NOT BLOW AIR *INTO* HER VAGINA (LIKE BLOWING UP A BALLOON) – THIS IS DANGEROUS AND MAY CAUSE SERIOUS COMPLICATIONS AND MAY EVEN RESULT IN DEATH.

Tip: It is at this stage that you want to begin developing a rhythm. You are about to enter the clitoral technique section and as we've said before, aroused clitorises are much too sensitive for sudden movements. You can begin introducing your partner to a rhythm (fast, medium or slow, depending on her current mood and the circumstances) before focusing on her clitoris. Go from gently flicking your tongue around her vaginal opening and fourchette to exploring her labia and move back and forth between these moves for a short while. You can

integrate any move you want during this time, but the main idea is to get her settled into a type of rhythm so she can know what to expect when your tongue reaches her clitoris.

Tip: Again, keep in mind that the above techniques are getting your partner warmed up for clitoral technique and that they are not a substitute for clitoral technique. Should you feel like spending a fair amount of time south of the clitoris (such as licking and sucking her labia or tongue thrusting her vaginal entrance), don't forget to mix a few clitoral strokes in with these moves. A clitoris left alone when aroused is much like the legendary "blue balls" for men – it is uncomfortable and it just plain doesn't feel good. You can utilize the clitoral techniques below and integrate them with the moves above for an excellent beginning to a cunnilingus session, before focusing completely on the clitoris and bringing home the orgasm.

“X” Marks The Spot
Clitoral Stimulation Techniques

Chapter 6 – Think Outside The Box

It is important to note here that most women respond well to clitoral stimulation *outside* the clitoral hood. Like we've mentioned many, many times in this book, the clitoris is often much too sensitive to handle direct stimulation (meaning stimulation of the clitoral head – also called glans – itself). An outside approach works best – after all, the protection of the clitoral head is exactly what the clitoral hood was designed to do. There's no need to go digging around underneath the clitoral hood with your tongue to find the head – this will only cause extreme discomfort and in some cases, even pain. Any of these clitoral stimulation techniques can be performed with the tongue focused on the outside of the clitoral hood, with the exception of the upwards stroke. It is also important to note here that any one of these moves in and of themselves is not enough to bring your partner to orgasm. Moves and techniques must be repeated and varied – keep your partner guessing! Don't forget, however, that you must also develop a rhythm and keep it, especially close to orgasm. Keeping that in mind, let's go over some of the tongue techniques in more detail.

- ◆ **Sweeping** – this move is great! It simply feels wonderful to a woman and should be a staple of any cunnilingus diet. It is a fairly easy move – position your tongue on either the right or left side of the clitoris and move from side to side as though you were sweeping a floor.

Variations on this move: Using both fast and slow strokes (it is best to start out a bit slower at first so as not to surprise your partner and gradually move into a faster pace) can maximize the pleasurable outcome of this particular technique. This technique can also be utilized with a vertical motion, however, as we've said before, licking with an upwards stroke will expose the all-too-sensitive clitoral head and may turn your partner off entirely. You can certainly try it – some women do like upwards strokes on their clitoris. If she responds well, use this vertical motion in conjunction with other tongue techniques.

◆ **Circles** – this too is one of the best and most pleasurable clitoral technique in cunnilingus. You'll want to use this one a lot, because it can rarely get boring! The technique is somewhat self-explanatory – again, you'll position your tongue either to the left or right of your partner's clitoris. You will begin to move your tongue in circles around the clitoris only, either in a clockwise or counter-clockwise motion. This feels excellent when your partner is fairly aroused because it gives the clitoris plenty of stimulation *outside* the hood where it is well-received, but once your tongue gets to the 6:00 position on the "clock" of the clitoris, she will get a lovely preview of your tongue on her sensitive clitoral head.

