50 Sex Techniques To Drive Women Wild
The Menthol Marinade

This technique really packs a huge payoff for very little prep work. Some women claim that different cough drops provide varying degrees of stimulation. It seems to be purely a matter of personal preference, so don’t be afraid to experiment with a variety of brands and flavors.

Here’s What You Need:

One mentholated cough drop, any flavor.

Here’s How You Do It:

Get your woman naked.

Unwrap the cough drop and put it in your mouth. You need to give it a couple of minutes to partially dissolve; so use this time to pepper her belly, bikini line and inner thighs with little kisses.

Swirl the cough drop around in your mouth, making sure to rub the tip of your tongue against it. Now, keeping the cough drop in your mouth, gently begin to lick around the vagina, paying special attention to the clitoris. In a few moments your woman will begin to feel both the hot and cool sensation of the menthol penetrating her body.

For added stimulation, pause every minute or so and gently blow on the clitoris (the air reactivates the cooling properties of the menthol and provides a sensation most women find immensely pleasurable).

Women all over the world have gone absolutely crazy for this little ditty. Done properly, it will have her yodeling, "Ree-colaaaaaaaaa!"
The Cotton Spritzer

This is a very romantic technique that not only pleases your woman -- it gives you a little bit of a buzz, too.

Here's What You Need:

One pair of cotton panties. One bottle of wine.

Here's How You Do It:

Have your woman strip down to nothing but her cotton panties (make sure the panties are cotton; nylon just doesn't cut it for this one).

With your woman standing, kneel down in front of her.

Pull the waistline of her panties toward you, creating an opening about two inches wide.

Pour a small amount of wine into the panties and release. Let the wine soak the crotch of the panties as well as your woman's vagina.

Now place your mouth against the crotch of her panties and suck the wine through the fabric and into your mouth. Don't be surprised as your woman presses her hips against your face -- this is extremely erotic.

Do this three or four times, then set down the bottle of wine.

Gather the crotch of your woman's panties together in one hand. Position your open mouth underneath and squeeze hard. This should wring out a small trickle of wine from her panties onto your tongue.

Keep holding the crotch of her panties in your hand and pull them to one side. Now pleasure your woman orally until she explodes in a delicious orgasm.
Here's another classic technique that's become a standard today thanks to the movie "9 1/2 Weeks." If your woman is somewhat shy, it's a great way to introduce some new things in the bedroom. Even if she's not shy, it still feels terrific.

**Here's What You Need:**

One ice cube.

**Here's How You Do It:**

Get your woman naked. Have her lie on her back.

Put the ice cube in your mouth. Open your mouth slightly and use your tongue to push the cube to the front of your mouth. A small portion of the cube should be sticking out beyond your lips.

Slowly glide the cube over your woman's neck, breasts, stomach, thighs and legs.

Hold your head about six inches above one of your woman's nipples. Let a few drops of melted ice fall onto and trickle down her nipple. If it's not already, her nipple will become fully erect.

Do the same thing with the other nipple.

Take the ice cube back into your mouth completely. Rub the tip of your tongue over the cube so that it becomes cold.

Pleasure your woman orally, pausing to rub the tip of your tongue back over the cube whenever necessary.
Walking The Wall

This is a great way to find just the right angle to stimulate her G-spot.

Here's What You Need:

Just the two of you.

Here's How You Do It:

Get your woman naked. You, too.

Have her sit on the edge of the bed with her legs apart. With you standing, enter your woman.
Have her bend her knees, letting her feet rest on your stomach.

As you continue thrusting, tell your woman to "walk" up your chest, placing one foot in front of the other.

As she does this, you'll stimulate different areas of her vagina. It's up to your woman to determine exactly where she should be on "the wall" to achieve an indescribable orgasm.
The Sicilian Corkscrew

Here's a great hand technique that will drive your woman wild.

Here's What You Need:
Just the two of you.

Here's How You Do It:
Get your woman naked. Have her lie on her back with her knees bent and her legs open wide.

Sit "Indian-style" between your woman's legs.

Cross the index and middle fingers of one of your hands (you know, the traditional "keep your fingers crossed" gesture).

Slowly insert your crossed fingers into your woman's vagina. As you do this, rotate your forearm back and forth. Insert your fingers deep enough so that your thumb is now brushing her clitoris from side to side as your forearm rotates.

Continue until you pop your woman's cork.
**Mint Two-lip**

The cooling sensation of peppermint has never been put to better use than in this technique. Your woman will love it.

**Here’s What You Need:**

One glass of peppermint schnapps.

**Here’s How You Do It:**

Get your woman naked. Have her lie on her back with her knees bent and legs slightly apart.

Pour a small amount of schnapps into your woman's navel.

Dip the tip of your tongue into the schnapps and trace small circles around one of your woman's nipples. Blow on it to accentuate the cool feeling.

Do the same thing to her other nipple.

Again, dip your tongue into the pool of schnapps you've poured into her navel. Run your tongue along both sides of her vagina and gently blow.

Pleasure your woman orally, pausing to reapply the schnapps to your tongue.
The Spooning Turtle

Here's a technique some say was made famous by legendary blues musician Muddy Waters.

Here's What You Need:

One bottle of water-based lubricant.

Here's How You Do It:

Get your woman naked. You, too.

Apply a small amount of lubricant to your penis.

Have her lie on her side and snuggle up behind her. You know: the classic "spooning" position.

With your woman's legs slightly open, insert the length of your penis between the lips of her vagina. DO NOT insert yourself into her vagina, but only between the lips.

Have your woman close her legs, surrounding your penis.

Now begin to thrust as if you were inside of her. The head of your penis will move back and forth over her clitoris.

