

Female Orgasm Sex Guide

By
Sexpertzone.com



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Table of Contents

How to find out if your Partner is faking or having a real orgasm	Page 4
How to Find the G-spot and Apply the Right Techniques to Make your Partner Orgasm	Page 5
Discover Which Sex Position is the Best for achieving clitoral and/or vaginal orgasms	Page 6
Learn 9 New and exotic yet practical Sex positions that will be enjoyable for both you and your partner	Page 7
Learn 5 Cunnilingus Techniques that will drive your partner wild and begging you for more	Page 9
Learn 4 Cunnilingus Exercises and positions to perform like a pro	Page 10
Discover Every erogenous Zone on Your Partners body and become a Master in the Art of Foreplay	Page 12
Discover the Difference Between Linear and Non-linear Foreplay,	Page 14
Did you know that there are five Different types of foreplay	Page 14
Discover 5 Kissing Techniques that will Leave your Partner drooling and Squint Eyed from Pure Lust.	Page 17

How to find out if your Partner is faking or having a real orgasm

Ever wonder if your partner is really experiencing an orgasm or whether she is faking it? Did you know that 70% of women will fake orgasms at one time or another? The question is how do you tell.

Once you know all the signs, you will quickly be able to tell whether the orgasm she is experiencing is real or fake.

Here are 5 signs for you look out for:

Spasms of the Vaginal Muscle

This is the most obvious indicators of a female orgasm. These spasms are involuntarily and cannot be faked. They can either be felt by the pressure exerted on your inserted penis during sexual intercourse or with your inserted finger. If there are no spasms, there is almost certainly no orgasm.

The retracting Clitoris

Keep your eyes on your partner's clitoris as it is an early warning system of an impending orgasm. When the clitoris starts retracting, you will know that an orgasm is about to happen. You should most definitely carry on with what you are doing as you are on the right path.

If the clitoris has not retracted and your partner has started oohhing, you will know that she is faking.

Irregular and Heavy Breathing

Listen carefully to the sounds of your partner's breathing. If it is slow and regular, then she is probably not experiencing an orgasm. Orgasmic breathing is irregular, heavier and rather jerky. Her heartbeat will have a thumping rhythm. In some women, the heartbeat can even be seen by looking at the chest.

Dilated Pupils

Look into your partner's eyes especially just after her orgasm. Her pupils should be dilated and she should have a dazed expression almost as if she is high on drugs. This is due to the chemical reactions that occur in the brain during orgasms.

Red Lips

As mentioned earlier, the heartbeat becomes more deliberate, to the point where it becomes a thumping beat. This results in your partners lips swelling slightly and becoming redder. So check them out, both sets that is!

Now that you know what to look out for, you will definitely know whether your partner is faking it or not. Remember though, if you want to know how to give your partner great orgasms, it is always best to talk to her and let her show you what she likes best.

How to Find the G-spot and Apply the Right Techniques to Make your Partner Orgasm (Hint: It has nothing to do with rubbing, and everything to do with pressure)

Finding your partners G-Spot is not as difficult as you may think. However, stimulating the G-Spot is a little trickier than stimulating the clitoris.

Here are a few tips in finding the G-Spot and helping your partner to achieve great orgasms.

Finding the G-Spot

Location of the G-Spot differs slightly from woman to woman, however they are generally in the same area.

Take your moist finger and insert it into your partner's vagina until you have reached the second knuckle. Your palm should be facing towards her body.

Bend your finger slightly and feel along the vaginal wall. When you reach a patch the size of a quarter that has a slightly rough or bumpy texture, you have found the G-Spot.

In some women, the G-Spot feels like rough ridges while in others it feels like little bumps. However, generally the texture of the G-Spot is not as smooth as the rest of the vaginal wall.

Stimulating the G-Spot

Stimulating the G-Spot is not the same as stimulating the clitoris. Rubbing is not going to produce an orgasm. Rather take your finger and apply constant pressure in rhythmic massages to produce an orgasm.

This should be done during foreplay to create the right mood and to ensure maximum stimulation.

You will need to be patient with the G-Spot as it takes a bit more time to produce an orgasm than the clitoris.

Stimulating the G-Spot during sex is easy and very exciting for both partners. Using the missionary position for this is ideal. The difference is that the thrusting movements are not up and down as per normal but rather a constant pressure thrust. This will prevent you from climaxing too quickly and will give your partner enough time and stimulation to reach her orgasm.

