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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

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:

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

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.

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.

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.

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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

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.

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!

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A Little Help

Advanced Techniques for the Cunnilingus Master

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

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