Continue thrusting until your woman sings anything but the blues.
The Sensual Summons

Here's a great way to stimulate a sensitive, but often neglected, area of your woman's vagina. You may even run across the elusive and controversial "G-spot."

Here’s What You Need:

One bottle of water-based lubricant.

Here’s How You Do It:

Get your woman naked. Have her lie on her back with her knees bent and legs slightly apart.

Apply a small amount of lubricant to your hands.

Gently caress your woman’s thighs, stomach and bikini line, gradually increasing the pressure.

Delicately squeeze the outer lips of her vagina, one at a time, between your thumb and index finger. Slowly slide up and down the entire length of each lip.

Carefully insert your index finger into your woman’s vagina.

With your palm facing up, draw your index finger up and toward you as if you are summoning a person (you know: the "come here" gesture). Repeat the move at a steady pace, letting your fingertip constantly stimulate the upper wall of her vagina.

While continuing to do that with one hand, use the thumb or index finger of your other hand to trace small circles around your woman's clitoris.

Keep these two motions going until your woman explodes in a mind-numbing orgasm.
The Steaming Diamond

Sports trainers and athletes have always known about the magical qualities of moist heat. Nothing soothes and relaxes the muscles faster and more efficiently. One of them may have even come up with this technique.

Here’s What You Need:

Two washcloths.
One bowl of hot water. One pair of scissors.

Here’s How You Do It:

Before you’re going to make love, cut a three to four inch diagonal slit in the middle of each washcloth. Fill a bowl with hot water and place both of the washcloths in it to soak.

Get your woman naked. Have her lie on her back with her knees bent and legs slightly apart.

Wring out one of the washcloths. Turn it forty-five degrees so that it looks like a diamond instead of a square.

Lay the washcloth over your woman's pubic area. The top of the diamond should be touching her pubic hair. The bottom will be at her anus and both sides will be against her inner thighs. Line the slit up with her vagina and use your hands to press and hold the washcloth in place.

Insert your tongue in between the slit and preform your finest oral pleasuring moves.

After a couple of minutes the washcloth will have cooled down. No problem. Just put it back in the bowl, wring out the other washcloth, lay it over the same area and continue until your woman achieves one of the "hottest" orgasms she’s ever experienced.
The Tasmanian Jack-knife

If you've ever wanted to stimulate those hard-to-reach spots inside your woman's vagina, this is the position to try.

Here's What You Need:

Just the two of you.

Here's How You Do It:

Get your woman naked. You, too.

Have her lie down on either her left or right side.

Tell your woman to take whichever leg is on top and raise it towards her chest so that her foot is resting on her other leg's knee.

Enter your woman from behind. She will be astonished at how deep you can plunge yourself inside of her.

Continue this position until she's "done-dee."
This is a great little game that’s not only fun, but will also help you discover erogenous zones on your woman’s body that you never knew existed.

**Here’s What You Need:**

One piece of candy-coated chocolate, plain variety.

**Here’s How You Do It:**

Get your woman naked. Hand her the candy.

Turn out the lights so that the room is completely dark.

Tell your woman to lie down and hide the candy somewhere on her body. Depending on where she chooses to hide it, she may need to lick one side in order for it to stick, remaining in place.

Once the candy is hidden, it’s your job to find it using only your tongue.

Glide your tongue over every inch of her body. Take your sweet time. Pay attention to any reaction that you get -- and where your tongue is when you get it (this information will be very valuable whenever the two of you make love in the future).

When you finally locate the candy, keep it on the tip of your tongue and press it against your woman’s clitoris.

Pleasure your woman orally until she melts in your mouth, not in your hands.
Showergasm

Women have been pleasuring themselves this way for years. Now it’s your turn.

Here's What You Need:

One hand-held shower massager.

Here's How You Do It:

Get your woman naked. You, too.

Adjust the water to a comfortable temperature and activate the shower massager.

Slowly run the water over your woman’s legs, thighs and stomach. With your free hand, gently stroke and caress the inner thighs and bikini line.

Place the first and second fingers of your free hand on each side of her vagina. Gently push the skin up and out, exposing the clitoris.

Point the jets of water at the clitoris; making sure that the stream is not too hot or forceful. Do not hold the massager too close to your woman. Start from as far back as you can, slowly moving closer (your woman can tell you if any adjustments need to be made).

Continue until you induce a powerful and satisfying orgasm.
Chinese Field Goal

The next time you order Chinese take-out, ask for the free pair of chopsticks and give this technique a try. It lets your woman feel your tongue in areas that you normally could not reach.

Here's What You Need:
One pair of chopsticks.

Here's How You Do It:
Get your woman naked. Have her lie on her back with her knees bent and legs slightly apart.

Whip out the chopsticks. If they're made of wood, make certain there are no splinters (it's amazing how one, loan splinter can ruin your entire evening).

Place each chopstick along the outer edge of your woman's vaginal lips. Use your thumb and fingers to gently roll each fold of skin around the chopstick. You need to do this before her vagina gets too moist; otherwise, her skin will not want to remain rolled up around the chopsticks.

The chopsticks will now resemble goal posts. Your tongue is going to be the football. To kick a field goal, you must place the football between the goal posts and indulge in some serious oral pleasuring.

When your woman has achieved a terrific orgasm, give yourself three points.
Baby Elephant Trunks

This technique feels so good that there are actually two versions of it. Thanks to our dedicated research team, we're happy to provide you with both.

Here's What You Need:

One bottle of water-based lubricant.

Here's How You Do It:

Version One:

Get your woman naked. Have her lie on her back with her knees bent and legs slightly apart.

Apply a little lubricant to the backs of both of your hands, including your wrists and fingertips.

