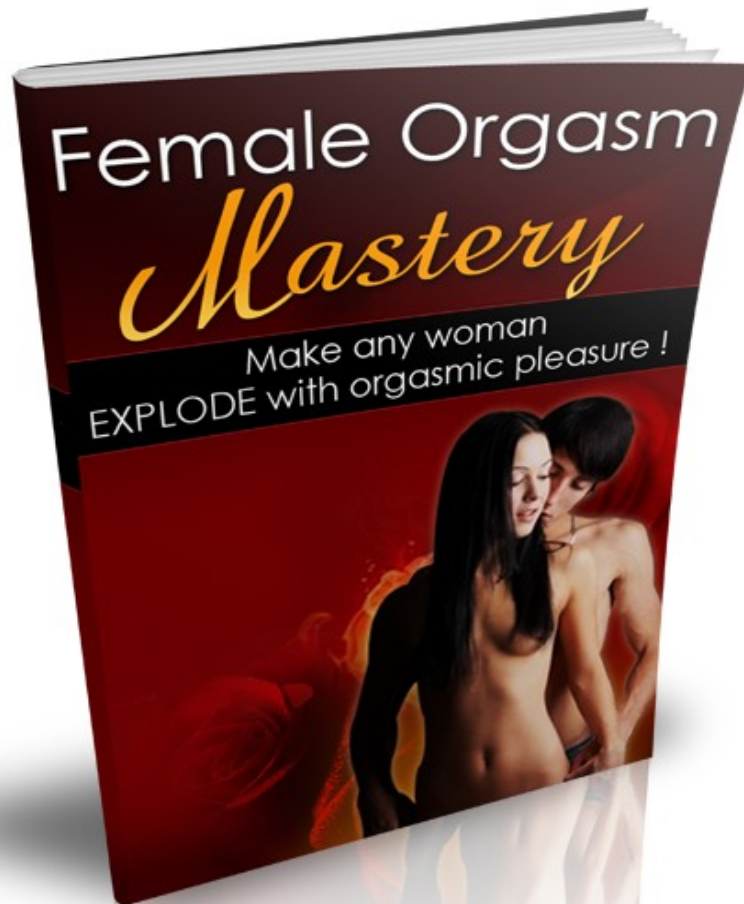


Female Orgasm Mastery



So, here we go then. As the title of the report suggests, we're going to help you become a master of making any female orgasm.

The things you are about to learn will turn you into a sex god almost overnight, and I know for some of you that may be a tall order, but trust me, we'll give you the power to make any woman orgasm like she's never orgasmed before!

What you will learn is not the same old repetitive junk you'll find in most sex education books and videos. In fact, I'm going to share some great techniques that you will NOT find anywhere else.

I chose the title "Female Orgasm Mastery" as the title of this report simply because the techniques, strategies and concepts you will learn are one's that most men and women do not know.

Now i know that bold statement may seem arrogant, especially coming from a man, but it's the truth!

I have studied the female orgasm extensively for the past 12 years, and read every book, manual, report and article on the topic. So it's safe to assume i definitely know what I'm talking about.

We'll cover some amazing techniques that you can use both in and out of the bedroom, aswell as some killer sexual positions that will drive your woman wild!

The things I reveal in this report will make you an amazing lover, that I can guarantee. BUT, you of course need to do your part too...

How? Simple really...you need to make sure you read every single word of this report, from beginning to end.. So grab a beer, sit down and devour the information bit by bit...

Okay, now we've got that out the way, let's get down to the real meat...

Why write a book about mastering the female orgasm? The truth is most guys don't have a clue when it comes to making a woman orgasm. This is because there isn't enough education on the subject!

I first learned about sex from talking to my buddies in the school playground, and the odd chat with my dad. The things guys learn about female orgasms are picked up as they go along. There is no school or course you can take on the subject.

Sure you can pick up stuff from the odd porno flick, but it's not the real deal, and most of the time it's all faked anyway. It's only when I decided to find out more that I learned what I know today, and that my friend is from years of study. Study off my own back.

This report is plain and simple. It will give you an insight into the female orgasm and how you can master it to become a true legend in the sack.

