

Fifty Shades of Oral Pleasure

A BEDSIDE GUIDE TO GOING
DOWN FOR HIM AND HER



MARISA BENNETT
Author of the National Bestseller
Fifty Shades of Pleasure

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of
Oral Pleasure

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You're welcome.

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There is a sexual revolution upon us. With even the most taboo of erotica novels hitting the mainstream, the idea that “sex sells” has transformed from an old advertising mantra into a new, sometimes-dressed-up-in-leather, universal embrace of the things we do behind closed doors. Luckily for us, this includes one of the very best kinds of copulation: mind-blowing oral sex.

While some Puritanical facets of society would like to say that oral sex is a dirty invention of the porn industry or the sexually deviant media, going down has been around for as long as the owners of penises and vaginas have used their mouths to kiss. Even in the ancient city of Pompeii, known for its volcanic demise, archaeologists have found frescoes and other forms of artwork depicting oral sex. Historians are divided as to its purpose: because of the artwork’s placement in the baths, some think it’s an advertisement for sexual services offered, while others think it was just a funny picture used to help patrons remember where they left their clothes. Even in ancient China, there are paintings of Empress Wu Zetian of the T’ang Dynasty receiving cunnilingus from her noblemen. (It’s been debated whether these images were accurate depictions, or just the ancient likeness to a modern political cartoon. Whichever the case, I say rock on Empress.)

From past to present, ancient to modern, analog to digital, oral sex has been and is a passionate expression of human sexuality that makes having a mouth and an erogenous zone feel like one of the seven wonders of the world. If anything, consider this book to be tipping its hat to the history of head givers past! This is an enthusiastic guide to His and Her oral trysts, from basic anatomy, grooming trends, orgasmic techniques every couple should master, to thrilling oral sex positions with artistic sketches to guide you. I’ve even included a few *inspirational* sexy stories to get your blood pumping. Now, you were given a mouth for more than just the purposes of speaking and eating cotton candy. Read on and get using it!

Part One

Her



“It was **love** at **first sight**, at last sight, at ever and **ever sight**.”

—Vladimir Nabokov, *Lolita*



“I want **to do** with you what spring does with the **cherry trees**.”

—Pablo Neruda



INTRODUCTION TO PLEASURING HER ORALLY

Penetrative sex is a crapshoot for women. Studies show that only 25 percent of women regularly orgasm from penetration, which means that a majority of ladies are putting out and not getting much in return. At least, not from p-in-the-v sex. But with oral, it's different: the focus is on her and she's much more likely to get off. Women's orgasms are amazing: where male orgasms tend to last 6 seconds, an average female orgasm lasts 20 seconds, and most women can have multiple orgasms in a single romp! Going down, eating out, cunnilingus, whatever you call it, oral sex is an intimate experience: you're face to face with a part of her very few people get to be intimately acquainted with.



Before you get down, you should take a look at where you're going. Whether you're a native vagina-land or a backpacking visitor (Or even a new tourist! Welcome!), it's worth it to take a look at the map. While we normally use the word "vagina" to talk about the whole ladybits ecosystem, technically "vagina" only refers to the vaginal opening. Serious misnomer, since the vagina is such a small part of a woman's whole sexual experience: while it may be the star of the show in penetrative sex, if you want to really please a woman you don't need to go deeper, you want to spread out! The word "vagina" comes from the Latin word for sheath—you know, the place where you put your sword. But anyone with a good sword-holder between her legs can tell you there's more to going down there than just the female end of an electrical socket.

The right term for the kit and caboodle is "vulva," a vaguely foreign word (try it with a Russian accent) that has potential for sexiness, although since it's not often used colloquially it still has the ring of a medical term. Women's vulvas are very different, which can create plenty of insecurity for anyone who doesn't look quite like the diagram in her health class textbook. Like snowflakes, no two pussies are exactly the same, but they all share the same basic parts that you should get to know.

LABIA MAJORA (THE OUTER PUSSY LIPS)

I love the neat organization of the vulva, almost like someone has sorted the ladybits into charming little pink folders for easy access. The outermost "folder" is called the *labia majora*, literally the "big lips." The outer skin varies in sensitivity, but it can often be more receptive than you would think when you consider how many women have their outer labia doused in wax and the hair ripped out!