Extend one of your hands, palm down. Curl your fingers inward halfway to the palm. Place the wrist of that hand against the bottom portion of your woman's vagina.

Using smooth strokes, glide your entire hand, including your fingers, up and over her vagina and clitoris.

Immediately repeat using the other hand, performing the exact same motion. It kind of looks like you is painting a fence; except you're never stroking down -- always up.

Version Two:

Have your woman get on all fours and perform the same technique from behind her (this reverses the motion).
**Seltzer-gasm**

This is a fun way to let your woman experience something she never has before: thousands of tiny bubbles swirling around her most sensitive area. Be sure to use the "Gold" variety of the world’s most popular tablet. It’s had the medicinal ingredients removed.

**Here’s What You Need:**

One glass of water.
One effervescent bicarbonate tablet without aspirin.

**Here’s How You Do It:**

Get your woman naked. Have her lie on her back with her knees bent and legs slightly apart.

Break the tablet into four quarters.

Place the rounded edge of one-quarter tablet between the top-most portions of your woman's vaginal lips. Insert only enough of the tablet to hold it in place.

Take a small sip of water and keep it in your mouth.

Press your lips against the portion of her vagina holding the tablet and open them so that a small stream of water trickles out. This should activate the tablet and release bubbles around her vagina.

Get into some serious oral pleasuring. When necessary, take another sip of water. If needed, replace the tablet with a fresh piece.

Continue until your woman says, "Oh, what a relief it is."
The Indian Rocking Horse

Here's a great position that allows for extra-deep penetration.

Here's What You Need:

Just the two of you.

Here's How You Do It:

Get your woman naked. You, too.

Enter your woman in the standard missionary position.

Now, both of you sit up while you're still joined together. Have her put her arms around your neck.

Put both of your arms between her legs, positioning your elbows under her knees. Lift up and rest her calves or ankles on your shoulders.

Clasp your hands behind her back and rock your body back and forth. Don't worry about thrusting in and out; let the rocking motion do all of the work.
The Standing Wrap

If you can manage it, this is a position she'll never forget.

**Here’s What You Need:**

Just the two of you.

**Here’s How You Do It:**

Get your woman naked. You, too.

Sit on the edge of the bed and have your woman stand in front of you.

Tell your woman to place one leg on the bed, then the other, and sit on your lap as you enter her.

Now that she’s sitting on your lap with you inside of her, have her place her arms around your neck and wrap her legs around your waist. After she’s done this, stand up. Put your arms under her buttocks to help stabilize her.

Walk to the nearest wall and let your woman’s back rest against it. Now you’re ready to thrust in and out of your woman as you hold her pinned against the wall.

Continue until she reaches an indescribable orgasm, or the neighbors start banging on the wall. In that case, switch walls and keep going!
The Venus Butterfly

Here's another classic technique that's become legendary. It all started with an episode of the 80's TV series "L.A. Law." They referred to it several times, but never even hinted as to how it was actually done. That show generated more mail than any other episode. Everybody was asking, "How do you do The Venus Butterfly?" Now, you'll finally know.

Here's What You Need:

One bottle of water-based lubricant.

Here's How You Do It:

Get your woman naked. Have her lie on her back, her knees bent and legs slightly apart. Apply a little lubricant to your hands.

Put your hands together, as if you were saying a prayer. Bend each of your ring fingers down. The tip of your left ring finger should be touching the knuckle of your right ring finger; the tip of your right ring finger should be touching the knuckle of your left ring finger. All of your other fingers should remain extended.

Now comes the "ladies choice" part of this technique. In the classic Venus Butterfly, your extended pinkies would be inserted into your woman's anus. Many women prefer that, instead, you simply fold your pinkies over like your ring fingers (it's totally a matter of personal preference).

Next, insert your middle fingers into her vagina. Your index fingers should be placed on both sides of your woman's clitoris.

Keeping your fingers together, open your palms so that your thumbs are about three inches apart. Begin to rub your fingers back and forth, as if you were trying to warm them. When you do this, your hands will resemble a butterfly flapping its wings.
Cyrano's Triangle

This position gives you maximum thrusting capability and lets your woman feel you in places she normally doesn’t.

Here's What You Need:

Just the two of you.

Here's How You Do It:

Get your woman naked. You, too. Have her lie on her side. Standing over her, lift your woman’s top leg up, resting her foot on your midsection.

Now have her extend her other leg out so that it is perpendicular to her body. Next, have her use the corresponding arm (right leg, right arm) to reach out and hold her knee. She has now formed a triangle. The three sides of the triangle are: her body, her leg and her arm.

Place one of your feet inside the triangle. Squat down. The leg that was resting on your midsection should now be resting on your shoulder.

Enter your woman. Notice how much more control you have squatting as opposed to kneeling. Don't be surprised if she notices, too.
The Flickering Candle

Here's a great technique that will add variety to your oral pleasing talents. It's been around for centuries. But we'll bet your woman has never experienced it -- until now.

Here's What You Need:

One candle.

Here's How You Do It:

Get your woman naked. Have her lie on her back with her knees bent and legs slightly apart.

Light the candle and place it near your woman's head (not too close). Usually, on top of the nightstand will do just fine.

If you've got a ceiling fan in your bedroom, turn it on low. Otherwise, any type of fan that will move the air gently around the candle will do.

Position yourself so you can pleasure your woman orally and see the flame of the candle at the same time.

As the air swirls around the candle and causes to flame to flicker, duplicate the movements of the flame with your tongue.

If you like, let your woman know what you're doing so she can anticipate the movements. It's as if the flame itself is pleasing her.

Continue until the flame ignites fireworks in your woman.
Oriental Shoe Shine

Here's an incredibly stimulating technique that gets its name from the back and forth motion you perform with a silk scarf.