You're going to learn how to give a woman powerful, intense, mind blowing orgasms. You'll learn how to amplify the intensity of these orgasms and you'll also be able to satisfy any woman in a way she has never experienced before.

Women have described this kind of satisfaction as a life changing experience. Why? Well, having an orgasm releases tension, stress, and even pain and freedom from ailments such as chronic back pain, cramps and migraines!

You'll notice that women are more relaxed after an orgasm. Their skin colour takes on a vibrant look and they are literally glowing with satisfaction.

Women who have never orgasmed before, even by themselves are relieved when they finally have one.

But besides being a rare commodity amongst women, what's in it for you?

Well, women who are this satisfied will literally walk through fire to make

sure that you too receive as much pleasure as they can give you! They will make sure that you are just as satisfied and as happy as them. Let me tell you right now, that is a level of pleasure and satisfaction that few men know about...

But, to master the female orgasm, we first need to step into a woman's shoes so to speak, as best as we can...

You see it's important to get a woman's perspective on just how an incredible orgasm feels like. So, I asked one of my ex girlfriends to describe what a powerful orgasm feels like, and here's how she described it:

"As you're nearing an orgasm, you sense a warmth engulfing your entire body, you can feel the blood flowing through your veins. You start feeling tingly, tense and you swell up. Occasionally you feel like you need a pee! All your fears disappear and any worries or anxieties you have wash away. Your heart beats faster and your breathing accelerates and you can feel this intense pressure building up with every passing moment.

The muscles in your legs start to contract, the pressure builds and builds until you can't take any more. Then, when you think it can't get any better something hits you like a ton of bricks. You feel this amazing warm, moist, incredibly overwhelming pleasure and the contractions get really fast and you lose control.

It starts from the clitoris and then rushes through your entire body, moving upwards and outwards. It feels like your entire universe is engulfed in an explosion of pleasure. Every muscle in your body starts to shake and spasm in a most amazing and wonderful way!

You can't remember what is happening, and you don't even care! Your mind goes blank, your body screams with ecstasy and joy and you feel at one with the world."

Pretty powerful stuff eh?

The challenge for most guys is that they can't get a highly orgasmic woman to climax, let alone satisfy someone who isn't able to have an orgasm.

That's because most men don't know anything about a woman's body, or mind. The most common reason why women fail to orgasm is obviously due to lack of experience from the man's point of view. The second most common reason is down to is the level of comfort the woman feels at that particular time.

Personally I believe that the comfort reason should be ranked first. Why? Well, I feel that if you take any woman who is relaxed and comfortable both mentally and physically and put her in bed with an average lover, she will orgasm 90% of the time.

Now there are a hundred and one reasons why a woman can feel uncomfortable and tense prior to sexual intercourse. The causes can be mentally, physically or both.

No matter which way round the reason is, the end result will be that her body will not respond to any stimulation.

She may feel tired or stressed. Stiff or sore. She may feel insecure about herself or her body. She may feel that she hasn't connected with the guy she's with, or be afraid to rush things in case he does a disappearing act on her.

Whatever the reason may be, you need to remember that as someone who wants to give her pleasure, you need to help her feel relaxed and make her feel comfortable.

Get the woman you are with to feel comfortable and relaxed, and the end result will be a powerful orgasm!

Doing small things to make her feel comfortable and secure about herself can make a HUGE difference.

If you want to get a woman to experience incredible, mind blowing orgasms, you need to know how to make her body function properly, and make sure that energy flows freely through it.

She won't experience the pleasure your going to give her solely through your sexual techniques. Now I'm not saying that sexual technique isn't important, but if you only focus on improving your techniques then you won't attain "mastery" level.

If the woman's body and mind isn't ready for pleasure then techniques will be of no use to you. She'll just end up being bored, numb or even sore, and that wont get you a repeat performance!

We'll go through some cool sexual techniques in a short while, but first let's concentrate on getting a woman ready for all those fireworks she'll soon be experiencing.

So, we need to make sure the woman you intend giving massive orgasms to is relaxed and comfortable, which determines how well her psychological processes are working, and we achieve this by energy.

The more energy that's flowing through her body, the more amazing and explosive her orgasms will be. Women who are stressed out either tired or mentally will lack any sex drive.