Variations on this move: Again, you can use either fast strokes or slow strokes, and as always, slow works best in the beginning if you choose to use the circular motion in the beginning of your cunnilingus routine. You can, of course, start out with a medium to fast pace if your partner is already sufficiently warmed up. As with most of the clitoral techniques outlined in this section, the strokes can also be varied in their degrees of softness or hardness. A soft tongue works best at the beginning when your partner is still getting her “oven” turned on and strokes with more pressure are excellent when your partner is nearing orgasm. Another way to vary the technique with this move or other moves is to change your tongue “shapes.” A tongue can be pointed to create more of a snake-like, darting sensation or it can be wide and soft, mimicking a puppy-dog lapping sensation. The latter in particular is a wonderful trick to have in your cunnilingus arsenal - it will keep one move from becoming monotonous even though it is technically the same move! Just remember – variation (yet still keeping a repetitive rhythm) is key to giving your partner the most exquisite and mind-blowing orgasm.

◆ **Suction** – this is a move that is best performed when your partner is sufficiently aroused. Suction too early in the game may turn her off completely by putting too much pressure on her sensitive clitoris too soon. You’ll want to take her clitoris gently into your mouth and lightly suck on it – much as though you were drinking from a straw. Remember; don’t get too rough with this move! This can be easy to do, so it is very important

that you pay attention to your partner's cues and movements. If she seems to be shrinking away before her orgasm, lighten up on the suction or discontinue sucking her clitoris at all. Most women enjoy this move; however, some do not so always make sure you are aware of your partner's responses to ensure that you aren't using any techniques that are uncomfortable to her.

Variations on this move: Although most techniques in this section can be utilized with either a soft or a "hard" tongue or done fast or slow, this movement in particular is best done with extreme care – meaning soft and slow! One variation that you can employ while using the suction technique is to go from sucking just on her clitoris alone to encompassing her entire vulva in your mouth and gently sucking on the entire area for just a few moments – or longer if she seems to be enjoying it! You can certainly switch between the two for awhile – it will give her that wonderful feeling of being taken all into your mouth while giving her clitoris the much needed attention it craves during this time.

- ◆ **ABC's** – you might have heard of this technique before, but then again, you might have not. This may quite possibly be the best technique outlined in this book, so listen up! It may sound funny, but you'll once again position your tongue (a pointed one works best here) either to the side or at the top of her clitoris and begin using your tongue to draw your ABC's. Yes, you heard right. This gives your partner a clitoral sensation similar to

that of the circular stroke (most of the movement is performed outside of the clitoral hood while just a few strokes end up contacting the clitoral head itself) and simply feels divine to your partner. But wait a second! If the sensations are really all that similar to the circular strokes, why even do the ABC strokes at all? Well, there's the money question. The ABC stroke is as powerful as it is because it gives just the right amount of contact to both the clitoral hood and the clitoral head while *mixing things up*. You get the best of all the worlds – perfect contact, an excellent rhythm but here's the rub – *no two strokes are exactly the same*. The different letters that you'll be tracing with your tongue allow for enough variation to keep your partner guessing and on the edge – of orgasm! Very few men with sufficiently warmed up partners have made it all the way to the letter Z.

Variations on this move: It is difficult to vary a practically perfect technique – and yes, we're going so far as to say that the ABC technique is perfect. However, there are some other “preschool” based techniques that you can use if your partner shows the need for more repetition and less variation during cunnilingus. You can try tracing your shapes instead (circle, square, triangle, rectangle, octagon, etc.) or you can spell words to your lover such as “I love you,” “You're amazing” or anything else you can think of. You can also trace numbers – count from one to . . . well, until she orgasms!

◆ **Vacuum** – This move is fairly self-explanatory, however, you want to be careful not to suck too hard. Place your mouth over your partner’s clitoris and gently (we emphasize *gently*) suck it in and out of your mouth. This is a move best used when your partner is already warmed up and is fairly close to orgasm. Using it before your partner is fully ready (too early during cunnilingus) may result in her rejecting the sensation completely. You also want to avoid using this move *during* her orgasm unless your partner specifically requests it. It may be too strong of a sensation during an orgasm.

Variations on this move: Use the tip of your tongue to gently flick her clitoris while it is in your mouth – release her clitoris and repeat. Vary this move with just the suction move and you’ll soon have your honey in orgasm heaven. Just remember not to use this move too often – it is a very powerful move and if used too much, can create numbness or insensitivity to the suction. Used sparingly and at the right times, however, can be very beneficial during a cunnilingus session.