**Here's What You Need:**

One long silk scarf. One short silk scarf.

**Here's How You Do It:**

Get your woman naked. Use the short silk scarf to blindfold her and have her stand with her legs slightly apart.

Now you stand at your woman's side, facing her.

Run the long silk scarf gently over your woman's body. Let her feel it on her arms, breasts, buttocks and legs. After a couple of minutes, place the scarf in between your woman's legs. Hold one end in front of her, the other behind. Essentially, she should be straddling the scarf.

Raise both ends of the scarf above your woman's midsection so that the middle barely touches her clitoris and vagina. Glide the scarf back and forth as if you were "buffing" this delicate area. The longer your strokes, the better.

Next, lie down on your back with your head in between your woman's feet. Tell her to kneel and, as she does, drape the scarf over your mouth.

Using your hands, guide your woman's hips so that her vagina is positioned directly above your mouth. Pleasure your woman orally through the smooth, silk scarf.
Snow & Joe

Going from one temperature extreme to another in a matter of seconds produces a definite sensory overload in the brain. Add that to the fact that you'll be stimulating the most sensitive area of your woman's body and you've got the makings of a real winner.

Here's What You Need:

One cup of crushed ice.
One cup of hot (not scalding) coffee. If you don't like coffee, use tea or water.

Here's How You Do It:

Get your woman naked. Have her lie on her back with her knees bent and legs slightly apart.

Take a full sip of coffee and swirl it around your mouth for about fifteen seconds. Swallow the coffee and begin to pleasure your woman orally for thirty seconds or so.

Now take a mouthful of crushed ice and hold it in your mouth for fifteen seconds. Resume your oral pleasing technique for another thirty seconds.

Keep alternating between the hot and cold stimulants until your woman erupts in a mind-blowing orgasm.

Although they say coffee will keep you up all night, pouring it on your penis is not advised.
Whipped Cream Dream

Here's a classic technique that seems simple enough, but often times goes horribly wrong. Not for you, though, because now you'll know the secret.

Always use non-dairy whipped topping. The diary products in real whipped cream begin to change as they heat up on a person's skin. The whipped cream will emit a foul, "sour milk" type of odor that can really kill an evening. Take it from those who know: non-dairy is the way to go.

Here’s What You Need:

One can of non-dairy whipped topping.

Here’s How You Do It:

Get your woman naked.

Apply whipped topping liberally over your woman's body. Pay special attention to the nipples, navel, bikini line and any other personal erogenous zones you may have discovered.

Slowly and delicately lick the whipped topping from your woman's body. Deliberate, pointed flicks of the tongue are generally more stimulating than a flat-tongued motion.

Leave the last bit of whipped topping on your tongue and begin to pleasure your woman orally. Reapply the whipped topping to the clitoris and vagina as needed.

Continue until your woman lets out a squeal of pleasure that'll make the cows come home.
The Double "V"

Give your woman the opportunity to control the speed and depth she gets from you with this classic, but often overlooked, position. Make sure you're freshly showered, though -- her nose is going to be pretty close to your feet.

**Here's What You Need:**

Just the two of you.

**Here's How You Do It:**

Get your woman naked. You, too. Lie flat on your back. Have your woman stand over you, facing your feet.

Tell her to kneel, and then enter her.

Have your woman stretch out completely and wrap her arms underneath your calves. Her hands should be resting on your ankles.

As your woman's hips begin to move up and down, match her with thrusts of your own from below.
The Grapes Of Rapture

Here's a very erotic technique that sounds like it originated in Roman times. After you treat her to this one, your woman will definitely be hailing Caesar.

Here's What You Need:

One bunch of seedless grapes, chilled.

Here's How You Do It:

Get your woman naked.

Have her stand with her legs slightly apart. Give her the grapes and tell her to hold them by the stem so that they dangle in front of her vagina.

Kneel in front of your woman. Slowly kiss and lick her ankles, calves, knees and thighs, working your way up to the grapes.

Begin to pleasure your woman orally. Every so often, pluck one of the grapes from the bunch and hold it between your teeth.

Press the chilled grape against your woman’s clitoris. Move your head so that you trace circles around it with the grape.

Using your tongue, press the grape into your woman's vagina. Let her feel the soft, cold skin of the grape between the moist folds of her own skin, then gently suck the grape back into your mouth and swallow it.

Continue until your woman erupts in a leg-quivering orgasm.
**Back Seat Driver**

Looking for a new position that your woman will go crazy for? Look no further.

**Here's What You Need:**

Just the two of you.

**Here's How You Do It:**

Get your woman naked. You, too.

Stack a couple of pillows on top of each other and lie back against them with your legs slightly bent.

Have your woman straddle your hips, facing your feet. Guide her downward until you are inside of her. Your feet should be outside of hers; they should pretty much line up.

Now have her lean back a bit, resting her hands against your chest and holding herself upright.

Begin thrusting. You're going to have to put some effort into it, because she's naturally going to want to come down on top of you.
Here's a classic technique that's probably been done for thousands of years. It definitely belongs in your "bag of tricks."

**Here's What You Need:**

One bottle of honey.

**Here's How You Do It:**

Get your woman naked. Have her lie on her left side.

Place a single drop of honey on her right ear lobe and another along her hairline behind the ear.

Apply a small stream of honey all the way down her right side, from her armpit to her ankle.

Beginning at the ear lobe, slowly and methodically use your tongue and mouth to lick and apply gentle suction, removing the honey from her entire right side.

When you're done, have your woman turn over. Do the exact same thing to her left side.

Now have your woman lie on her back with her knees bent and legs slightly apart.