The tiniest knot or blockage she has then the harder it will be for her to get an orgasm. Women with extremely rigid and tense bodies are unable to to have an orgasm, especially if that tension and stress has been around for many years!

Of course, the great news is, unless that stress and tension is caused by some deep psychological process, then it's really easy to reverse.

Women can start getting frequent and more powerful orgasms by simply getting full body massages on a regular basis.

Now this may seem really hard to believe, but its the gospel truth! The right form of massage can get rid of any knots and spasms from a woman's body so that energy can flow free.

But, here's the problem...A professional masseur can only go so far right? Even when a woman goes for a full body massage, most masseurs will not go anywhere near a woman's private parts, for obvious reasons.

So that means that any knots or blockages around a woman's genitals and neighbouring areas never get treated.

And, unless these are taken care of she wont orgasm, or even if she does, it wont be powerful enough to make her have a life changing experience!

There are a ton of bitchy, moody women out there and most don't even know why they are like that! Just one amazingly mind blowing orgasm can fix all their issues right away...seriously!

Apart from al the major muscles of a woman's body, there are thousands of nerve fibres in her vagina alone, aswell as the surrounding pelvic, hips and upper thighs too.

All of these areas can get very tense and stressed, which creates blockages and restrict blood flow.

So what we are going to teach you now is how to get a woman's body feeling relaxed and stress free, and we'll do this by way of massages!

Most guys nowadays are in a hurry to get to the sex part, that they never offer their woman a massage beforehand. A massage can awaken a woman's body, and remove all those knots and spasms we talked about earlier, so that energy flows through the woman freely.

Make it a point to start your lovemaking routine by giving the woman a nice, relaxing massage.

Start off with a light to medium touch, when massaging, and then go back to those muscles and go deeper. By doing it this way, the muscles will respond more to your touch. Use natural oils to massage her with like grapeseed, avocado or walnut. These are great for her skin and will make her feel a lot better.

Work on larger muscles first, such as thighs the lower back. Then move onto the shoulders and neck.

On a woman's front you have the chest, legs and hips. Never massage the crease where her legs meet her hips though.

After you've worked on all her major muscles, move onto her erogenous zones, like her butt, sacrum, breasts, hips, pelvic areas, her mound and also...the outer and inner muscles of her vagina...these contain thousands of tiny nerve endings that can get easily restricted as we talked about earlier.

Make sure you use a lot of oil on these parts, and use two or three fingers to gently massage all sides of her vaginal wall.(left, right, top and bottom)

Not only will the massage feel really sensual for the woman, it will awaken all those nerve fibres which will increase the chances of her having an orgasm more easily.

A lot of women have no idea that this type of internal massage can do amazing things for them, so they never really find out why they cant have mind blowing whole-body orgasms. In fact, most women think that the orgasms they are already having are the best they will ever get...

Oh how wrong they are...

Those are just a few tips on massage skills for you, but I highly suggest you try and take a massage class, or at least get some books on the subject. If I explained how to give out amazing full body massages here we would have another book on our hands. (hmm..that's a thought!)

Let's move onto EXTENDED foreplay. I won't go into normal foreplay routines here because I've covered those further on down with some great techniques.

Extended foreplay can include things such as flirting while you are apart from one another. Such as phone conversations, text messages emails and sexy notes left in her bag before she goes to work. If you really examine your daily schedule, you'll find lots of openings for you to flirt with your partner on a daily basis.

Laughing is another great thing to do too. It relieves stress and tension as well as making the woman feel more comfortable. Women who can laugh a lot and who have a sense of humour are already helping to remove any stress build ups, which will make your job a hell of a lot easier! Women who are generally more fun to be around are 99% most likely to be fun in the bedroom too...

Exercise plays a major part in having a good sex life. Physical exercise increases the production of certain chemicals that help sexual arousal. A great way to use this to your advantage is to do some physical exercise with your girlfriend or partner and then make out in the shower afterwards for a few moments. Then, lay her on the bed and give her a full body massage.

You can move onto more heavy stuff, which will give her an amazing orgasm..guaranteed!

Learning to take woman through a guided relaxation routine is a great skill to have.

Okay, so there's some sound advice for you which will help you achieve mastery status more quicker. Now let's get down to some juicy sexual techniques you can use during and before sex to make your partner have truly amazing orgasms...