◆ **The Messy Eater** – this is a tricky one, although it may not sound like it at first. Some women may really go for this (especially very close to and during an orgasm) and others may be turned off by the mere name of it. The best way to find out which category your partner is in is to either ask her directly or try it once and gauge her reaction. Basically, this move encompasses all the other techniques (such as tongue circles or gentle vacuum suction) but in somewhat of a “smorgasbord” fashion. You’ll

want to cradle both legs in your arms (her thigh will be in the crease of your elbow and your hands should come up around and rest on her hip bones) and...well, dig in! This is a move where attitude really pays off – you've got to act like you're hungry and you just can't get enough of it. On the same token, however, you've still got to keep in mind that the clitoris is very sensitive and although you may be going at it like you're at a pie-eating contest, you don't want to go caveman on her and rough her up. Keeping a balance between the two is really what makes this move worthwhile.

TIP: If you've exhausted all your moves and are looking for a new repertoire, try watching people eat while you're out at lunch or dinner. People eat in very different ways and you may just pick up a technique or two while watching someone eat a salad in a hurry on their lunch break or savor a decadent dessert on a dinner date. Make a mental note of the lip and tongue movements used and use them during cunnilingus the next time you go south of the border. You might just give your sweetie something new to talk about at work!

The best thing to do when preparing for cunnilingus and the different strokes you'll use is to keep an open mind. Get creative! While there are only so many different types of tongue techniques that you can actually use, you can alter the order in which you use them, the pressure of the touch and more to make them completely different moves! Don't be afraid

to make up your own moves too! If using ice or hot tea really turns you and your partner on, go for it!

If your partner only enjoys one or two tongue techniques but she really gets off on them, don't be afraid to stick with just those moves to get her to orgasm time and time again. You don't have to get all the techniques perfectly either to impress your partner – remember, you're not trying to impress her anyway! Even if she doesn't orgasm the first few times you perform cunnilingus on her, don't get frustrated. Keep trying! Your efforts will be much appreciated and she can enjoy a cunnilingus session without having to have an orgasm as a result of it. Just keep an open mind!

A Little Help

Advanced Techniques for the Cunnilingus Master

Chapter 7 – Additional Techniques

Okay, so maybe you're not a master yet. But your partner may be craving a little more stimulation and your tongue may be getting just a wee bit tired. So we've compiled a few techniques that may just give your cunnilingus bag a few new tricks.

Using Your Hands

Hands and fingers are the most popular complement to oral sex for both men and women. Let's face it – there are times when using our hands can give our mouths a bit of a break and bring our partner to orgasm that much faster. There are other times when using our hands just gets in the way. Be sure to pay attention to your partner when doing each of these moves and assess her reaction – if she loves it, great! Keep going. If she seems to be shrinking away, try another hand technique or take the hand away altogether. Also bear in mind that one night she may be in the mood for a certain stroke and another night she may want tongue-only action. This can be said of all cunnilingus efforts though, so keep a watchful eye on your partner.

♦ **Fingering** – Okay, this is *by far* the most popular accompaniment to cunnilingus. There are so many more ways to pleasure your partner with your finger inside her and your tongue outside her! Be wary of just sticking your finger inside her vaginal opening though – you’ll want to observe some niceties first. Couple the following techniques with the above clitoral techniques to blow your partner’s mind!

- *Make sure she is wet.* You should almost never have to use lubricant because you will have sufficiently warmed your partner up first and performed some cunnilingus on her already, however, we know that some ladies are drier than others and may require lubricant. If you’re using a condom, finger cot, or latex gloves you’ll need to use water-based lubricant. Remember, baby oil and oil-based lubricants will break down latex and they aren’t that great anyways.

- *Whatever technique you use, make sure you do it slowly and gently unless she asks you otherwise.* This is a big one – you don’t want to jam your finger in there because that will probably end the entire cunnilingus session and several future cunnilingus sessions right then and there.

