GUIDE TO ORAL SEX
ON YOUR FAVOURITE

# VULVA

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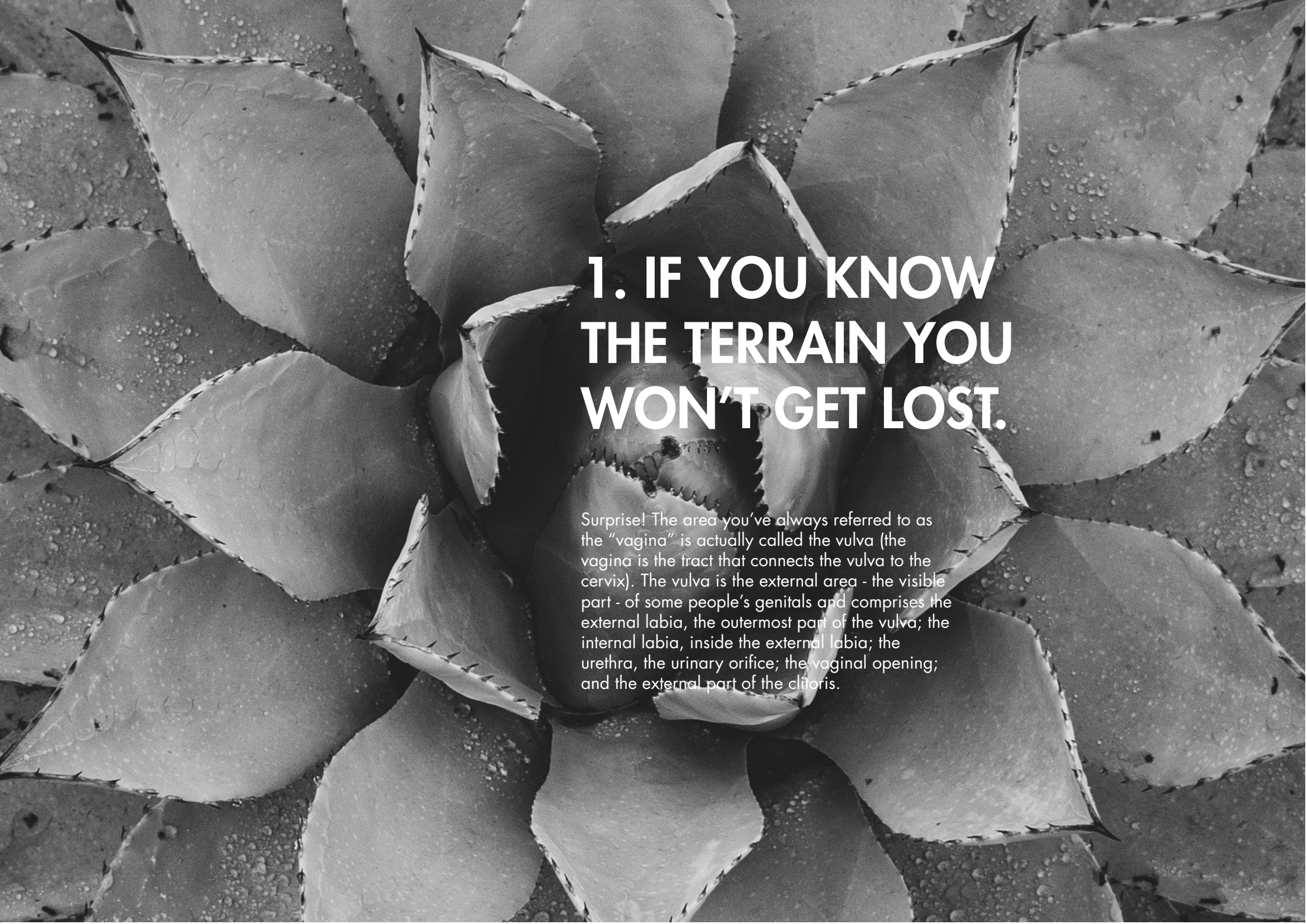

# 1. IF YOU KNOW THE TERRAIN YOU WON'T GET LOST.

Surprise! The area you've always referred to as the "vagina" is actually called the vulva (the vagina is the tract that connects the vulva to the cervix). The vulva is the external area - the visible part - of some people's genitals and comprises the external labia, the outermost part of the vulva; the internal labia, inside the external labia; the urethra, the urinary orifice; the vaginal opening; and the external part of the clitoris.