Take note

Your partner should make sure that she urinates before sexual because during the stimulation of the G-Spot, she will likely feel the sensations of wanting to pee. This way she will be comforted by the fact that her bladder is empty and this relaxation will help her

reach her orgasm.

Now that you have been given tools to find and stimulate your partner's G-Spot. Now take your partner and practice these moves. In this case, practice really makes perfect and what's more, it is enjoyable.

Discover Which Sex Position is the Best for achieving clitoral and/or vaginal orgasms

Trying out different sex positions is a fun and exciting way for you and your partner to find the best ways for achieving clitoral and vaginal orgasms. This will also help the both of you to explore each other with complete honesty and excitement.

It is generally accepted that shallow face-to-face penetration is great for enhancing clitoral stimulation. This allows your penis to directly stimulate your partner's clitoris. Deeper penetration can also help to stimulate the clitoris as long as you are able to position your pelvis in such a manner that the top of your penis or the area above your penis is able to stimulate your her clitoris.

Here are some positions to help stimulate your partner's clitoris:

The 45-Degree Missionary

Here your partner lies back with her legs flat while you enter her as in the missionary. Then twist yourself to an angle of 45 degrees so that your bodies form an **X**. The grinding and circular movements of your hips will ensure that her clitoris is sufficiently stimulated to produce a great orgasm.

The reversed Missionary

This position takes the standard missionary but reverses the roles of both partners. Here, you will lay on your back with your legs open and pulled towards your chest. Your partner then moves in between your legs and pulls your penis into her. She controls the grinding and thrusting while holding up your knees. You can either lie back and enjoy, or you can manually stimulate her clitoris, which should be already directly stimulated by your penis.

The closed Missionary

This position takes the form of the usual missionary with your laying on the bottom and you on top. However, the difference is that her legs are closed and your legs are outside of hers. Using this position allows for direct stimulation of the clitoris as well as a tighter fit for the penis. Both of you are sure to get enhanced orgasms.

The best method to achieve vaginal or G-Spot orgasms is to use deeper penetration with either face to face or with rear entry.

Here are some positions that will help your partner to achieve vaginal orgasms.

The rocking chair

Both of you must sit facing each other. Your partners legs wide open and yours also open but within hers. You will enter her and then you grab each other's arms. Both of you move in a rocking motion which stimulates her G-spot with constant pressure nudges. Continuing with this long enough will produce a great orgasm.

Doggy style raised

In this position, your partner starts on all fours. You then enter her from behind and then lift her legs off the bed or ground. She then wraps her presses them against your buttocks. This allows for deep penetration but can also target the G-spot ensuring great orgasms for both partners.

Try practicing these positions over a period of time and they will come more naturally and will become a permanent feature of your sex life.

Learn 9 New and exotic yet practical Sex positions that will be enjoyable for both you and your partner

Spicing up your sex life does not need to be hard labor for you and your partner. It should be a fun experience for the both of you. Trying out new and exotic positions should ideally take place once you and your partner have gotten to know and trust each other. This way you will both be open to trying out the more kinky sex acts. The ones that would really excite you!

Here are a couple of new positions that could be enjoyed by the both of you.

You On Top

The Jack Hammer

Your partner lies on her back and pulls her knees towards her chest. You pull in towards her and sit on your haunches. As you penetrate her, hold onto her feet or ankles and transfer some of your weight by leaning your knees onto her legs. This position allows for deep penetration, which is great for G-Spot stimulation.

The Deep Drill

Here, your partner lies on her back and rests her legs on your shoulder. You will then penetrate her while in a kneeling position. Employing this position allows for deep and hard thrusting penetration which no doubt will be enjoyable for you. By changing the angle of the thrust, you will be able to stimulate either the clitoris or the G-Spot, which is great for

her.

Arc de Triomphe

To attempt this position, your wife needs to get into a bridge position with her shoulder resting on the bed and her pelvis lifted as high up as she can. You then pull in while on your knees and supporting her lifted buttocks in your hands and then penetrate her. The angle of penetration is what provides great stimulation and orgasms.

