



educates

What you should know before going down on a lady

Let's be honest: guys do expect their ladies to be skilled and trained (figuratively) in giving head. But how many of you return the favor? Way fewer than you should, I suppose. And that can't but affect your skill. As well as the way your girlfriend looks at you when you spend forever-lasting ten minutes down there and she's still not cuming and you're like "Screw it" and stick a dick in her. Not cool, bro, not cool.

But worry no more! Here's your help! I don't promise you'll immediately turn into a God of Oral Pleasure and make a girl come with a single touch of your tongue to her vagina. But you might get a couple of ideas on how to pay her back for that amazing blowjob she gave you last weekend.

Tips and tricks for a great cuni

1. Make her feel confident and safe

The media and society do a powerfully potent job of making women feel self-conscious about their vaginas. Just remember porn: female porn stars who've had vaginal rejuvenation surgery and wear makeup on their vulva can cause the most confident woman to question the appearance of her own vagina.



So if you want to cause your woman to release the most powerful and pleasurable orgasms her body is capable of having, you need to give her mind and body the freedom and safety to completely let go and unleash that dirty side of her that's just waiting to come out. Show some enthusiasm and don't make her feel like you are being punished by giving her oral.

2. Get yourself comfortable

If you're planning on spending a decent amount of time giving her oral sex, there are two issues that can crop up – both around your comfort.

The first is a neck ache, which can be handled by switching position. Having her sit on a couch or the side of the bed with you between her legs can work. Alternatively, try putting a pillow under her bum to raise the area slightly.

Secondly, there's tongue ache. If your tongue starts to get tired, gently suck her clitoris or kiss around the vaginal area instead. After a couple of seconds, you can go back to licking.

3. Be patient

Great oral sex starts well before your face find its way between her legs. Good foreplay, done right is key to getting her warmed up and ready. A guy is like a light switch, you're either up *turned on* or down *turned off*. Women are more like a rocket launch, a complex set of systems activated in the right order, and eventually turned on.

Diving straight in, especially with dry fingers can be quite painful to a woman. Foreplay will bring some natural lubrication to her vagina, and establish a trusting mood. Work your way slowly down her body paying close attention to her breasts. Even once you're there, kiss her inner thighs and slowly get closer to her lips. This teasing builds her anticipation and gets her ready for what's next.

4. Experiment with different positions

There are many positions that work for oral. From lying down to sitting up, 69 (to be honest not the best at all), or even sideways (resting your head on her inner thigh helps deal with neck ache).

Try different positions to find out which ones work best for you and your partner. Don't get into a routine, or things could become boring. Having said that, try not to switch positions if you're already going down on her and she's enjoying it. If you do, you might ruin her concentration and make it more difficult for her to come.



5. Vary your movements

We already know that variety is the spice of life, and this couldn't ring truer than when it comes to oral sex. In other words, always keep her guessing, and she's likely to do you the same favor in return.

Different strokes may work better on different days. If you find something she likes, come

back to it repeatedly, with pauses in between. Much like the trick of making a pool feel warmer by getting out and getting back in, taking a quick break and coming back to it provides a boost in intensity. It also helps you avoid overstimulating a specific cluster of nerves.

And don't neglect the rest of her genitals, it's not all about the clitoris. Many women have a sensitive patch just to one side of the clitoris, for example. Lick there and see what reaction you get.

6. Use some suction.

Taking about variety. Try something different she might never experienced. Open your mouth as wide as you can and press it against her vulva. Suck away as you roll your tongue around the edges of your lips to create your own suction cup. In layman's terms, create a vacuum with your mouth and suck on her honey pot with the force of a supermassive black hole. It's best to do this at a moment when she's not looking at you, because for the majority of average sex-doers, opening your mouth as wide as you can over her vagina probably doesn't look very erotic.



7. Use your hands

If you're in the right position, you can have a chance to rub your hands all over her body while your tongue is busy. The tits, inner thighs, and backs of the knees are all erogenous zones, so touching her there and playing with them will make her appreciate your effort even more. You can also use your hands to run all over her vagina. It's not only mouth which should be involved. You can penetrate her with your fingers. If you're going the penetration route, there are a couple of options. Try inserting one or two fingers and making a 'come here' motion to stimulate her G-spot. Or let your fingers linger and stroke around her entrance to

take advantage of the massive amount of nerves there. Both are good, and a combination is even better.

Warning: don't insert any fingers until she's lubricated and turned on!

8. Ride the rhythm.

Some women like hard pressure applied with the tongue to the clitoris, while some need a lighter touch. Try different motions to see which ones she likes best. Up and down, and



circles around the clitoris work best. Some women also like a side-to-side motion. It's okay to switch things up, just be sure to keep the rhythm.

Your tongue and jaw will get tired, at least until you are giving oral sex on a regular basis.

When you need a rest, take her clitoris between your lips and give it a mini-blowjob. This will drive her wild. Keep the rhythm, keep working her clitoris and she should be getting close to climax.