Extend your tongue and squeeze a small amount of honey (about the size of a nickel) onto the tip.

Pleasure your woman orally. When necessary, apply more honey to the tip of your tongue.
The Sultry Sucker

This is a great technique that creates both a new and unusual bit of stimulation for her, and a delicious taste treat for you.

Here's What You Need:

One round sucker on a stick, any flavor.

Here's How You Do It:

Unwrap the sucker and put it in your mouth. Make sure that it is completely smooth, especially on the top. Sometimes you get an air bubble or other imperfection in the sucker that, as it dissolves, forms a sharp edge. If you discover such an edge, discard that sucker and get a fresh one.

Get your woman naked. Have her lie on her back with her knees bent and legs slightly apart.

Gently rub the sucker along the lips of her vagina. Use your mouth to remoisten the sucker as needed.

Using your tongue, follow the path you've just traced with the sucker. Enjoy the flavor while you begin to arouse your woman.

Put the sucker back in your mouth to remoisten.

Hold the sucker in the middle of the stick with your thumb and index finger. Press it against your woman’s clitoris and use your two fingers to spin the sucker clockwise, then counterclockwise. Repeat this a few times. Remember -- if it gets too dry, put it back in your mouth.

Now combine the spinning of the sucker with some good, old-fashioned oral pleasuring. Your woman will be popping her tootsies in ecstasy.
Auto-erotica

There are a lot of cars out there with automatic sunroofs. Hopefully, yours is one of them. If not, find an excuse to rent one for a day; it’ll be worth every penny.

Here's What You Need:

One car with a sunroof.

Here's How You Do It:

Park where nobody can see you and open up the sunroof. Since you've got a radio within arm's length, put on some appropriate music.

Get your woman naked, or at least bottomless.

Have her climb up on the roof and sit on the back edge of the sunroof, facing the hood (her feet can rest comfortably against the windshield).

Get into the passenger's seat and kneel, facing the trunk. Now raise your head up between her legs. Using your mouth and tongue, pleasure her like you never have before. Let her enjoy all the unique sensations: the height, the danger, the smooth metal and glass against her bare skin and your unique vantage point.

Fifty years from now, she'll still be talking about this one.
You can't go wrong giving a woman roses. Here's a unique, romantic technique that will touch her heart as well as a more erotic location on her body.

**Here's What You Need:**

One thornless rose.

**Here's How You Do It:**

Get your woman naked. Have her lie on her back.

Hold the rose over her stomach. Glide the rose over your woman's skin while simultaneously twirling it back and forth between your fingers.

Brush the rose over her breasts, cleavage, neck, face and arms. Move it down her legs and let the rose tickle her toes. Finally, stroke your woman's vagina with the rose until she's ready for something a little more stimulating.

Now pull a single petal from the rose and place it on the tip of your forefinger. Gently press the soft, silky rose petal to your woman's clitoris.

Imagine the numeral "8" laid on its side. That's the pattern you want to trace with your finger on and around her aroused clitoris (the petal should follow your finger).

Vary the patterns you trace, as well as the intensity with which you press, until you find just the right combination to bring your woman to a romantic, unforgettable climax.
Patio-gasm

This is the female version of a technique for his pleasure called "The Lounge Lizard" (#83). Since you’ve already got the chair set up, this would be the perfect time for her to try that one on you.

Here’s What You Need:

One webbed patio lounge chair. Two pillows. One roll of masking tape.

Here’s How You Do It:

Adjust the back of the lounge chair to the upright position. Place the pillows lengthwise directly under the chair. Pull the center-most straps apart and tape them to the next-closest straps, creating an opening in the chair about four or five inches wide.

Get your woman naked, or at least bottomless. Have her sit in the chair. Her vagina needs to be directly over the opening that you’ve created.

Now get under the chair and lie on the pillows. Position your mouth directly under your woman's vagina. Grip the outermost edges of the chair, pull yourself up and pleasure your woman orally.

You can continue to do this until she has reached orgasm. Or, after a few minutes, move on to the next step.

Position yourself so that your penis now lines up with her vagina. Place both of the pillows underneath your buttocks.

Enter your woman and thrust away.
The Minnesota Mindbender

Here's a technique that originated around the Twin Cities area. As it grows in popularity, there could be a movement to change the state slogan to, "The Land Of 10,000 Lays."

Here's What You Need:

A set of Vikings bed sheets are optional.

Here's How You Do It:

Get your woman naked. Have her lie on her back with her knees bent and legs slightly apart.

Lie down on your stomach, perpendicular to your woman. Your head should be positioned sideways above her vagina.

Using your thumb and forefinger, pull back the skin that hides the clitoris. Moisten your lips and press them against both sides of her clitoris, drawing it into your mouth.

Gently roll your lips inward, covering your teeth. At the same time raise your head until her clitoris comes out from between your lips.

Repeat again and again as fast as you can. If you're applying the right amount of pressure to her clitoris, you'll probably hear a little popping sound when you open your mouth.

This one may take some practice. But, done correctly, it can easily produce one leg-quivering orgasm after another.
Three Minute Foreplay

One of the biggest complaints you hear from women is that they don't get enough foreplay. They feel particularly slighted when they spend ten minutes doing something for their man, like oral pleasuring, and then he reciprocates with thirty seconds of the same for her. Here's a great way to level the playing field.

Also, if your woman is shy about telling you exactly what she wants, this makes it easy for her to show you.

Here's What You Need:

One egg timer (the hourglass is a little more romantic; but the kitchen "dial" timer will do).

Here's How You Do It:

Get your woman naked. You, too. Tell her that you would like her to do whatever she wants to you for three minutes, and that you're going to do the exact same thing to her for the next three minutes.