Her On Top

Rodeo Girl

You will lay on your back with your knees bent. Your partner will then squat on top of you while remaining on her feet. She is able to lean back against your knees for support. You will benefit by a tighter fit, which drives most men crazy. She also gains by controlling the angle and the rate of the thrust. This assures her of either clitoral or vaginal orgasms.

The Spider

In this position, you lay on your back with your legs flat on the bed. Your partner then crawls on top of your head first on hands and feet but facing upwards. You then penetrate her from behind. The wonderful thing about this position is that both of you can thrust. Should she get tired, all she has to do is to lower herself on top of you and let you carry on doing the work.

Your partner also gets to control the penetration. For deep thrusts, she simply arches her back and for shallow penetration, she straightens her back. She decides whether she wants you to stimulate her clitoris or G-spot.

Amazon Girl

This one is not for the faint hearted. It needs a bit of gymnastics on your part, however it gives your partner ultimate control. Once again, you start by lying on your back. This time you pull your knees completely towards your chest. Your partner now squats on top of you and sits on top of you as she was sitting on a bike. She has total control over the angle and depth penetration therefore able to stimulate the G-Spot directly while you manually stimulate her clitoris.

Kinky Positions

The Padded Chair

Let your partner lie on her back and pull her knees all the way to her chest while keeping her legs spread open. You will then turn your back to her and penetrate her in a sitting

motion. The thrusting and penetration are completely in your control. You can adjust the angle of penetration to stimulate her clitoris with the back of your penis or even your scrotum.

The Ironing Board

Use a chair or coffee table. Now let your partner face the prop and lay over it with her knees on the ground and keeping her back as straight as possible. You will then penetrate her from the back. If she closes her legs, you will benefit from a tighter fit.

The Wall Banger

This is a rear entry penetration. Your partner faces and leans against the wall. You will then come in behind her and penetrate her while adjusting her hips. Your partner is able to adjust the angle of her pelvis so that your penis hits the G-Spot, which is very satisfying for her.

Now that you have learned these exciting positions, take your partner and practice each and everyone of them.

Learn 5 Cunnilingus Techniques that will drive your partner wild and begging you for more (Hint: It has nothing to do with the ABCs)

The best way to show your partner that you care about her sexual satisfaction is to perform oral sex or cunnilingus on her. It makes her feel that she is the centre of your universe because you would do anything to make sure that she is satisfied.

Many women prefer cunnilingus to full on sexual intercourse because it is the quickest and the most direct stimulation of the clitoris, which in turn results in guaranteed stimulation.

The Ice-cream Lick

Imagine yourself licking a cone ice-cream with a soft flat tongue. The same principle applied to licking the clitoris. This should be done from the vaginal entrance towards on over the clitoris, always in an upward motion. This technique should also be applied along the outer regions of the vagina keeping the tongue as flat and moist as possible. Remember most of the nerve endings are located in the outer regions of the vagina.

The Envelope Lick

When you need to seal an envelope, you would lick the edges. The same can be done with the vaginal lips with a difference. Using your lips, hold the vaginal lips together while running your tongue between the inner and outer labia. Do this one side at a time.

The Flickering Tongue

Use your fingers to spread the vaginal lips apart. Then use your tongue to lightly flick over your partner's vagina. Increase the intensity of the flick as her excitement increases. Remember to always keep your tongue as moist as possible. If this proves too intense for her, stop immediately as it can become painful.

The Clitoris Vacuum

This technique is done by exposing the clitoris and gently pulling it into your mouth. Suck on the clitoris with very gentle in and out movement with the aid of your tongue. The sensations of this action are very intense so you should be very aware of your partner's reaction at all times. If things get too much for her, stop immediately. If on the other hand she enjoys it then increase the suction very, very slightly.

Tongue Intercourse

As mentioned previously in this report, the vast majority of a woman's nerve endings are located in the outer regions of the vagina. These nerves are easily accessible with the tongue. Use your tongue in a thrusting and swirling motion to stimulate these nerves. Your partner's reaction will be pleasantly surprising.

Practice these techniques with your partner on a regular basis and see how she rewards you in return.

Learn 4 Cunnilingus Exercises and Positions to help you Perform like a Pro

The art of cunnilingus is one that needs to be practiced and believe me, practice definitely makes perfect. Once you have the hang of it, you will never lose this skill, and this skill is one that women admire.

The main aim of these exercises is to improve the dexterity and maneuverability of the tongue. It is of course the tongue that performs the main function in stimulating the clitoris.