9. Watch and listen.

Pay attention to what she's doing. If she's squirming, moaning, and clawing at the sheets, congratulations! Keep up the good work. If she looks bored, she probably is, which means it's time to employ a different technique. Listening gives you every indication of everything, whether she likes the dinner, whether she's happy with what you just did. Whether it be in the bed, out of the bed, on the street, wherever. Listen out for her moans and sighs so you can slowly build a picture of exactly what she loves most.

When you get the signals that she's turned on and getting close to orgasm, keep doing exactly

what you're doing. So look out for heavy breathing, moaning, an increase in her lubrication, grinding or pulsing, tightly gripping your hair, head, bedding or whatever she can reach!

10. Ask her what she likes.

If you suck at getting nonverbal signs, then talk. Don't just assume she likes it when you bury your entire face in her crotch — ask her what she wants you to do and what feels good. When you get into a good rhythm and she's about to orgasm, resist the urge to speed up or change anything. Trust that you both communicate honestly enough that she'll tell you if something's not working.



Best positions to get down on her and not to break your neck

1. The Classic

The classic oral sex position for women receiving cunnilingus is a classic for a reason. One of the reasons oral sex is so pleasurable is due to the opportunity to lie back, relax and receive pleasure. You can experiment with a few modifications to make this classic oral sex position even more pleasurable.

- You don't have to suffocate under the sheets while going down on her

Throw off the covers, don't get buried down there with zero air flow. The bonus? You get to feast your eyes on your hot lover lying there all trembling as you do your best. Make it even more intimate by making eye contact. Just don't stare like a creep.

- Place a pillow under her hips

It will elevate her pelvis, giving you a bit more breathing room. Experiment with two or three pillows to gain more height. This position is also ideal for adding in fingering techniques to oral sex, a sure-fire way to maximize orgasmic potential and hit all pleasure zones at once.

- Plant her feet on the mattress so she can push off feet and move hips

By shifting her hips a little up and down, or to the right and left, she will have a chance to hint you where your tongue can find the most sensitive spots.

- Her legs around your shoulders

This can be slightly acrobatic, but it's worth it. With her legs wrapped around your shoulders, you can really feel her enthusiasm and excitement during oral sex. Just make sure she won't get too enthusiastic to choke you.

2. Queening

Don't brush it off on the spot. Try it. That's a position where she can take control of her pleasure and in general, that's an interesting experience. This position is also sometimes known as "facesitting", because, like obviously, she sits on your face.

Get comfortable lying down in bed and have her kneel over you. First of all, you have a wonderful view of her starting from her pussy all the way up to her breasts. When you have



time to look up in between of licking her. And she will help you with that: she kneel up or down in order to control how much you can reach her, move her hips, and all that stuff.



3. Doggy style

Ready to get primal? Get her on all fours and get to business while she moves and rocks her hips. You can either be totally behind if you're comfortable with your face so close to all her parts, including asshole, or you can lie down and use your mouth around the clitoris.

Enhance the primal experience of this position by making lots of noise, expressing your pleasure with moans, groans and even growls. Sounds fun!

3 techniques to try

So after all the generic rubbish, here are some detailed guides on what to do with her and make her feel like you're a pro at it.

1. The "Lip Trace" Trick

If you don't feel very "experienced" with your oral skills, or you simply want a nice way to warm her up, then this lip tracing technique will work wonders for you.

It's also pretty straightforward—here's how it's done:

Starting at the bottom of her labia (you know the term, I hope. If not, God help you along with Google), use your tongue to lick upward toward her clitoris. Go slow — if you go too fast, she may become too sensitive or not experience as much pleasure as she possibly can.

Once you hit her clit, lick back down the other side of her labia. Keep moving up and down like this, and experiment with both your breath and speed.

If you notice her breathing increasing, or if she starts to moan, then keep doing what you're doing — that means she likes it.

2. The "Aphrodite Technique"

This next one is a little more intermediate — but the payoff is huge when properly executed.

Start off by separating her vaginal lips with your tongue, and use as little pressure as possible. Make your way up to her clitoris, then move your tongue in a swirling motion all around her clitoral hood. Keep doing this until you notice her getting wetter and more excited. Resist the urge to increase your pressure.

Once she seems like she's about to explode, then you can increase the pressure and pace of your movements.

Pro Tip: Move your tongue between her clitoris and her labia for a truly pleasurable experience.

And if you really want to take her over the edge, try sucking her clitoris. But be careful—some women are more sensitive to this technique than others, so make sure she's comfortable and enjoying it every step of the way.

3. On The Edge of Her Seat

This one puts her, quite literally, on the edge of her seat — and for good reason, too.

It's especially great if you're used to the “same ol' same ol'” when it comes to oral, because it goes beyond the typical, “write the alphabet with your tongue” advice that most guys hear growing up.

Have her lie back, and place your arms beneath her thighs for leverage (she should be straddling your face). From there, it's really up to you how to do it. Depending on your style, she can either use her own strength to grind her hips against your face, or you can take control and send her over the edge on your own.

In fact, if you want to spice things up even more, you could even throw a vibrator into the mix! (Never underestimate the power of using a good vibrator with a woman — trust me.)

At the end of the day, the key is to make sure that whatever you do to her *down there* feels good. And of course, it's even better if it ends in a hot-as-hell orgasm.