Before we do, I think it's best for me to describe what types of orgasms a woman can have, so you know what we're talking about when we get to the sex techniques.

The most common orgasm a woman has is the clitoral orgasm. In fact, most women are only familiar with this kind of orgasm and have never experienced any other sort.

The process is very simple. get a woman aroused using the techniques explained below. As she gets aroused you'll notice that her clitoris increases in size. It becomes more redder and more visible as blood flows through it. At this point you can stimulate it directly using gentle pressure with your fingers or tongue.

Never apply too much pressure unless the woman directly asks you to.

As soon as she has orgasmed her clitoris will become very sensitive, and you will then need to stop applying pressure. Some women will clamp their legs shut to keep your hands from moving any longer, others may just tell you to stop.....STOP...STOP!

A vaginal orgasm is one that most women never experience. Most guys think that the in and out motion of their penis is the only way a woman can orgasm, and if it doesn't work they try enhancers and pills so they can keep going longer. The fact is, after a certain length of time the woman gets bored and secretly wishes you would stop.

The trick is to add clitoral stimulation to the mix! leave the penetration till the last minute and concentrate on using your fingers and tongue on the woman's clitoris until she begs you to put your penis inside her.

Even when you do insert your penis, I would highly suggest you maintain clitoral stimulation aswell...

Another orgasm a woman can have is via the elusive g-spot. Most men (and women) think that this is just a myth and that the g-spot doesn't exist! That's simply because they don't know where it is.

As a result of this a lot of women never experience the intensity of a g-spot orgasm.

I must point out that out of all the orgasms a woman can have, the g-spot is much stronger and intense.

Get the woman relaxed and aroused as explained above and through this report, then start looking for the g-spot.

The best way to find it is to insert two fingers about 2-3 inches inside the woman's vagina and feel for a spongy circle of tissue on the upper wall of her vagina. The more aroused a woman is the more easier it will be to find.

You can get a woman to experience a g=spot orgasm by rubbing the spongy area with the tips of your fingers using any of the methods outlined further down this report.

But, in order for a woman to experience a g-spot orgasm she needs to really let herself go and not hold anything back. A lot of women feel like they need to urinate when the g=pot is stimulated, so they hold back!

The woman needs to know that the feeling she is getting from you rubbing her g-spot is natural and that she doesn't really need to pee.

Once the woman lets go and allows you to continue, she will experience a powerful orgasm.

Most women will probably require several g=spot sessions before they can orgasm that way.

Here's another female orgasm you may not have heard of, a blended orgasm. As the name suggests, a blended orgasm is when two or more areas of the woman's vagina are stimulated at the same time.

This of course is the best way to go if you don't know which type of orgasm the woman is experienced with.

That's why most of the techniques I share with you involve clitoral, vaginal

AND g-spot STIMULATION.

Since having an orgasm through penetration alone is not that common, it makes sense to leave that one till last, or just go with the blended one.

Now, if you thought that the g-spot orgasm was a myth, you'll find it even harder to get your head round this one. The female ejaculation. Female ejaculation or squirting as it's also known as, is the most elusive of all orgasms.

That's very unfortunate, because it's one of the most powerful orgasms a woman can ever have. A squirting orgasm is a whole body orgasm where the woman's entire body will jolt and shake vigorously. Every muscle in the woman's body will let go completely and she may also have trouble walking afterwards!

A woman who experiences a squirting orgasm will most definitely feel like a new woman after the experience.

But, it's not an overnight process, it can take several weeks to prepare a woman's body and mind for a squirting orgasm.

Finally, there are multiple orgasms. For multiple orgasms to occur, it requires perfect timing and pace during intercourse. It also depends on the woman too. Some women can experience several orgasms, others may only be able to have the one.

Saying that, if a woman is only used to having one orgasm instead of multiple, don't be surprised to see the techniques I cover in this report change all that.;o)

Here's a quick tip to get a woman to have multiple orgasms...

After the woman you are with has her first clitoral orgasm, touch her clit gently with one fingertip.

Don't stimulate it, just place the tip of your finger on the clit. What will happen is that the clitoris will be throbbing from the orgasm she has just had, and with the finger placed on it will cause her to have at least one or two more orgasms back to back...Perfect eh?