The 4 practical exercises detailed below will help bring the mouth and tongue to peak physical condition in order to provide sensual stimulation of the clitoris and vagina.

Exercise 1:

Start by sticking your tongue out as far as you can. Now curl your tongue upwards and try to touch the tip of your nose with the tip of your tongue and hold it there for 10 seconds. Now swirl your tongue around in a clockwise direction always meeting back up with the nose. Repeat this 10 times and then reverse the direction of the swirl and repeat 10 times.

When swirling the tongue, try move it as far as you can in the different directions. In other words exaggerated movements.

Exercise 2:

As with exercise 1, stick out your tongue and try to touch the tip of your nose with the tip of your tongue. Now move your tongue down and try to touch your chin while flattening your tongue. Repeat this motion 20 times while increasing the reach of your tongue with each rep.

Exercise 3:

Relax your jaw and your top lip. Now flick your relaxed tongue in and out of your mouth while always making sure that your tongue flicks across your top lip. Start with 120 flicks per minute then increase the rate of flicking as fast as you can. Do this for 30 seconds at a time.

Notice how your lip starts to tingle? Now just imagine what this does for the clitoris and the labia.

Exercise 4:

Stick out your tongue while keeping it flat. The sides of your tongue should be touching the top lip. Now try to curl up the sides of the tongue to form a tube. If needed, use the top lip to assist the tongue to form the tube. Once the tube has been formed, move your tongue in and out between your lips. Do this for about 30 seconds at a time.

The purpose of this exercise is to allow the tongue to envelop the clitoris and be able to use thrusting motions over this organ to provide the most intense sensations.

All the above exercises should be done in sets of 3. Doing these exercises regularly will help your tongue to become the real love machine in your sex life.

Positions

We have listed 2 positions that will certainly bring some excitement into your sex life. Once your partner has been satisfied she will definitely return the favor and you can look forward to great sex.

The Dive

In this position, your partner lays on her back with a pillow placed under the shoulder blades. You will kneel on the bed and lift her legs up so that they are hanging over your shoulders. Use your hands to hold up her buttocks giving added support. Oral sex can then be performed from a higher angle using an upward licking motion or the flick. Remember those exercises.

The face off

This will be a very exciting position for your partner. Here you will lie on your back. Your partner then climbs on top of you facing your legs with her knees under your shoulders. This enables you to perform oral sex from behind as well as analingus if agreeable. If your partner likes anal sex, this position will allow you to stimulate the anal area using your fingers and lots of lubrication.

This position can easily turned into a 69 position where the both of you can perform oral sex on each other at the same time. This allows for mutual stimulation and simultaneous orgasms.

Discover Every erogenous Zone on Your Partners body and become a Master in the Art of Foreplay

What are erogenous zones and where are they found on the body?

Erogenous zones are areas on the body where there are higher concentration of nerve endings and where these nerve endings are concentrated closer to the skin surface.

These zones are activated or aroused either by gentle stroking with fingertips, or by massaging the area.

The Neck

This is one of the most sensitive spots on a women's body. If you target this area, it is like unlocking the door to her sexuality. Keep your mouth moderately moist and warm. Kiss or nibble this area gently. Try to avoid hickies or overly wet kisses, as they are not as appealing as you may think.

The Ears

There is a high concentration of nerve endings around the ears and especially the earlobes. Gentle nibbles on the lobes will drive many women crazy. Use your tongue to gently tickle the ear while exhaling warm air. Please do not shove your wet tongue down your ear if you want to avoid an abrupt ending to this session. Most women cannot stand it.

The Lips

Many women complain that there is not enough kissing during foreplay and sex. What many men forget is that the lips are extremely sensitive. Start by gently brushing your lips over hers and then move on to gentle French kissing steadily increasing the intensity depending on her reaction. Remember kissing is probably the first sexual impression that she will have on you, so do not skimp on this part.

The Scalp

Massaging the scalp can be very sensual. Just remember to combine this either with kissing or full on sex. Why? This is a very relaxing activity and it is quite possible that she will drift into a semi hypnotic sleep.

Not all women like having their heads touched so start off slowly and pay careful attention to her reaction.