Start the timer. Pay attention to what she's doing to you and exactly how she's doing it. If she pleasures you orally, is she doing it hard or soft? If she massages you, where and with how much intensity is she doing it? Make mental notes of all of these things for the next three minutes. Then, when it's your turn, try to duplicate what she did as precisely as you can.

Get in three or four rounds of this before you move on to intercourse -- and don't be surprised if she chooses to do something as simple as holding you in her arms for the entire three minutes.

This technique has the ability to teach you more about what your woman really wants than all the "chandelier-swinging" feats combined.
**Strawberry-lation**

Strawberries and cream make for a very sensuous snack. This technique takes it one step further.

**Here's What You Need:**

Four strawberries.
One can of non-diary whipped cream. One knife.

**Here's How You Do It:**

Before you begin, cut the strawberries into quarter-inch slices from the top down.

Get your woman naked. Have her lie on her back with her knees bent and legs slightly apart.

Apply the whipped topping liberally around the lips of your woman's vagina. Carefully press the strawberry slices into the whipped topping.

Now position your head directly in front of this sensuous feast. Using your tongue, gently remove a slice of strawberry and "share" it with your woman. Tease her by delicately licking around the vagina and clitoris.

Have fun alternating between eating the strawberries and pleasing your woman. Keep going until she erupts in a delicious orgasm.
Aphrodite's Ladder

If you've ever made love on a set of stairs, you're already aware of some of the incredible positions you can come up with. Here's a romantic technique that guarantees the two of you will never walk up that particular flight the same way again.

**Here's What You Need:**

One flight of stairs.

**Here's How You Do It:**

Get your woman naked. You, too.

Have your woman sit on the second stair from the bottom (this may vary depending on your respective heights, but the second stair usually works best).

You remain standing at the bottom of the staircase. Lean forward and place your hands on either side of your woman, like you're doing an inclined push-up.

Prepare to enter you woman. Before you do, though, you must tell her the following:

"On each of these steps is one of the reasons that I love you. Whenever you like, move up another step and I will give you another reason. I love you because..." and then give her your first reason.

Now you may enter your woman. After about thirty seconds, she’s going to push herself up to the next step. When she does, you must give her your next reason. Then you may take a step up, enter her again and continue.

Your woman can have as many orgasms as she likes, but YOU must wait until she is perched at the top of the staircase before you can have yours. Only then have you successfully climbed Aphrodite's Ladder.
Cotton Can-delight

You've probably awakened many mornings and realized that "the circus was in town." Now's your chance to give your woman a special treat straight from under the big top.

Here's What You Need:

One cone of cotton candy.

Here's How You Do It:

Get your woman naked. Have lie on her back with her knees bent and legs slightly apart.

Take the cotton candy and run it along the length of your woman's body. Brush it against her face and let her enjoy both the smell and feel of it.

Break off a small piece of cotton candy and place it on the tip of your extended tongue. Give your woman a deep, long, open-mouthed kiss.

Break off another piece and place it on your tongue. Press it to one of your woman's nipples, and then surround it with your mouth. As you close your mouth, the cotton candy will dissolve. Gently suck the melted candy from her nipple. Repeat with the other nipple.

Put another piece of cotton candy on your tongue and, this time; press it to your woman's vagina. Let the combined moisture dissolve the cotton candy in a sugary, tangy nectar.

Pleasure your woman orally, adding extra cotton candy as needed.
Hitching To Milwaukee

Some guys seem to forget that vaginal stimulation alone will get you nowhere. For a really powerful orgasm, the clitoris has got to be involved. This is a great little hand technique that’s been around for decades. And, judging by its name, it’s 100% American-made.

Here’s What You Need:

One bottle of water-based lubricant.

Here’s How You Do It:

Get your woman naked. Have her lie on her back, her knees bent and legs open wide. Sit down in between your woman’s legs.

Tuck in the fingers and extend the thumb of your writing hand, as if you were hitchhiking. Apply a few drops of lubricant to the middle knuckles (your middle knuckles are the same ones you would use to knock on a door).

Turn your wrist so that your knuckles are parallel to your woman’s vagina.

Maintaining the hitchhiking gesture, gently touch her clitoris with the knuckle of your forefinger. Sweep your wrist upward so that all four knuckles brush against and stimulate the clitoris. Then, reverse the motion so that all four knuckles brush by the clitoris on the down stroke.

Repeat this up-and-down motion until you achieve the desired result -- a satisfying orgasm for your woman. When you do, you will have successfully "hitched to Milwaukee." Congratulations. You’ll never watch a rerun of “Laverne & Shirley” the same way again.
Buzz lips

You're already proficient at using your tongue to pleasure your woman. Now add a little vibration and you've got an unbeatable combination that's sure to induce wave after wave of incredible orgasms.

Here's What You Need:

You, with a song in your head.

Here's How You Do It:

Get your woman naked. Have her lie on her back with her knees bent and legs slightly apart.

Position your head sideways, so that your lips are parallel with the lips of your woman's vagina.

Pleasure her orally. Having your head sideways is different enough to produce some very satisfying results, but you're going to add something even better: Open your mouth slightly and place your lips over your woman's clitoris. Close your lips and begin to hum. Let the vibration from your lips stimulate her clitoris. The louder you hum, the better.

Hum for a minute or so, and then go back to using your tongue. Do that for a minute, and then hum again.

Continue alternating until your woman is humming a different tune.
Rescuing The Captain

What are you going to do when the Captain goes overboard? You’ve got to rescue him, right?

Here's What You Need:

One wintergreen or peppermint breath mint with a hole.

Here's How You Do It:

Put the mint in your mouth and give it a couple of minutes to partially dissolve. In the meantime, get you woman naked. Have her lie on her back with her knees bent and legs slightly apart.