So exactly *how* do you go about the whole fingering-while-performing cunnilingus thing?

- Slide your finger in and out of her slowly and gently.

You can keep your finger straight or you can put a bit of a bend in it if you like to help reach the G-spot (and we'll go over that in detail a little later in this section). You can also use your finger to press on the walls of her vaginal canal or to go deep inside, depending on how your lady likes it. One of the most popular fingering moves is to slide the tip of your finger in and out of her vaginal canal about ½ an inch – you can even move your fingertips in circles to trace the outer rim of her vagina. Ladies love this because the first inch or so of the vagina is jam-packed with pleasure inducing nerves. You can twist your finger as you go in and out as well – this creates a wonderful sensation that carries throughout the entire vaginal canal. Some ladies prefer two or three fingers, but contrary to popular belief, most ladies prefer only one finger. So unless your partner asks for it, don't go jamming more than two fingers in her vagina at a time. Again, use your creativity – you can try lots of movements with your hands to find out which she likes best.

TIP: Also be sure that if you're not wearing gloves or a finger cot that your fingernails are clean and trimmed well with no hangnails. Hangnails and jagged fingernails can cause small cuts inside your partner's vagina, not only making the experience extremely unpleasant for her but also increasing the risk of sexually transmitted diseases in non-monogamous partners.

- As far as helping hands go, you generally want to stay away from the clitoris with your fingers. This is not a rule, just merely a suggestion. Cunnilingus is not cunnilingus if your finger is doing the work that your tongue should be doing. Let's remember that the clitoris is extremely sensitive and a warm, soft, wet tongue feels much better than a finger (lubed or not). You can use your fingers to do other things, such as feel inside her labia or spread the labia out, or tug gently on her mons pubis to stretch the skin out, causing her vulva to be more responsive and sensitive to the efforts of your tongue.

The G-Spot

Contrary to popular belief, the G-Spot is not as elusive as many cunnilingus and other sexual information books make it out to be. First off, what is the G-spot? It is nothing more than a small dime-to-quarter-sized bundle of nerves about two inches inside of the vaginal canal. Generally, it is on the top. Surprisingly, a woman can experience an orgasm from G-spot stimulation alone; however, the feeling of this type of orgasm differs greatly from a clitoral orgasm. Even more amazing is that it is possible for a woman to have both types of orgasms at once! Trust us on this one – having both orgasms at once is simply an amazing, earth-shattering experience for a woman. Therefore, it is probably a good thing for you to discover where your partner's G-spot is and put that knowledge to good use every once in awhile.

So how exactly do I find it?

Like we said, most of the given information about G-spots is largely untrue. The G-spot is fairly simple to find. Place the index finger of your right hand inside her vaginal canal with your palm up. You can also use your middle finger if you like, if your partner's G-spot is just a tad further up the canal. Gently make a "come here" or "come hither" motion with your finger. That should pretty much do it. It may be further towards the front as well, so experiment with your partner to find out what she likes the best. Combine this technique with some of the clitoral stimulation techniques (with your tongue!) and your honey will be in heaven!

Using Toys

For the really advanced cunnilingus masters (or those who are just looking to try out a few new tricks), the use of toys during cunnilingus may spice it up just a bit. Of course, you will want to make sure that your partner is comfortable with using toys first. She may not be comfortable with the idea at all or she may be comfortable with some things and not others. If you're really lucky, she'll be up for anything! Communication is key to avoiding a potential argument and canceled cunnilingus session – take a trip to the adult toy store and let her pick out some of the things she would like to try during cunnilingus. If she seems apprehensive about it, don't push the

issue. She may need to get warmed up to the idea first. Of course, if she isn't willing to use toys in the bedroom period, it is important that you leave it at that to avoid making her feel uncomfortable. If your partner feels uncomfortable or pressured, she will not open her mind and body fully to cunnilingus and your efforts will be unsuccessful.

What kind of toys can I use?

There are lots and lots to choose from in this department. To simplify things, we'll separate them into two distinct categories – toys that stay *outside* of the vaginal canal and toys that go *in* it.