The Breasts & Nipples

This area is flush with nerve endings and most men will pay attention to this area. The secret here is soft touches with the fingers, lips and tongue. The best way to stimulate this area is from the outside in. Start your way at the outer regions of the breast and slowly make your way to the nipple. Don't be in a rush to get there. You want to tease your partner with this action so do your best to resist her prompting. It will drive her crazy!

The Perineum & Anus

This is the soft tissue between the anus and vagina with similar concentration of nerve endings as the vaginal lips. Use your tongue to lightly flick over this area. If you are agreeable and she prompts you, move your way to the anus area. Assuming that you and your partner can let go of certain inhibitions, you will find this to be an extremely sensitive area and one hell of a turn on.

The Clitoris

This organ is located at the top of the inner vaginal lips. It is a small knob of pink flesh that is covered by a hood. The amount of preferred direct stimulation differs from woman to woman. Always start slowly and gently and gauge her reaction. On her prompting, you can increase the intensity of the stimulation.

The back of the knees

The area at the back of the knees also has a high concentration of nerve endings. Light caressing with the fingertips or tongue is sure to result in goosebumps.

The Small of Her Back & Buttocks

These are also sensitive spots on the body, but not as sensitive as the breast. This is because the inclusion of muscle in this equation. Gentle caressing with the fingertips or tongue will be enough for the small of the back, but as you move down to the buttocks, the intensity will need to increase.

Be sure to pay attention to these all areas during foreplay. The result can only be positive. Be careful not to only go for the breast and ignore everything else. Show some creativity and reap the rewards.

Discover the Difference between Linear and Non-Linear Foreplay, and how you can use Non-linear Foreplay to drive your Partner Crazy with Sexual Pleasures she could only dream of

What is the difference between linear and non-linear foreplay?

Well with linear foreplay, we follow all the usual steps in foreplay. First, we start with kissing and undressing, and then move on to the breasts and navel maybe a bit of oral sex and then full on sexual intercourse. Many people may practice this form of sexuality because it leads up the garden path in measured steps. Some may find this boring, unappealing and unimaginative.

With non-linear foreplay, we scramble the order of foreplay steps. You could head straight for the breasts, and then move onto full on sexual intercourse. Then take a break and engage in kissing and oral sex followed by more sexual intercourse. The main aim is creativity and unpredictability. This may be more exciting for some couples from time to time.

As couples become permanent sexual partners, foreplay and intercourse tends to become rather routine. This can create boredom within the relationship. Changing the order of foreplay in conjunction with new positions can bring new excitement into the relationship.

When your partner is expecting you to follow "logical" steps with foreplay and you do the unexpected, it shows her that you are spontaneous and adventurous.

Did you know that there are five Different types of foreplay. Master each type and keep your partner always guessing with anticipation

When we think of foreplay, we only consider the physical act of sexual foreplay. However, what happens before that? Did you know that flirting with another person could be considered foreplay? Why? Because it creates anticipation and that is exactly what foreplay is meant to do. It arouses you and your partner and creates awareness of each

other and anticipation of what is to come.

Foreplay can be divided into 5 categories. These are as follows:

Emotional Foreplay – Maintaining the bonds
Mental Foreplay - Seduction
Practical Foreplay – Paving the way
Self-Directed Foreplay – Mental Preparation
Physical Foreplay – Bring it on!

EMOTIONAL FOREPLAY (Maintaining the bonds)

This type of foreplay occurs at every time other than during sexual intercourse. It takes the forms of continual reminder of affection and attraction between you and your partner.

Calling her during the day just to say you love her, holding her hand while doing the shopping or greeting her after the working day with a sincere hug and kiss all form part of emotional foreplay.

By practicing this form of foreplay, your partner will feel safe within the relationship and is more willing and open to new and exciting sexual experiences with you.

MENTAL FOREPLAY (Seduction)

If you want your partner to know that you're in the mood for sex now or later on when the two of you are alone, this is the type of foreplay to be deployed.

Touching your partner sexually through her clothing especially while guests may be in the next room or nearby can be incredibly exciting. Almost as good as forbidden fruit. The fear of being caught can bring on great sexual intensity and anticipation.

Dirty phone calls to each other while at work can also be very exciting especially when colleagues are in the next office. Just be careful though, phone sex can lead to orgasms if you cannot control yourself and the last thing you want is to walk around the office with wet pants!!!

If phone sex is just too exciting for you, how about text messaging. Leaving sexy messages helps to create the mood for mind-blowing sex after the 2 of you get together.