With the mint still in your mouth, arouse your woman by gently kissing and licking her inner thighs, bikini line and vagina.

If your woman is sufficiently aroused, you should be able to spot the clitoris. That's the "Captain." It’s your job to rescue him.

Move the mint to the tip of your tongue. Press the mint against your woman's clitoris and release it.

Using suction, draw the clitoris through the hole in the mint. Flick your tongue as rapidly as you can over the clitoris and mint.

Only when your woman reaches orgasm have you successfully "rescued the Captain."

If you want to create an entire "Titanic" theme, place an ice cube in your woman’s navel.
The Crescent Flutter

In order to achieve maximum stimulation, sometimes a woman's clitoris needs a little help exposing itself from under its pink, fleshy hood. This is a time-tested technique that uses suction to do just that.

**Here's What You Need:**

You, freshly shaven.

**Here's How You Do It:**

Get your woman naked. Have her lie on her back with her knees bent and legs slightly apart.

Position your head between your woman's legs.

Open your mouth about a half an inch wide. Roll your lips slightly inward, covering your teeth.

Press your slightly open mouth to your woman's vagina, the clitoral hood in between your lips. This is why you need to be freshly shaven. Stubble above or below your lips becomes much more pronounced when you curl them inward and would be uncomfortable against your woman's sensitive skin.

Keeping your lips curled, form an airtight seal around the hood and gently suck inward; her clitoris will have no choice but to expose it.

While maintaining the suction, apply rapid flicks of your tongue to her clitoris. Vary your tongue movements until you find the combination that she likes best. Focus entirely on that one until you've delivered a powerful orgasm.
Laundry-mate

You know those "magic fingers" beds you find in motels that vibrate when you insert a quarter? This is even better. The vibration is more intense, the position makes for maximum clitoral stimulation and you don’t have to spend fifty bucks on a hotel room.

Here’s What You Need:

One washing machine. One load of wet laundry.

Here’s How You Do It:

After the washer is done agitating and doing official "washing" chores, it goes into the "rinse and spin" cycle. This is when you make your move.

As the rinse water fills, engage in some passionate foreplay. During this time, undress your woman and yourself. By now, the washer should be ready to spin -- and you should be ready to deliver an awesome orgasm your woman will never forget.

As soon as you hear the washer kick into "spin" mode, lead your woman over to it, put your hands on her hips and lift her up onto the top of the washing machine.

Most washers are at just the right height for you to easily part her thighs and insert yourself without having to make any real adjustments. But if you need to stand on something, do so.

Make love. Let the thrusts of your body combine with the intense vibration of the washer to take your woman over the top in a way she’s never felt before.

She’s had a great orgasm and you’ve got clean underwear for tomorrow. Everybody wins.
**Alpha-lingus**

This technique has been around for years. It enjoyed a resurgence in popularity in the late '80's, thanks to comedian Sam Kinison, who described it as part of his live stage show. Sam insisted that the best letter is capital "T." Now you be the judge.

**Here's What You Need:**

Just you and your tongue.

**Here's How You Do It:**

Get your woman naked. Have her lie on her back with her knees bent and legs slightly apart.

Position your mouth in front of her vagina and begin to pleasure her orally. As you're doing this, lick the alphabet on and around the clitoris.

Do all the capital letters first, then switch to lower case?

Watch your woman's reactions to determine which letters she likes best. After awhile, you can just do those (it's great when her favorite letters actually spell a word).

The Hawaiian alphabet only has twelve letters. If you happen to be a native Hawaiian, that puts you at a distinct disadvantage when performing this technique -- or trying to get on "Wheel Of Fortune."
It seems like guys, more than women, have a problem with laughter in the bedroom. Sex with someone you love is supposed to be fun, right? So get over it.

When you perform this technique, the two of you can't help but laugh your way through it. Between the sound and the tingling sensation, it feels both great and funny at the same time.

**Here's What You Need:**

One bag of "exploding" candy.

**Here's How You Do It:**

Get your woman naked. Have her lie on her back with her knees bent and legs slightly apart.

Open the bag of "exploding" candy and sprinkle a generous amount on the tip your tongue.

Press your candy-filled tongue against the bottom of your woman's vagina and lick upwards to the clitoris. Your tongue should leave behind a trail of candy bits, activated and ready to explode.

Pleasure your woman orally, making sure your mouth is wet enough to reactivate the candy. You may want to have glass of water nearby. If you do, take an occasional sip to wet your mouth. It doesn't take much to get these things to explode.

Continue your oral pleasuring. Reapply the candy as needed. It won't be long before your woman is in the throes of one of the most enjoyable orgasms she's ever had.
The Satin Cylinder

It's not the kind of thing one man would admit to another, but satin really does feel good against your skin. Imagine what it must feel like to a woman's most delicate, sensitive bit of skin.

Here's What You Need:

One satin nightshirt. Five bath towels. Two shoelaces.

Here's How You Do It:

Lay the first towel on the floor and roll it up length-wise. Now take the second towel and roll it tightly around the first. Continue until all five towels are rolled into one, tight bundle.

Wrap the satin nightshirt around the towel bundle. Tie the shoelaces around the bundle, about a quarter of the way from each end. The bundle should now resemble a small, satin-covered version of a rolled-up sleeping bag.

Get your woman naked. Now have her kneel down on all fours and straddle the satin bundle.

Enter your woman from behind. Have her spread her knees outward, lowering herself towards the bundle. Her clitoris should just barely touch the satin.

Make love. Each thrust from you will cause her to brush against the satin. The added stimulation she receives from the smooth material will often result in one or more powerful orgasms.