So, there you go, that's a brief outline of various orgasms a woman can have. Now lets get down to some real hot techniques we can use to make her experience all these types of orgasms!

Technique #1 - How to get a woman aroused without touching:

I recommend that you try this technique out on the phone first, with someone who you have just started dating. I'll explain why:

The trick is to get the girl in question to have an orgasm in the privacy and comfort of her own bedroom (it's a lot easier for her to have one in that environment) and then you can link that experience she has with the sound of your voice. That way, when you Do have sex together for the first time, you'll be able to get her to orgasm a hell of a lot easier!

I must point out that some guys may start getting a bit nervous when the women gets really turned on, and they can hear moaning and heavy breathing. DO NOT stop! Carry on with what you are doing..

Also, there may be some resistance from the woman. That's not a problem, just build some comfort and reassure her, Use phrases such as:

"wow, I can't wait to hear you...just the thought is driving me insane..." Or "I bet you sound amazing when you come...".

These type of phrases will definitely reassure her and at the same time keep in with the mood of things.

The trick is to not have a typical phone sex conversation where you're just talking dirty. All your really want to be doing is asking questions that will get her aroused.

This simply anchors the orgasm she has to you. Which means next time you meet..phew...

Technique #2 - How to get a girl to orgasm on command:

This one is a great technique and it's very powerful! When your getting a woman aroused, try to "install your voice" to that experience. There are a number of ways you can do this. The first way is to use certain words such as "Yeaah..." or " It Feels sooo good..." etc. The real key to this is to say these words in a soft, erotic tone of voice. What I mean by that is you have to feel aroused too when your saying them. It's best to use this technique when she is already aroused and turned on, AND also during an orgasm. If you have to speak over her orgasm then that's ok, just do it.

This technique really works well, and similar to technique number 1, you're creating an arousal anchor in the woman's mind. She now has your voice associated with the feeling of an orgasm. This then becomes a trigger you can use at a later date.

All you do is the next time you are with that girl, and you want her to feel aroused, you simply say the same words in exactly the same way, and she will instantly go back to feeling how she felt when you "installed" those words..

An anchor is just a simple way to "lock in" her emotional experience for an instant replay at some point in the future!

An anchor can be associated with almost anything. A certain sound or smell, Or even a visual anchor. Any of the woman's senses can be used to create an anchor.

The real power of this technique is t try and combine more than one of her senses to create the same anchor.

The next time you're having sex with a woman, wait for her to get to a certain level of arousal and then shoot off the voice anchors I explained earlier, and at the same time touch her in a unique way.

For example, use your thumb and touch her firmly on her right shoulder just as she is about to orgasm. Hold it there for a couple of seconds, and then remove it before she finishes having her orgasm.

That's just an example of course. You can touch her on any part of the body as long as it's unique enough that other people can't trigger it off accidentally.

One thing I must stress with this technique is that it needs to be done several times, not just the once. Whatever anchor you use, do it exactly the same each time she has an orgasm. It just reinforces it and makes it even more powerful.

Technique #3 - The tapping trick:

This one's a very simple and highly effective technique. It involves gently tapping a certain part of a woman's body. This allows more blood flow to that specific area. This, in turn, increases her sensitivity and ability to feel pleasure.

Some of the best areas to use this technique are the inner thighs, the pubic mound, and directly on the outside of her vagina. Delivered at the right moment, this works really well! I know it may sound crazy, but give it a try, trust me..it works!

Technique #4 - The magic trick:

Here's another powerful technique. You're going to create the magic touch by using your own energy. You see energy flows where intention or attention goes. To put it more simply, what that means is that whatever you intend and put focus on will start manifesting in your body.

If you start to think about sexy things, your body responds right? Blood will rush to certain parts of your body because of those thoughts.

But, here's something that a lot of people don't know. When energy flows in a certain direction, other people around you (especially women) also feel the effect of it.

Women are very responsive to energy and will often follow along without realising that they are doing it!

For example, let's say you're on a date, and your feeling pretty nervous, the woman you are with will also start to feel nervous too. No matter how hard you try to hide how nervous you are, the woman WILL pick up on it, and become nervous too, without even meaning to!

This works in the same way with positive emotions aswell...especially if you add the use of touch to it.