- ◆ **Outside the vulva** – these toys are probably the best to start out with, especially if your partner or you are at all apprehensive about bringing toys into the bedroom. These can be any number of things – they don't have to be specially purchased toys, although they do manufacture some great ones just for the occasion. We should probably note that most of the toys that are used outside the vulva offer some sort of vibration. This can feel wonderful coupled with long, soft strokes by a tongue! There are so many different vibrating toys available for clitoral stimulation; it's difficult to know exactly where to start. If you're not keen to visit an XXX store to purchase something specially designed, a trip to your local department store or general store should suffice. Back massagers and neck massagers work well - even a consistently ringing cell phone on vibrate will

do the trick (just kidding). Foot massagers and the like generally won't get the job done, so stick with a good back massaging wand for maximum effect. Your partner may even want to use it if you're out of town! If you're in the mood to see what the local XXX store has to offer, you'll find dozens of devices specifically with a woman's pleasure in mind. Most of these are small, wand-like vibrators (some are even waterproof) that stimulate the clitoris in just the precise way. Some have jelly tips with different textures on them and others will strap on to the thighs and be controlled by remote to provide constant stimulation. Do be careful however – it is important that your partner be involved in both making the decision to bring toys into the bedroom

- ◆ **Inside the Vagina** – these types of toys are generally not for beginners. Both partners must be extremely comfortable with sex and cunnilingus before bringing these to the table. These toys are generally phallic-shaped and some are even made with silicone to directly resemble an erect penis. Other models of this type of toy are more simply designed (think bullet or dome shaped) and are sleeker. There are many shapes and sizes, so it is important to choose one that both you and your partner are comfortable with. This type of toy can come with or without vibration, and with or without extra “pieces” that can stimulate the clitoris and other parts of the vulva. Generally, you will only find toys such as these in a XXX store.

So how exactly do I use such a toy during cunnilingus?

Like everything else, you want to introduce it gently. It is never good to rely solely on a toy during a cunnilingus session (unless this is something your partner has directly requested), so be sure to provide most of the stimulation with your warm, wet tongue utilizing the techniques described earlier in the book. For toys that stimulate the clitoris, you can gently move them around the vulva first (never place them directly on the clitoris at first) and then move in to the clitoris when your partner is more aroused.

It is important to pay attention to your lady's cues at this time as well – you'll need to find out how fast she likes it, what kind of pressure she likes, so on and so forth. For toys that go inside the vaginal opening, you can use them just as though you would use your penis for intercourse. Be careful though! This must always be done gently and you must take your cues from your partner or it could spell disaster. Inserting anything into her vaginal opening without her arousal and consent may end very badly.

Once you and your partner become more comfortable with toys, this may not be necessary for every cunnilingus session – the key is, of course, to follow your partner's cues. Keep in mind that when purchasing toys for use in the bedroom that your partner needs to be very involved in the decision of what to buy. Do not purchase something you think she'll like and whip it out seconds before a cunnilingus session! She will need to determine the size, shape, color and intensity of every toy that is going to be used during

cunnilingus (or intercourse) and she may even feel like different toys based on her mood. As long as you pay attention to your partner and listen to what she's saying (both verbally and non-verbally), you can almost guarantee cunnilingus success.

Cunnilingus Positions

The Kama Sutra of Cunnilingus

Chapter 8 – The Essence of Change

Let's face it – intercourse, no matter when and how you do it, always has the same basic concept – put the penis in the vaginal canal and move it in and out (or back and forth, depending on how you like to think of it) until one or both partners have an orgasm. How, then, does intercourse stay so...interesting? That's easy. Many couples like to mix up their sexual routines not by changing *what* they're doing but *how* they're doing it. In short, they change their sexual positioning. We can steal this idea for cunnilingus and use it much to our advantage! Cunnilingus too, has the same basic concept – lick the vulva. Tongue techniques can get you far, but for fans of cunnilingus (both men and women), this is not always enough. By varying the positions in which you perform cunnilingus on your partner, you can tantalize her, excite her and bring her to a more powerful orgasm than you ever thought imaginable.