The outer labia are physiologically similar to the scrotum, but don't expect it to be as delicate as a set of balls: your mileage may vary, but many women enjoy having their lips stroked, massaged, kissed, rubbed and otherwise played with during pussy play. As always be gentle and follow her lead.

LABIA MINORA (THE INNER PUSSY LIPS)

The inner folder, tucked neatly inside the outer lips, is called the *labia minora*. These folds are soft and more sensitive than her outer lips: they are sometimes called "nymphae," which I think is just lovely. The labia minora can look quite different from one woman to another, with some bigger and smaller, and varying in coloring. The inner lips also change in appearance when the woman is aroused, usually becoming larger and either darker or brighter (think "rosier") in color as blood rushes to the area. Because these inner lips are more sensitive than the outer lips, your attentions will likely be rewarded if you gently lick, suck, and kiss all around here, paying attention to her responses. One good move is to slowly trace a line from her vagina up to the spot just below her clit, moving your tongue (or your wet or lubed finger) between her pussy lips, parting them as you go. This is a nice teasing move that helps you gauge her response. Does she try to move you faster? Push you up toward her clit? Sigh and lie back to enjoy what you're doing? Pay attention and follow her lead to give her the most pleasure!

CLITORIS

The love button. The little man in the boat. The mysterious clit, only revealed to the most astute and attentive lover—well, let's hope not, because if she wants to come, then you should be intimately acquainted with her clitoris.

First, an introduction: The clitoris is a mass of nerve endings set right above the vagina, neatly tucked beneath where the left and right lips of the labia minora meet up, under a fold of skin called the clitoral hood.

Its only obvious purpose is to stimulate pleasure; a fantastic fact, especially considering that a woman's orgasm is not necessary for conception, making her pleasure evolutionarily unimportant. The clitoris has eight thousand nerve endings, double the number in the penis, all bundled up together. But the clit you see is just the tip of the iceberg. The visible clitoris is called the *glans clitoridis* (like the glans or head of a penis), and it is the head of a larger system that branches out and down toward the vagina. This theory accounts for the sometimes-elusive g-spot, thought to be part of this network of nerves.

So the little clit is not to be ignored. But as Monty Python opined, "Why not start her off with a nice kiss? You don't have to go leaping straight for the clitoris like a bull at a gate." Aside from the fact that no one should be approaching the clitoris in any way that is bull-like, the point is that the clitoris is not an "on switch," and if you keep flicking it like that you're going to get punched in the face.

Even if a woman loves it when you rub her clit, your best bet is to start out with indirect stimulation and save rougher, more direct stimulation for when she's close to climax. There are plenty of ways for you to do this: licking and fondling her inner lips, working your way toward her clit. You can gently pull and tug on her pussy to make her clit rub up against the hood. You can even lick and fondle the hood itself for a closer indirect hit.

Once all systems are go and she's deep in a groove, you should switch it up a lot to see what seems to turn her on the most. But once she's indicated (through moans, screams, or by direct physical signals like pulling your hair or pushing you into her crotch) that you've gotten it *just right, that's it, right there*, then do a girl a favor and keep doing exactly what you're doing until she comes!

VAGINA

Vaginas are amazing, flexible, versatile things. They can stretch and squeeze to accommodate anything from a baby to a penis to a dildo, even an entire fist, if you're into that. And only with lubrication. Since there are fewer supersensitive nerve endings in and around the vagina than there are up by the clitoris, you don't want to focus all of your attentions there. Approach with caution the idea of "tongue-fucking" her: that move may be sexier in theory than actual practice, although your mileage may vary. Still, try adding a few fingers while you're focusing on her more sensitive spots, and she'll be in for a ride!

G-SPOT

When you're adding a few fingers, you should aim them in the direction of the g-spot, on the front wall of the vagina. This spot was named for Ernst Gräfenberg, and researchers have been studying and arguing about it since the 1600s. They're still arguing about it today: in 2009, British researchers conducting a questionnaire survey concluded that the g-spot did not exist, but more recent French experiments taking ultrasounds of women having sex have shown good evidence that the sensitive area exists, and changes while she's having sex. If you can't find it, don't be too concerned; just like any other move, this one works for some and not for others. But if you're exploring, try stroking the

inside of her vagina, on the front wall about two inches in. Feel for an area with a rougher texture, and when you find it apply gentle pressure as you stroke. You can do this with the patented “come hither” wiggle, or make up your own technique!