So, here's how you do the magic touch technique: As your touching a woman, imagine that you're filled with sensual energy. Start feeling that way too as you're touching her. Feel the warmth and connection towards the woman you're with.

Then, imagine that all that energy is flowing out of you and spreading into the woman's body.

Really get into the feeling whenever and wherever you touch her. If you genuinely do this, you will be amazed at the results. You will be able to touch a woman in a way that she will remember for a very long time.

You can also use this method when you kiss a woman. Just conjure up the energy as I described above as your kissing.

Now we're going to move onto some techniques that you can use during actual sex. These must all be done in a comfortable atmosphere, after arousal have occurred.

Sex Technique # 5:

Place your mouth over the woman's clitoral hood (this is the bit of flesh that covers the clitoris, situated at the top of her vagina) so that your lips are covering it, and gently suck and release this area. Make sure you do it strong enough so that the covered clitoris moves up and down with the movement.

Try not to make direct contact with the clitoris at this point though.

While you're doing that, insert your first two fingers into her vagina. with your palms down, and start tapping the wall of her vagina with the fingerprint areas of your fingers.

Sex Technique # 6:

Place one of your palms on the fleshy area just above her clitoral hood (her mound), and then pull back the flesh so that her clitoris is exposed. Then gently start circling the clitoris with the tip of your tongue. Alternate this by flicking the clitoris from side to side with the tip of your tongue again.

As she gets aroused, insert your first two fingers inside her vagina with your palms up this time, and then curve your fingers inwards so that your finger tips are rubbing against the upper wall of her vagina. All you do then is gently press and release against the vaginal wall as if your fingers are doing a "come here" motion, like you would be doing if you was gesturing someone to come to you.

Sex Technique # 7:

Make your hand into the shape of a gun. Do this by holding your hand up so that the palm is facing to one side, and all your fingers are extended. Then close your first two fingers, leaving the finger closest to your thumb still extended. Your thumb should be pointing upwards so your hand should now be in the shape of a gun.

Then simply insert those two fingers into her vagina and place the thumb on her clitoral hood(or the exposed clitoris if you're using your other hand to pull the hood back).

Gently start turning your fingers to the left and right slowly, and whilst doing this your thumb should be brushing against her clitoris, whilst at the same time the knuckles of your closed fingers will be rubbing against her anus.

You can use your tongue on her clitoris if preferred while doing this, instead

of your thumb.

Sex Technique# 8:

Sit on the bed with your legs extended and your back resting against the headboard or wall. Now, let the woman stand in front of you so that her vagina is in front of your face.

As she's leaning against the wall with her hands (both feet should be either side of your thighs), you can then use either your tongue or your mouth to stimulate her clitoris. This technique works really well because it's kind of erotic, which will heighten her senses even more.

Sex Technique # 9:

Get the woman on all fours, so she is in the doggie position. Now, use your tongue to lick and suck on her clitoris from behind. This is another position that gets the woman highly aroused because of its kinky nature. Add to it by gently biting her bum whilst placing two fingers inside her vagina.

Sex Technique # 10:

Get the woman in the same position as above, and insert your thumb into her vagina. Let your fingers rest on her anus or perineum. Move your thumb in and out whilst you pleasure her with your tongue. Let your fingers brush against her as you go in and out.

Sex Technique # 11:

Make the woman highly aroused by using any of the above techniques. Then, place your first two fingers into her vagina, with your palms facing up. Then, start tapping her upper vagina wall with both fingers. Don't just use the tips, use the whole two fingers to do this, and do it as fast as you can.

While you're doing this, place the fingers of your other hand, on her clitoris, and start rubbing her gently, but quickly, from side to side. Keep the palm of that hand firmly pressed on her pubic bone, pushing downwards. This intensifies the pleasure for the woman.

Sex Technique # 12:

Firstly, get into the missionary position. Now lean forward so that most of the weight is on your right shoulder. This way, your left arm should be free to move around. Then, take your left hand and put it straight down your body so that it's near your penis.

Stay inside her thighs, not outside, and do this while you are inside her. Now, bend your left arm, so your elbow is facing outwards and your hand is pretty much flat against the woman's bum. Your arm should still be inside her thighs, and underneath them.