- ◆ **Legs Up** – this is probably the most popular and widely used cunnilingus position. In this position, your partner lays on a flat surface and you place your head squarely between her legs. This position is absolutely excellent for uninhibited access to her vulva and this is a position that most women find extremely comfortable. The only drawback of this particular cunnilingus position is that it is very hard on the man's neck to continue to pleasure his partner in this way. Any person with neck problems or a neck that easily gets cramped up if in one position too long should try another

cunnilingus position to not only maximize his comfort but to allow her uninhibited oral sex. If you are one of the latter gentlemen and this particular position tends to cause your neck to stiffen up but your partner really enjoys this position, you can try placing a pillow or two underneath her buttocks to help raise her vulva to a comfortable level for you – one in which your neck is not quite as bent.

Variations on this move: She can place her feet flat on the surface next to your shoulders with her knees at an angle (this is the most common position) or she can bring her legs up and place her feet on your shoulders for wider access to her vulva. Generally, the latter position is only for women who are very comfortable with cunnilingus and who are extremely turned on at the time. If a woman is not properly turned on (both physically and mentally), giving you such unrestricted access to her vulva may be uncomfortable for her. If you both are feeling really randy (providing your partner has this type of mobility with her legs) she can bring her legs all the way up towards her head, resting her knees on her chest. Whether her knees are bent or straight does not matter – you will still have the same degree of access to her vulva and generally, this particular variation is more comfortable with the knees against the chest and bent at a 90 degree angle. The latter position gives you the most unrestricted access of all the variations – but be sure to ask your partner first if she is comfortable with the position both physically and emotionally. She may prefer to have her feet flat on the ground to give her more of a feeling of control and that's okay. These variations can also be varied – isn't this

such a versatile position? She can place one foot on the surface of the bed and the other on your shoulder, she can place one foot on your shoulder and the other knee against her chest or she can place one foot on the surface of the bed and the other knee against her chest to allow for even wider access. With this position, just play around and use your imagination until you find the variation that best suits both you and your partner.

- ♦ **Legs on Bed** – this is another popular move and honestly, is not quite that different from the “Legs Up” position with the exception, of course, that the legs are never “up,” however, they are always touching the bed. Although there are not as many variations on this move as the “Legs Up” move, it is an excellent move for women who prefer to feel more in control of the cunnilingus session. This generally is not a better position for the neck, though, so if your neck is bothersome, continue reading to the other positions. Your partner will assume the same position on the bed (or other surface such as a mat on the floor or the couch) and you will kneel and place your mouth squarely between her legs. This is a position in which you can easily lie down, if that is more comfortable to you.

Keep in mind, however, that lying down in this position as well as the “Legs Up” position as opposed to propping yourself up with your elbows creates more of a bend in the neck and can increase neck pain and discomfort.

Variations on this move: Your partner can open her legs to any degree that she likes while still keeping the majority of her legs on the bed. Spreading the legs as wide open as possible creates more space to access the vulva and utilize your learned cunnilingus techniques, but having her close her legs partially or all the way may help create more friction and be more pleasurable to her. It is suggested that you try several different variations on this position and discuss with your partner which you like best. Keep in mind that if you are not shaven properly, keeping her legs closed completely may irritate her – your cheeks will be coming into direct contact with your thighs and may create a scratching or burning sensation when you move your head up and down to lick her vulva. Also be aware that having her legs fully closed really only gives you access to her clitoris – it does not allow access to the inner or outer labia, the fourchette or the entrance to her vaginal canal. This is not a good position to start cunnilingus with because as we discussed in the book earlier, starting to lick her clitoris right off the bat may cause her more discomfort and pain than pleasure.