It's just good manners to make sure that you're clean and tidy if you're going to be getting down. But that doesn't require any hair removal, it only means that you need to wash regularly, and maybe give your girl-fro a little shampoo and conditioner every now and again.

Removing your pubic hair is a style choice, not a health decision, and if you like rocking a untouched, (not so) virgin thicket between your legs, rock on. There are always people trying to tell women that we're gross for one reason or another, so just tell them to fuck off.

That's not to say that women who prune their bushes are all patsies in a big social scheme or anything. In fact, many women are choosing to groom their ladybits because they *want* to (SHOCK) and because they like it. I like how it looks, and I like how it feels! But there are varying degrees of grooming between natural and completely bushwhacked, you just have to find which works for you!

JUST A TRIM

GOOD NEWS! This technique is all win. Get yourself a nice trimmer from the drugstore; the ones made for bikini grooming are the best, but if you're shy, there are plenty of nondescript clippers. Set the clippers to a tidy length and go to town. You'll have less undergrowth to wade through, but you won't have to deal with ingrown hairs or newly grown stubble. You'll have to trim often to keep maintained, so keep your trimmer charged!

SHAVING

Shaving is a cheap and easy way to get rid of your pubic hair. You probably already have the tools in your shower, and you know how to wield them. If you're just looking to keep your bikini line tidy and not to go completely bare, you just add that to your weekly rotation along with your underarm and leg shaving. Avoid painful razor burn by taking special care of your sensitive lady parts: take your time in the shower to get the area completely wet, and use plenty of shaving cream or gel. You can find bikini-specific shave cream that works especially well. Always use a nice razor, and follow up with a soothing lotion. You'll likely still get some redness and bumps, but they should calm down within a day or so. But by then it may be time for another shave.

WAX OFF

Shaving can be quick and easy, but it has lots of downsides as a consistent hair removal method. You have to shave almost every day, and the ingrown hairs ruin the "smooth and silky" look.

If you are sick of shaving and want your removal methods to last longer, you'll want to try waxing. The thought of letting someone pour hot melted wax down below the belt and then ripping it off is quite alarming, but honestly and sincerely—it's not that bad.

I've tried home waxing a few times with mixed results. There are a few different types of home waxes, and I tried most of them in my quest to rid myself of my own thick tangle without showing off my hoo-ha to some salon tech. But more on that later. If you're waxing at home, it's important to follow ALL OF THE INSTRUCTIONS SO YOU DON'T BURN OR OTHERWISE MAIM YOUR PUSSY. You might also need to be very flexible, or have a very good friend (or sexy-times partner!)

to help you with the hard-to-reach spots.

Strips: ~~One type of wax comes pre-applied, sandwiched between cloth strips: I had to warm up the wax by rubbing them between my hands then peeling the strips apart. Then I placed it on my pubic hair, and quickly zipped it off in the direction that the hair grows. Since my hair is so thick, this technique was pretty useless for me, but if you have finer hair or you're just cleaning up the edges, these strips are so much less messy and so much easier to use than the tubs of wax.~~

Popsicle Stick: This kind of wax comes in a tub that you heat up in the microwave. Some of the tubs also come with cloth strips to pull the wax off, but the one I like best works a little differently: you apply the melted wax with the popsicle stick, then wait for it to cool a little bit. Then you grab the corner of the wax and zip it off, pulling opposite to the direction that the hair grows.

Salon Waxing:

I had already abused my poor pubic hair with home waxing attempts when I decided to get a professional wax at a salon. I made the decision months earlier, but every time I thought to make an appointment all I could think of was how awkward it would be for a stranger to be interacting with me in my nether regions. But in the interest of good nonfiction, I made the appointment. I went to a local salon where they set me up in a massage room on a soft, deep cushion. The technician was quick and professional, telling me about the process as she went through the motions. The room was dim except for a bright dentist-style light she had focused helpfully on my crotch. She put baby powder on my skin to keep the wax from sticking, then spread warm, seaweed-green wax right along my bikini line. It smelled good, kind of like beeswax. She pushed a strip of cloth down onto the wax and then before I had time to flinch it was gone, along with a big patch of hair. She shook on another layer of baby powder and applied gentle pressure to keep my skin from stinging, but it wasn't necessary, any pain I felt was momentary. After a few more quick zips I was finished. I've already made my appointment for next month!