Now, with your hand resting on the woman's bum and her legs up in the air a bit, use the pad of your left middle finger to rub her clitoris in a circular motion, whilst you are thrusting in and out with your penis.

Sex Technique # 13:

While the woman is lying on her back, curl her legs up to her head so her butt and hips are off the bed, then use your tongue and lips on her clitoris till it drives her insane.

Then insert your penis into her vagina while her legs are still up in the air. Move in and out of her, making sure that your pubic bone area is rubbing on her clitoris with each and every thrust. Your hands can be resting by her side, or used to help keep her legs up in the air.

Sex Technique # 14:

Using your tongue, write out letters of the alphabet or numbers around her vagina. Keep the strokes slow and consistent to build up her sexual tension. You can combine this with technique #11.

Sex Technique # 15:

Not a lot of people can do this, so if you can, great stuff! Get the woman in the 69'er position, and roll your tongue so it creates a u shape, then wrap it around the clitoris. Then slide your tongue up and down on her clitoral shaft, as if you are stroking it. She of course can return the favour by giving you

oral sex aswell.

Sex Technique # 16:

You can enhance any licking you do to her vagina by licking your index finger and tracing it behind the path of your tongue while you lick her.

Sex Technique # 17:

This one is a great technique. While you are using your tongue to pleasure your woman, get her to grind herself against you. If she gets tired, just stimulate her even more by using fast tongue strokes. Another way to grind is to place the area above your upper lip against her clitoris and apply pressure. She can then grind against you while you lick other parts of her vagina.

Sex Technique # 18:

Planting light kisses on various parts of the woman's vagina whilst doing any other technique helps build up anticipation. Do this in-between any of the other techniques.

Sex Technique # 19:

Using your own lips, take the woman's inner lips of her vagina and hold them together. Then run your tongue between the inner and outer lips, doing one side at a time.

Sex Technique # 20:

Pucker your lips around the woman's clitoris, as you would if you were about to kiss someone, then gently apply suction. This causes an increase in blood supply to the clitoris and makes it more sensitive. Then, at the same time slowly flick the clitoris with the tip of your tongue, gradually building up speed.

To find out what sort of speed the woman is more comfortable with, slide a finger inside her vagina and feel for any contractions. You can alternate with another simple technique of sucking her clitoris into your mouth and then

letting go, making a popping sound as you do it.

Sex Technique # 21:

Use your tongue as a penis and thrust it in and out of her vaginal opening. By moving your head back and forth you will also stiffen the tongue at the same time. Get the woman to grind against you at the same time and place your upper lip against the clitoris.

Sex Technique # 22:

This technique requires some hot mints such as menthos or altoids. Place your mouth close to the woman's clitoris and gently blow on it. Then, lick the woman's vagina with your tongue to make it moist and blow on her vaginal opening. This gives a tingling, cool sensation. Next, place one of the mints into your mouth and crunch it, letting the peppermint get on your tongue.

Then, gently place your tongue over her vagina and start licking her out slowly. You want the peppermint to cover every single part of her vagina, and carry on blowing as we mentioned above.

You can use any or all of these techniques together and combine them for maximum effect. Just remember to start off slowly and gradually get faster. When you notice the woman is twitching (place one of your fingers inside her and feel for a twitching coming from her vagina) Use a technique that mainly focuses on her clitoris.

Licking is a great way to get the woman to have an orgasm, and there are lots of techniques involved with this. You can do a full lick by licking all the way up and down her vagina, a half way lick, by licking half way up and then back down, but not going over the clitoris. You can simply place your tongue flat over the whole of her vagina and keep it there while she grinds on you.

You can lick from side to side and you can even lick diagonally. Use variation to make sure she enjoys every pleasure you are giving her, and try not to just stick with one method.

Okay, so there are some great techniques you can use to make a woman orgasm like she has never before, now lets move onto some positions to try when giving oral sex or any pleasure that doesn't involve your penis.

The missionary position:

We all know that the best sexual position is the missionary, but do you know that this is a good position for oral sex and fingering too? With the woman lying on her back and her legs spread you can massage her g-spot and have easy access to her clitoris aswell. |Not only that, but you also get a good view of her reactions as your pleasuring her.