PRACTICAL FOREPLAY (Paving the way)

Have you ever wanted to engage in sexual intercourse with your partner but she was too concerned about the chores that had to be completed first? Worrying about these chores can really put one off sex for that evening.

This is where practical foreplay comes in. You know exactly what your partner has to do when she comes home from work. How about surprising her by completing these chores for her. Buying take-out for the evening, tidying up the house and getting the kids ready for bed. This shows her that you are willing to share the load when it comes to the household as well as ensuring that she has enough energy and sustained excitement for a satisfying round of sex.

SELF-DIRECTED FOREPLAY (Mental Preparation)

In this form of foreplay, your partner specific rituals either for your benefit or for her own.

These rituals could include taking baths with scented candles and oils and possibly wearing sexy lingerie, which is very exciting for the both of you. Bathing together and including aphrodisiac oils and scents is definitely a great turn on.

One rule – never rush your partner at this stage. When she is ready, you will know.

PHYSICAL FOREPLAY (Bring it on!)

This is the type of foreplay that occurs directly before sexual intercourse. At this stage, you will use different means to bring your partner to sexual readiness. These methods should be used together for the best results.

The Massage

Women love to be massaged, especially around sensitive areas such as the back, behind the knees and thighs and the feet. Use sensual oils to allow your fingers to glide smoothly over the skin. Watch her reactions carefully and adjust the pressure accordingly.

Kissing

Most women will tell you that kissing is one of the most sensual sensations to experience. Concentrate on the mouth, neck, navel and inner-thighs – it will drive her wild!

Nibbling

Gentle nibbles (not bites) can also drive your partner into ecstasy when combined with kissing or sucking on the targeted areas. Zone in on the earlobes as well as the back, inner thighs and buttocks (some women may need persuasion here but believe me, they will never regret it).

Oral Sex

Find out from your partner how she likes it and show her how much you enjoy doing it for her. Let her take the lead and you follow. If done properly, this will be the quickest way for her to reach orgasm in all its glory.

Communication

It is better to talk openly about both of your desires than blunder your way through sex. Some may be shy to talk about what really turns them on, but if this is incorporated into foreplay as "dirty talk", it could add a whole lot more excitement and get the juices flowing!

Comfort

It is best to ensure that your partner is comfortable and that the best sexual positions that suit both of you are practised. This will prevent discomfort or even injury while in the throws of passion.

Experimentation

Do not fall into the trap of trying the same thing over and over again. It will get boring after a while. Try something new every now and then (a new position can be very exciting to explore)

Discover 5 Kissing Techniques that will Leave your Partner drooling and Squint Eyed from Pure Lust

In life, first impressions are lasting impressions, and these usually determine whether you take the next step. The same can be said for sex. Kissing is often the first impression your partner will have of you as a lover. In other words, your greeting card.

If you are a skilled kisser, you will definitely move to the next stage. A bad kisser however, will not.

The Lip Brush

Use your lips to gently brush over your partner's lips, ears, neck and nipples. At the same time, breathe deeply and slowly let out hot air through your nose. The combination of hot air and brush is extremely sensual and arousing.

The Tongue Probe

Not everyone likes to have a tongue shoved down his or her throat at the first sign of kissing. Rather start with the tongue gently moving around the entrance of your partner's lips. Then gently probe your partner's mouth in slow rhythmic movements. Your partner will

let you know how much of your tongue is welcome. Once inside use gently thrusting movements in and out of the mouth ensuring that you can feel her lips around your tongue.

The Tongue Stretch

While French kissing, stretch your tongue so that the tip reaches the roof of your lover's mouth. Then move the tongue around the roof of the tongue to produce incredible sensations for the receiving partner.

The flat lick

While keeping your lips in contact to your partner's body, use the full surface of your tongue to massage the skin while gently sucking on the area. This kiss can be used on the neck, back of the neck, back of the knees, the navel area and of course, the nipples. Try not to produce too much moisture with this technique.

The Tongue Massage

While engaged in French Kissing, use your tongue to massage your partner's tongue. Try massaging the top and side of her tongue, as these are sensitive areas. At the same time, use your lips to massage her lips. They should always be moving in rhythm with your breathing and body movements.

This technique can also be used on the ears, neck, navel and nipples.