Dying it (The Betty):

Getting rid of your hair is a matter of style— what if you want to go the other way and rock a stylized bush? One new trend is to dye it! Only about 50 percent of women have carpets that match the drapes, so dyeing the hair down there can be great for “blondes” who really want to be blondes, for aging women who would like to cover up some grays, or for women who just want to try out a new dye. Use a dye made for pubic hair use, like the products from Betty Beauty, which has colors ranging from natural shades like brunettes, auburns, and blondes, to bright fun colors like pink, purple, blue and green. This could be even more fun with some creative grooming: you could use your trimmer to create a pink heart for Valentine's Day, a nice strip of green to celebrate spring; perhaps a bright blue lightning bolt just for fun!



The bad news is there is no super secret move that will turn all women into a melted puddle at your feet. All women are different, and a woman's tastes may change from romp to romp, so the best trick you can give you is to read your partner. Pay attention to all the signs she's giving you, from the words she's saying (and "oh, yeah" counts) to the way she's moving and breathing, to the touch and feel of her body. But everybody says that, and it doesn't give you anywhere to start. So I've put together some more tips that can help you explore her body and find out exactly how to make her say, "More please!"

SAY THE ABCs

This trick is tried-and-true, and it will help you suss out how your partner likes to stroke it. Use your tongue to spell out the ABCs on her pussy. This is a good beginner technique because as you're twirling the letters, up, down, left, right, you can try to feel out which movements she likes best. Slow down and change your pressure while you move across her entire vulva, feeling out where she wants you. This is a good trick to have at the ready to help with "pussy calibration," but once you know what your lady likes, you should move on, since the ever-changing motions can get frustrating as she gets closer to coming.

HUM!

You don't want to seem bored, or strange, so don't just hum a little ditty to her pussy. Instead, incorporate some noises of enjoyment into your oral experience: with her clit in your mouth, or with your mouth pressed up against her pussy, make a little "mmmmmmm" noise to let her know you like what you're doing. The gentle vibrations can feel really good, and the primal, enthusiastic noises are a serious turn-on, especially when combined with so many other sensations!

PANTS OFF DANCE OFF

This tip is great for getting started. The rule is that she keeps her pants on until she's ready to be moaning, and tearing them off herself. This way she's ready and begging for it before your mouth meanders south. Until then, use your whole hand to fondle and manipulate her pussy lips from the outside of her pants. Don't focus on her clit or try to pinpoint a specific spot to touch; this is more of a "macro pussy massage." Let her grind against you as you make out; it might seem old-school, but that just adds to its appeal.

Use your hands: lay your hand on her whole pussy, with your palm by her clit and your fingers resting on her pussy lips, then move your hand to pull back toward her belly button. This slides the clit in and out of its little "hood," essentially jerking her off. Try back and forth movements as well, right over her clitoris. Sitting either in front or behind her, put your whole hand over her pussy again, with your fingertips in line with her clit, then move your whole hand back and forth, kind of like an old-school DJ scratching a record. Try not to create too much friction: you don't want to rub the fabric of her pants against her clit, because without any lube that can be painful! By the time she tears her pants off, you won't have to do much more to get her off!

NOW KISS

Some like their cunnilingus with a side of romance, so pucker up when you go down. Kiss gently along the inside of her outer pussy lips, then circle inward, leaving soft kisses along her inner labia. Trace kisses from her vagina to her clitoris, quick and lightly at first, then slower with a bit more pressure. Switch to more passionate kissing: part your lips and gently suck on her pussy before you pull away. Start using your tongue like you would when kissing: rhythmically stroke her clit and inner labia, moving your tongue with your lips. Move in the same patterns you traced at the beginning, changing the speed and pressure. Focus your attention on her clit, using the same gentle sucking kissing move you used before. Follow her lead and let her tell you how she likes it. When she's ready to come, stay right where you are, keeping the pressure and speed steady—unless she's yelling “harder!” or “faster!”, in which case, she's the boss!