We'll use the missionary position to try this technique on her. Get her to lie on her back as described above, with her knees raised to her chest and legs in the air, and then lie down right beside her. You can raise her bum even higher by using a pillow. in this position it makes the g-spot easier to get to and you simply insert two fingers inside her whilst nibbling and biting her neck.

The straddle:

Get the woman on her knees with her legs apart. the key here is to make sure she tilts her hips forwards. this makes the g-spot much easier to reach. If she feels uncomfortable, get her to place one or both hands behind her for extra support. Then you can use any of the techniques above which involve fingering, such as the come here technique or the tapping trick. Pull your fingers in and out in a pumping motion, but don't pump too hard.

Doggy Style:

This is a brilliant position to do fingering because you get a lot better leverage. This position also means that air is naturally sucked into the vagina too! When you are fingering or stimulating the woman from behind, make sure the pressure is applied downwards instead of upwards. You can alternate this position by getting the woman to lie flat on her stomach, with her legs spread open and her bum pointing upwards.

Now, I could go through chapter upon chapter of sexual positions you can use on your partner, but what I will do instead is give you three of the

absolute best positions you can do to intensify your lovemaking.

Sexual Position # 1 - High angle doggy style

To do this position you need to get your partner in the doggy style, and then get up onto your feet and place them outside your partners legs. she should have both knees close together. Shift your body forward, and support your upper body with your hands. Your pelvis should be now almost directly over hers.

If your penis slips out, get the woman to arch her lower back even more, so that her buttocks angle upwards. She can rest her head and upper chest on the bed. This way your penis is thrusting downwards and hitting her g-spot.

Sexual Position #2 - On feet and leaning backwards:

In this position the woman straddles you, but instead of being on her knees, she will be on her feet. She then needs to lean back and use her arms to support her.

It's just a different variation of the woman on tops except it adds more pressure to her g-spot whilst you're thrusting upwards.

Also, it gives easier access to her clitoris so you can stimulate her whilst making love. Do not be surprised to see her have a clitoral orgasm aswell as a g-spot one in this position.

Sexual position #3 - The cat

The cat position (cat stands for Coital Alignment technique) lets you stimulate a woman's clitoris whilst having sexual intercourse and can result in a 50% increase in orgasms. This position also allows the both of you to increase the chances of having an orgasm at the same time.

To do the cat position you need to slide your body 2-4 inches forwards from the usual missionary position so your pelvis is directly over the woman's. Your body should now be flat over hers. Both of your spines should be straight and your bodies parallel with each other.

You can get in between the woman's legs with her ankles wrapped around your calves, but I find that if she keeps her legs close together, and you then place your legs outside of hers, it produces a lot better result.

Instead of you thrusting in and out hard and fast, just slowly rock your hips. This way, the base of your penis and your pubic bone will rub against the woman's clitoris. This is a great technique aswell because it allows you to carry on longer than normal due to the fact that it doesn't stimulate your penis as much.

The pleasure builds gradually, and the both of you will experience a much more intense and intimate orgasm. When you sense that you are about to come, don't speed up. Just keep the gentle rocking motion going and the orgasm will come more naturally.

Finally, try to keep this thought in mind: the key to a great sex life is to maintain variety! The what, how, when and where have to keep changing.

I always think the easiest thing to change is the "where". Sex doesn't have to stay in the bedroom! In fact, I highly suggest keeping it out of the bedroom as often as possible.

Explore every other room in the house. The kitchen table, the stairs, in the shower, up against a wall. I'd even do it in the garden if it's private enough!

If you really want your lover to stay madly in love with you, then I highly recommend not going to sleep or getting up to do something straight after sex.

What you can do is what we call "after play". You see, what you do after sex shows a woman what you're all about. Snuggle up and share a few gentle kisses. Spend time talking, and touching each other.

This allows you to stay connected, and form emotional bonds with one another. But, not only that, you're giving her the attention and respect that she deserves too! That my friend is the key to more great sex.

The better she feels about the sexual experience that she has had with you, means you will create even more desire inside her so that she will want to go through the whole process again, as soon as possible!

Now, go out there and start pleasuring as many women as possible with your new found skills.

Just remember...make sure you enjoy the satisfaction, and the rewards that will come from it!