This technique assumes that your five bath towels are reasonably thick. If you do it at a motel, you'll probably need thirty.
Boxing The Compass

It's not the kind of thing one man would admit to another, but satin really does feel good against your skin. Imagine what it must feel like to a woman's most delicate, sensitive bit of skin.

**Here's What You Need:**

One satin nightshirt. Five bath towels.
Two shoelaces.

**Here's How You Do It:**

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Enter your woman from behind. Have her spread her knees outward, lowering herself towards the bundle. Her clitoris should just barely touch the satin.

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Ping Me A Love Pong

There are a lot of women who are intrigued by the idea of being tied up. But when it comes to actually trying it, they get cold feet. This is a great little game that gives your woman a sense of being restrained. In reality, though, she can get up and end it whenever she wants.

**Here's What You Need:**

One ping-pong ball.

**Here's How You Do It:**

Get your woman naked. Have her lie on her back in the middle of the bed with her knees bent and legs slightly apart.

Place the ping-pong ball in her navel. Tell your woman that she must not let the ball roll onto the bed. If she does: "game over."

Now it's up to you to do whatever it takes to make her writhe and squirm with pleasure (this would probably include some gentle flicks of the tongue around her nipples and breasts, as well as some serious oral pleasing).

Keep going until either the ping-pong ball rolls out or your woman erupts in an earth-shattering orgasm.

Two things to remember here:

1. If the ball rolls out momentarily and then comes to rest back in her navel, you have to keep going.
2. No fair rocking the bed in an effort to get the ball to roll out just because your jaw is tired.
The Pearl Escalator

The soft, smooth texture of a pearl is a perfect complement to a woman’s skin. This technique brings the two together in a way she’ll never forget.

Here's What You Need:

One pearl necklace.

Here's How You Do It:

Get your woman naked. Have her lie on her back with her knees bent and legs open wide. Sit down in between your woman’s legs.

Position the fingers and thumb of one of your hands as if giving the "thumbs up" sign. Hang the pearls off the tip of your thumb.

Now press your thumb against her vagina, just below the clitoris. Use your other hand to pull the strand around your thumb up towards her stomach. As you're doing this, each pearl should be brushing and stimulating your woman’s clitoris.

Once you've pulled all the slack from the strand, reach down and pull it again. The pearls will simply loop back around, running under your thumb and over your woman’s clitoris again and again.

It's up to you to determine how fast or slow you should pull the pearls. Once you find the right speed, you will bring your woman to orgasm fairly quickly.

Also, be forewarned that your woman will probably insist real pearls produce a more intense orgasm than imitation. She undoubtedly knows exactly where you can buy some, too.
Popsiclingus

There's no more satisfying treat on a hot, summer day that a nice, cold Popsicle. We've heard that some people actually eat them, too.

Here's What You Need:

One popsicle (your choice of flavor).

Here's How You Do It:

Get your woman naked. Have her lie on her back with her knees bent and legs slightly apart.

Hold the Popsicle by the stick and glide it along her breasts, down her stomach and across her bikini line. Go slowly, so that some of the Popsicle melts against her warm, soft skin.

Using your mouth and tongue, remove the Popsicle juice from your woman's body. Now it's time to move to a more sensitive area.

Touch the tip of the Popsicle to your woman's vagina. Run it up and down the lips, letting the melted juice trickle down the warm folds of skin.

At this point, you might be thinking about inserting the Popsicle. This is a judgment call on your part, and matter of personal preference on hers. If you think she might find it pleasurable, slowly insert just the tip of the Popsicle and gauge her reaction. If your woman enjoys this, turn your wrist back and forth, rotating the Popsicle that's barely inside her vagina.

Now use your tongue. Start by licking away the juice from the lips of your woman's vagina. Hold the Popsicle just above the clitoris and let the juice run down. Again, lick away the juice.

Continue until "I scream, you scream, we all scream for ice cream!"
The Vineyard's Mist

Any guy can dribble a little wine on a woman and lap it off like a Schnauzer. You're going to put a new twist on things.

This technique is best when it's done outside. Find a spot where the two of you can have a (very) secluded picnic.

Here's What You Need:

One bottle of wine (the sweeter, the better).
One new spray bottle (DO NOT use a bottle that's ever had cleaning products or insecticide in it).

Here's How You Do It:

Take your brand new spray bottle and rinse it thoroughly. Fill the bottle with wine and adjust the nozzle until it produces the finest mist possible.

Show your woman the spray bottle. Demonstrate by spraying a little wine into her open mouth.

Now give her a quick spurt on the side of her neck. Don't lick it off with a flat tongue; instead, open your mouth wide and draw the wine in with your lips. After that, you can use your tongue to collect any of the excess.

Get your woman topless. Use the same technique on each of her breasts. Then, move down to her stomach and belly button.

If she's still got her pants on, get them off of her. Now spray her calves and follow up with your mouth. Now do her inner thighs. Finally, give your woman's vagina a few pumps of the bottle and lovingly take in every delectable drop.

Remember: "goodness echoes from the canyon."
The Dutch Drawbridge

Here's a terrific position that heightens the stimulation of the top portion of your woman's vagina.

**Here's What You Need:**

Just the two of you.

**Here's How You Do It:**

Get your woman naked. You, too.

Sit up in the bed with your legs extended in front of you.

Have your woman kneel above you, straddling your lap. Then, lower her down until you are inside of her.

Now have your woman lean all the way back until her head is resting on your legs or ankles. Her knees should be bent so that her feet are underneath her buttocks.

You're not going to be able to thrust yourself into her with the same force you can achieve from, say, the missionary position. But the thrusts you do provide will be magnified in their intensity based on the angle at which you are entering her.