ON THE BUTTON

But what do you do with the clit? All the advice says you're doing it wrong if you ignore the clit, but once it's looking you in the face, what do you do with it? Some women don't want you touching the clit at all, and some women only like it after you've gotten them warmed up. But if you know your lady loves to have her button pushed, you need to give it some extra attention. Here are some ways to stimulate that needy clit:

SWIRL IT

Draw circles around her clit with your tongue. Start wide, pausing to nibble on her lips as you slide back. Move toward the clit, making it the center of the concentric circles you're drawing across her vulva. Every other swoop, reverse the direction. Draw the circles tighter and tighter until you reach her clitoris, reversing direction and alternating your speed. Continue tracing circles around her clitoris, flicking your tongue over clit until she hits her groove.

BOP IT

Suck her clit into your mouth, holding it steady while you gently smack it about with your tongue. Come at it from all angles, batting it around. This will drive even the most hardy clitoris wild! Keep your suction gentle, just enough to keep her in place as you bop her clit. If she seems to respond to one bop more than others, add more of those into your rotation. Just don't keep smacking her the same way for too long, since it could desensitize her, and make it harder for her to come! But as she climbs toward climax, you should make your moves more regular and switch to a steady rhythm to help drive her home.

SUCK IT

You're not trying to give her a lower hickey, but don't be afraid to suck a little clit. Pop the clit into your mouth, then suck gently to draw it farther into your mouth. When you begin, suck as you would when you're kissing, alternating sucking with other soft fondling and massaging moves with your lips and tongue. Try giving the clit a mini “blow job,” sucking on it while sliding it in and out of your mouth.

LICK IT

Ever heard of the term “flicking the bean”? Don’t take it so literally. You’ll notice none of these tips tell you to flick your tongue against her love button at the speed of light, because that move, which is sadly quite popular, is shit. Your mouth is not a vibrator, and you’re just going to wear yourself out, so just retire this move and write it on your list of “ways porn is wrong.” Instead of flicking, you should concentrate on licking. Trace a slow line up between her pussy lips, right up to her clit. When your tongue hits that peak, roughly slide it up and over, then start again. Leave some time between strokes and try not to confuse rough with “hard, unyielding tongue.” Get animalistic and lap her up, but don’t spend too much time slobbering on her. Alternate wide, wet strokes with more precise ones.

HANDS AND MOUTH

Many women find it easier to come when they have something to hold on to: in this case, you’re going to want to add some penetration. You don’t want to try to go too deep, since most of the most sensitive nerve endings are near the opening of the vagina. Use clean fingers to gently part her pussy lips, and keep doing what you’re doing with your mouth as you move your fingers around—it may be interesting to stop and look, but you don’t want to break your rhythm!

When you use your hands, try not to think about “penetrating” her in the traditional sense: your fingers are not a penis, and it’s unlikely that simple in-and-out movements will give her the kind of sensation she needs to get off. Instead, try a few different moves to see what she likes:

Small movements: Firstly, you may have better luck not moving much at all. Pussies are sensitive and sometimes all she wants is something to hold on to while you’re rocking her world. Start by gently inserting a finger into her vagina. Stroke inside of her gently while she gets used to your fingers. She may even grind against you or move so your fingers slide in and out. In this case, shift to make her motions easier, then continue what you’re doing. Use your fingers to push against the inside of her pussy. Don’t poke, and don’t be too rough, just push gently. Pause and let her push back at you with her muscles, then you push again, gently. This back-and-forth can be really useful if your partner feels disconnected during oral sex—a concern that is common among some women.

G-Spot: This is a must-see location on your holiday down south! There really is no mystery to the g-spot: it’s a bundle of nerve endings just inside the vagina (on the front wall, kind of like on the other side of her belly button) that many women like played with during sexy times. This erogenous zone is different for everyone, a clear illustration of the phrase “different strokes for different folks”! The g-spot is most likely part of a kind of “pleasure system” made up of the clitoris and the other connected nerve endings spread out around her vulva. All the advice says to just stick in a finger and give a little “come hither” wiggle, and this seems to work for lots of people. If you’re not having any luck, you may have to spend some time spelunking. As you stroke her g-spot, it swells and becomes more sensitive, so if you can’t find the magic spot right away, it could get easier as you play around. Contrary to popular belief, though, the g-spot is not a magic bullet, it’s just an added dimension of pleasure for her. I like it best when the pressure on my g-spot is countered with pressure on my clit!