# 2. GOING UP OR DOWN?

Oral sex can be really fun, but before you head "down south" you should be sure that you want to do it and that you're actually going to enjoy the experience. But if you are dying to become an oral sex sensation and want to take your partner to the stars, the first thing you should know is that every person is a world. What has worked with one person might fail on your next oral adventure, so don't be afraid to ask if what you're doing feels good, if they want more pressure or a faster rhythm, etc. Finding the balance between their tastes and yours is key to both parties enjoying oral sex.

# 3. NO CHEATING – DON’T SKIP TO THE FINAL HURDLE.

Hold it right there! Don’t go straight for the sensitive part. You have to get to grips with other areas of their body first. Rub and caress them through and underneath their clothes. Kiss and bite their chest, navel and thighs… You have to raise the heat bit by bit, so that your partner is ready when the games begin. Let them guide you, listen to their proposals and accept their advice, but remember that you set the limits too.

Good sex is a consensual conversation. Find a position in which you’re both comfortable—you can use pillows to prop their hips up or to arch their back—and remember that although oral sex is often practised under the sheets in films, you don’t have to hide if you don’t want to. Find your winning combination for scandalous oral sex!

# 4. BEYOND THE TONGUE

Just because it's called "oral" sex, that doesn't mean that you can only use your tongue. You have a whole range of tools at your disposal: your tongue, lips, nose and fingers. Start with your fingers and kiss the surrounding areas, before you combine caressing the clitoris with inserting your fingers inside the vagina. Remember that the clitoris has over 8,000 nerve endings, and that 8 in 10 people who have one need clitoral stimulation to achieve orgasm.

Nevertheless, always use caution as it is quite sensitive. You can play with it, caress it with your tongue or flick it gently. Be creative and don't forget about the other parts of the vulva. Don't head straight there or focus all of your attention on it — there are other erogenous zones to play with. Try sucking the labia minora or gently caressing the crease with your tongue...

# *WHERE DO I BEGIN?*

*1 Wetness: if the person you're about to give unbelievable oral pleasure to is aroused, you should notice a certain degree of moisture in the area. If not, continue teasing for a little while longer.*

*2 Raise the heat by gently caressing the vulva with the width of your tongue. Remember: a flat, wide tongue is best.*

*3 Let your nose guide your tongue and trace your route. Maintain this pressure and motion for a little while.*

*4 Use your lips to gently suck the labia without losing your rhythm and then return to the previous motion.*

*5 While your tongue is hard at work, slide one or two fingers inside the vagina or caress their body (navel, breasts, nipples, etc.)*

# *WHAT DO I DO WITH MY TONGUE?*

*1 Use the tip of your tongue to stimulate the following areas: clitoris, vaginal opening, internal labia, etc.*

*2 Run your tongue along the creases.*
*3 Zig-zag: Pry open the labia by zig-zagging with your tongue until you reach the clitoris.*

*4 Windmill: trace the line of the vulva and, when you reach the clitoris, circle it with your tongue repeatedly.*

*5 Slow motion: slowly lick up and down until you've covered the entire area and reach the clitoris.*

*6 The "S": form an "S" with your tongue, starting from the vaginal opening all the way up to the clitoris.*

# *WHAT ABOUT MY FINGERS?*

*1 Slide one or two fingers inside the vagina while you continue caressing the clitoris with your tongue. If your tongue gets tired, you can move your head instead. Simply stick out your tongue and move your neck.*

*2 If you've inserted two fingers you can place pressure on the upper wall (G-spot) with the tip of one of them, followed by the other (as if they were walking).*

*3 You can also try rotating your wrist, so that your fingers turn inside the vagina.*

# *HOW DO I STIMULATE THE CLITORIS?*

*1 Clitoris: circle it with the tip of your tongue, suck it gently, flick it with your tongue... use your imagination!*

*2 You can stimulate it with your fingers while your tongue and lips focus on other areas of their anatomy. You could try kissing their thighs (remember that there are other erogenous zones besides the genitals).*

# 5. CREATIVITY IS KEY.

As you can see, there are many methods and techniques for performing good cunnilingus. Don't forget that every person is different and that you should adapt your technique to your recipient. Remember that you set the limits too and that sex without consent is not good sex.

This is only a basic guide — feel free to invent new steps for each routine, take your time to interpret their sensations and find a balance between their tastes and yours. Finally, as you know, ask question after question. It's much more fun if you're both enjoying the experience.

# 6. BETTER SAFE THAN SORRY

Take care of yourself and your body by using precautions. Remember that sexually transmitted diseases (STDs) are transmitted through contact with the mucosa and bodily fluids. As such, it is possible to contract one through oral sex.

There are various products for preventing the transmission of STDs during oral sex (although in this case it's not as easy as wearing a condom). We'd recommend using a latex sheet or a dental dam.

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