♦ **Backwards** – this is by far the most comfortable cunnilingus position for those of you who get stiff necks with most of the other cunnilingus positions. Sometimes known as the “69” position, you will invert your body so that your legs are on the same end of the bed as her head and her legs are on the same end of the bed as your head. This is great for the neck because the neck retains a much more natural position – such as staying straight or bending downwards ever so slightly – and is

great for men who like to take a long time on their ladies or ladies who take a long time to orgasm. There are plenty of variations on this particular cunnilingus position as well – just use your imagination! Generally, in this position, you and your partner can choose whether or not to simultaneously pleasure each other orally by just moving your pelvis directly in front of her face or by moving it off to the side. If both partners enjoy simultaneous oral sex, it can be of great benefit to both of them by allowing them to feel more emotionally and physically connected. Don't suggest simultaneous pleasure all the time, however, because while she is pleasuring you, she has less focus on the pleasure she is receiving and cannot fully appreciate your cunnilingus efforts. One of the best benefits of this position (no matter the variation) is that facing her vulva downwards naturally allows for a downward tongue stroke. Remember earlier when we said that some women (and almost all women when they're not aroused) can find an upwards tongue stroke on the clitoris uncomfortable? This is the greatest position to combat that! The tongue naturally strokes the clitoris *through* the clitoral hood and in a downward motion – therefore eliminating any straight on the clitoral head discomfort. As with the closed-leg position, the backwards position does not allow for much more than clitoral stimulation as the tongue can't reach quite to the back of the vulva and all the way to the vaginal canal, however, it does allow more access than the closed-leg position.

Variations on this move: There are so many variations on this move that it makes it one of the best moves, right along with the “Legs Up” position! The obvious variation is the variation where you can either

pleasure her solely or receive additional oral pleasure yourself (simultaneous oral sex), depending on the mood that both you and your partner are in. You can remain on top (either pleasuring just her or receiving pleasure yourself) or you can choose to be on the bottom, with her vulva on top of your mouth. The latter might be a bit uncomfortable if you have to strain your neck to reach her vulva or if she, in a fit of pleasure, sits on your face and you cannot breathe. Generally, however, most men do not have complaints about being on the bottom of a backwards cunnilingus position. One of the only drawbacks of this particular position is that one partner or the other is going to end up with a backside in their face and to some partners, this does not appeal to them. This being completely understandable, a popular variation on this cunnilingus position is the side-to-side “backwards” – meaning that both partners are on their sides with each partner’s feet by the other’s head. This keeps any backsides out of the other’s face and may actually be more comfortable if you plan on pleasuring each other simultaneously – if the woman is on top during a simultaneous oral sex session it can get a little strenuous on her neck trying to maintain a steady up-and-down oral sex motion on your penis. This position can go far if you just get a little creative and talk to your partner about the different ideas you both have about the backwards position and simultaneous oral sex.

- ◆ **Doggy Style** – yes, this particular cunnilingus position takes its name directly from the popular intercourse position – but it does not need to be associated with the same negative connotations and criticism that the

intercourse version of the “Doggy Style” position can sometimes get. With this position, your partner will place herself on a solid surface (such as the floor or a bed) on all fours, tilting her hips slightly towards the ceiling. You will position your face within licking and sucking distance of her vulva. The variations on this position is what make it so unique – while the woman generally stays in that same position, her partner can alter his placement in regards to her vulva any which way he chooses, making each doggy style cunnilingus session different. This position is great if you and your partner are feeling especially randy – it can feel a little more “dirty” or “kinky” than a traditional cunnilingus position.

Variations on this move: This is where the creativity can come in! You can alter the different variations of this particular cunnilingus position by alternating your positioning. By far the most traditional positioning of the male partner is underneath the woman with his head just far enough up under her body to reach her vulva. This is also a variation on the “Sit on My Face” position in which we will go into more detail about later. Another popular and “randy” position for the male partner is to position yourself in a similar manner as your partner (on all fours) and bring your mouth to her vulva in this way. You can also have her get on all fours on the bed and position yourself on your knees on the floor so that her vulva is just about eye level to you and perform cunnilingus on your partner that way. Generally, anything goes with this position as long as both you and your partner are comfortable with it!