STEADY HAND

Cunnilingus shouldn’t be all light fairy touches and gentle strokes. Women vary widely in sensitivity, and your partner may be more or less sensitive each time you tango: if you head south and her legs snap shut, she might be feeling too sensitive. You can still rock her world: you just have to have a steady hand and a quick tongue. Start with some massage foreplay: use strong, consistent strokes

leaving your hands on her body as long as possible as you rub her down. Remember that massage increases blood flow, so spend more time around her breasts, her ass, and working up her legs to her pussy—but leave that alone for a bit. Wait for her to start responding to your handiwork before diving in, and when you do, keep your steady touch. Touch her with more of your hand: use your palm where you can, or where you'd usually use a fingertip, use the flat pads of your pointer and middle fingers. When you head to her clit, stroke it indirectly. Put your whole hand over her clit and rub in slow circles. Pause every now and then and just press gently, and let her grind against you. When you go oral, move in the same way: slowly, while letting her know where you're going to touch next. Keep your mouth on her for longer than necessary, and touch her deliberately. Let her move against you and follow her lead while keeping up your steady, strong strokes.



Toys can add an extra level of fun to your oral sex session! Toys like tongue vibrators are made for oral experience, but you'll find that any of these toys can up the excitement. So break open your toy box—or stock up!



“**She** would **lift her** peignoir **above her knees** and say to her husband: “**Give** baby **a kiss . . .**”

—Isaac Babel, *First Love*



Your rounded thighs are like jewels, the work of a **master hand**. **You navel** is a rounded bowl that never lacks mixed wine. Your **belly** is a heap of wheat, **encircled** with lilies.

Song of Solomon, 7:1-7:3



DILDO

Give a girl something to hold on to while you're blowing her mind! If your fingers are busy elsewhere, use her dildo! Get her sopping wet before you penetrate her, and move gently and slowly. Have her

guide you while you put it in. Then, hold it in place while you go down on her, letting her move up and down on the toy. Or she can hold the dildo, and move it as she wants. How you do this will depend on your position, of course!

TONGUE VIBRATOR

The point of a vibrating tongue ring is to turn your mouth into her sex toy! Strap the contraption to your tongue and switch it on, then focus your attentions on her pussy. This is especially great if your partner needs a bit more stimulation to get off: it will save you time, and jaw pain!

The effectiveness of these depend on the quality of the product, since they have a tendency to slip off. You might find that the more expensive versions work better, but the truth is it's difficult to strap anything to your tongue. A more realistic alternative is to use a finger vibrator that straps to your finger, supercharging your touch! Alternate mouth moves with gentle strokes, and move it around to see where she likes it best!

WAND VIBRATOR

This is your standard vibe, and its name is quite appropriate. Wave your magic wand wherever you want on her body and watch the transformation. Get creative and use her personal massager to rub down her ass and thighs when you're getting her warmed up. If your tongue gets tired, let the wand finish in for you for a bit. Use it like the dildo: make sure she's wet then gently slide the wand into her.

REMOTE ACTIVATED VIBRATOR

Some vibrators can be activated remotely, either by an actual remote, or by something like the rhythm of the music you're playing! This kind of vibrator is very helpful in all kinds of sexual adventures; you just need to be creative! Play a quiz game with your partner, and "buzz" her when she gets an answer wrong! Hold on to the remote when you're having dinner together, and buzz her when she's taking a bite. She'll be begging for more before dessert!

A music-driven vibrator is great for foreplay and the main act! DJ her pussy by starting off slow with some hot sexytime music, then set the playlist to get her off. If you time it right you'll have the music cre-scendoing as she does!

G-SPOT VIBRATOR

This vibe is made specifically to stroke her g-spot. If she craves deep stimulation while you're going down, you'll want to try one of these. They vary in appearance: some g-spot vibrators look like a long thin rod with an egg shaped bulb at the end, while others look more like a standard, phallus-shaped vibrator with an extra hook or bend at the end. Since women stimulate their g-spot in different ways, there are lots of different types to suit your needs! Read product descriptions and reviews to get a better idea before you purchase your new toy.