◆ **Sit on My Face** – This is a great position if a woman is confident about her body and herself, although we wouldn't recommend it for every cunnilingus session as it can be somewhat daunting to the male partner. Generally, you will lie down on the bed face up and your partner will "sit" on your face by positioning each knee on either side of your head and her vulva just above your mouth, giving you only enough distance to breathe and suck and lick her vulva. A woman must be confident with her body and confident in herself to be comfortable with this position because as the man is positioned beneath her, he will be looking up at her and get a very good view of her entire body, including the undersides of her breasts. Of course, for many couples this is an extreme turn-on but for some, this kind of uninhibited view can make one or both partners a little uncomfortable. Be sure and discuss the "Sit on My Face" position with your partner before trying it.

Variations on this move: A great way to increase your comfort during this move is to support your head with a pillow – this will keep you comfortable long enough to perform the necessary tongue techniques to bring your partner to orgasm. The position described above places the woman *facing towards* the man's head – and this, of course, is the most popular way to utilize this position. You can, however, have your partner *face away* from you (facing your feet) if she likes and this is a great option for any woman who wants to try this particular cunnilingus position

but is a little shy about her body. This may not be ideal for the male partner, however, because he may end up with a nose full of her buttocks. This may or may not be an issue for you, but if you decide to try this version of the “Sit on My Face” position, make sure that it is not. Yet another variation on this position is where the woman is facing forward with each knee on either side of her partner’s head but with her elbows and torso propped up (say, on the edge of a bed). This helps support the woman’s body and gives her the chance to relax and enjoy your cunnilingus efforts without worrying about holding her body straight and trying not to suffocate you.

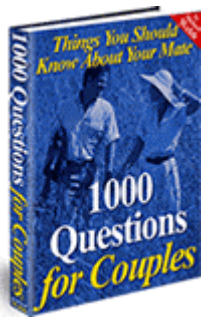
Of course, there are plenty of wacky, uncomfortable positions out there for you to try and you can use your imagination to think up anything you might possibly desire! Keep in mind though; you don’t have to try all kinds of positions to impress your partner. Find a few that really work great and stick to them, unless both you and your partner are feeling particularly turned-on and the mood – then you can try some of the more randy positions.

Conclusion - *Summing It All Up*

So there you have it. Any way you look at it, cunnilingus is a must-have staple to any sexual repertoire and if you can master some of the techniques, your partner will love you for it! Keep in mind that you don't have to become a cunnilingus connoisseur just to please your partner. Getting a good grip on a few great moves can be enough to send your partner to orgasm heaven. Don't exhaust your cunnilingus techniques every time you have intercourse or sexual relations with your partner – this keeps it from being special!

Do, however, give your partner an excellent, well-planned and thoughtful cunnilingus session complete with the romancing and relaxing beforehand and to-die-for tongue techniques. Even if your partner doesn't have an orgasm, she will feel pampered, special and loved for your effort. Keep in mind that not only is cunnilingus a physical sensation, it also awakens a very spiritual and emotional being within your partner and if you let her, she will share this emotional side with you through both the giving and taking of sexual pleasure. No matter what you do, as long as you communicate with your partner, listen to her and give her your best effort, you will be successful in cunnilingus.

Recommended Resources



What you ABSOLUTELY MUST know about the person you are with. This ebook also comes with a free 300 Days of Questions e-course.

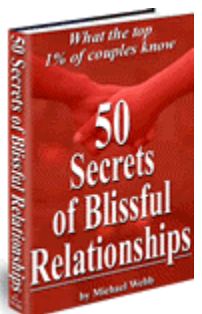
www.questionsforcouples.com



Have you ever had a dull date? No more. This book features nearly 6 years worth of creative date nights. Tips on first dates and asking someone out for a date too. www.300creativedates.com



Hundreds of fun, creative, inventive and wild tips to spice things up. Written in Michael's typical, classy style – none of the material is raunchy, immoral or in bad taste. Includes over a dozen lovemaking positions to try out. www.500lovemakingtips.com



Less than 1% of marriages rate themselves as “blissful.” What are the secrets of the most successful marriages? www.50secrets.com



Unknowingly, the most way people have been taught to date actually destroys relationships. If you want to find a perfect partner and date the right way towards marriage, you must read this. www.datingbible.com



The most popular book on proposal ideas. Over 100 winning stories - photographs included. www.proposalstories.com



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