ANAL TOYS

If you're both down for butt stuff, oral can be a fun time to add in some anal play toys! Standard rules apply: if it goes in someone's butt, it goes nowhere else until it is disinfected, or you're gonna have

bad time. If you're planning to use different toys in one session, or if you're especially worried about contamination, invest in some female condoms. They're designed to stay in, and they won't slip in if you're being gentle enough!

BUTT PLUG

This thing is exactly what it sounds like. A small size is perfect for a beginner, but if you like a bit more, there are lots of options! Use plenty of lube when you slide this in: she may even want to do it herself, if this is new for her, so she can set the pace. Once it's in, the plug should stay in place while your attentions are elsewhere. Use your mouth to stimulate her clitoris while you stroke her inside her vagina: with the butt plug this will feel extra-intense!

EDIBLE BODY PAINT

You've seen them in strange gift stores for years, why not try it out! Edible body paint is messy, but it can be a great way to start a wild and fun oral sexcapade. Have her draw out instructions (I'm thinking arrows, with maybe a bulls-eye or two), then you follow them. You can have a lot of fun with edible body paint! Draw on one another, then take turns kissing and licking it all off. If you're worried about the mess, minimize it by tossing down an old blanket, or playing in the bathroom, then hopping in the shower when you're finished!

KISSABLE BODY POWDER

Or try this classy and clean alternative to the edible body paint. Dust on this tasty powder, then devour her like a doughnut! Where body paint is sticky and messy, this powder is soft and pretty. The accessory is sexy and sensual, a perfect addition to a classy rendezvous. Even if your tryst isn't ringed with candles and accompanied by soft jazz, this stuff will class you up.

GOOD VIBES



Why do we use vibrators as sex toys? As anyone who's ever sat on a misaligned washing machine can tell you, vibrations feel good. Your typical vibrator is a simple machine: most consist of a simple motor with an added weight that destabilizes it. As the motor runs, the added weight throws off the engine's balance, creating a "shimmy" or oscillation that your body feels as waves of vibration. These vibrations bring blood flow to the area, encouraging your tense muscles to relax and heal; this is why they're used in high-tech massage chairs. But when applied to an erogenous zone, especially one with such varying sensitivities as the vulva, vibrations pack an extra punch! The vibrations stimulate sensitive areas, bringing blood to the surface (making her more sensitive) and sending jolts of pleasure through her nerve endings.

Vibrators have a weird history for a sex toy: the first people to wield the devices were Victorian era doctors seeking to relieve their female patients from the pains of "hysteria," sometimes also called "wandering uterus," by stimulating their genitals until their ill health was relieved through a fit of "paroxysm." Hysteria was the term for a common female ailment of the time, one that we might call "mind-melting boredom that drove a bunch of upper-class ladies batshit insane." I give credit to everyone involved for deciding that the best cure for this boredom was orgasms, however they want to call them. Before the happy discovery of the vibrator, doctors had to relieve their patients by hand, a task that took some skill, and a tedious amount of time. Well-born women received treatment in their own homes, and it is thought that the lovely fainting couches or chaise lounges that were so popular through the Victorian era were used not for the swooning, corseted maiden, but were made to keep the lady comfortably reclined as her doctor got her off!

The vibrator has enjoyed varying popularity since its creation: it was quite a popular appliance until its association with porn made it more of a sex toy than a medical device. Technological advances and the sexual revolution lead to a revival in the 1960s, when for the first time, a woman could buy a cordless, home-use vibrator of her very own! From then on, vibrators have slowly become more acceptable, mainstream, and popular for women of all ages, appearing in popular TV shows and other media. Today you can probably find a vibrator at your local drugstore, right alongside the condoms and lube. Big condom companies run promotions where

they hand out sex toys from a truck like some kind of grown-up ice cream man.

Vibrators aren't seen as just a smutty sex toy anymore. That's still a big part of it, of course! But even sex therapists often advise women who have trouble orgasming to pick up a vibrator to help with their self-explorations.

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