

A close-up photograph of a woman's back and shoulder, wearing a white lace bra. The image is framed by a dark blue border. The text is overlaid on the image.


POWER & MASTERY

**HOW TO
PLEASURE
A WOMAN
FROM HEAD
TO TOE**

**11 Erogenous Zones To Drive Her
Crazy Before You Reach Her Pussy**

KEVIN ANTHONY & CELINE REMY



...WE ARE SO HAPPY TO MEET YOU

We are Kevin Anthony and Céline Remy, your pleasure guides. It is our mission to create a worldwide movement of true sexual empowerment.

We are so thrilled you are now in possession of this guide, as we hope it will help you feel more **confident, empowered** and will make her experience and yours more fun.

There is so much more to the art of pleasuring a woman than simply stroking her pussy. She wants to be fully aroused before you start touching her genitals.

Before you get started, remember:

LESS AND SLOWER IS MORE

You don't have to **BE** in the mood. You can **CREATE** the mood by choosing to connect deeply with one another. Life is stressful and distracting and turn on is not going to chase us down, but we can create it.

Honor and respect her boundaries carefully at all times.

Bring your full presence and awareness into your fingertips. **Don't just touch -FEEL.**

GIVE RATHER THAN TAKE

Pay attention to her signals of opening when she likes it, or closing if she doesn't.

ARE YOU READY?



HOW TO PLEASURE A WOMAN FROM HEAD TO TOE

Most body parts can become hotspots when aroused, but some areas tend to be more sensitive than others and are worth the extra attention. Are you ready for a trip down the erogenous zones?

THE MIND

Our biggest sex organ is located between our ears. Having her intellect stimulated can be a massive turn on. From dirty talk to romance everyone has a few words that take them from zero to sixty in seconds. So make sure you stimulate it.

THE SCALP

One word of caution when it comes to massaging a woman's head, many spend a lot of time getting their hair done exactly the way they want and they aren't always in the mood for their time consuming hairdo to be messed with and destroyed in minutes. So always check first before touching a woman's hair. However, a deep scalp massage can send a woman to heaven.

THE NOSE

Did you know the nose has erectile tissues? So try an eskimo kiss or gently trace your finger up and down the ridge of her nose and watch for the shivers.

THE EARS

Pulling or nibbling on the lobe can be very sexy and tantalizing. Our ears rarely get any attention, yet there are many acupressure points that when massaged help with stress relief. A note of caution: a wet tongue in one's ear isn't always a home run so make sure you watch her body language if she stiffens that's probably not her thing.



THE BACK OF THE NECK

You can rub or massage the back of the neck with your fingers, or you can use your tongue or even your teeth on the side of the neck, close to the shoulders. For many it's a highly sensitive area that holds lots of stress.

THE INNER ELBOW

The soft skin of the inner elbow likes light caresses and tantalizing strokes, specially when you connect all the way from the hand to the inner elbow and up to the nape of the neck.

THE NIPPLES

Suck, nibble, lick or use your fingertips as feathers, the possibilities are endless around the nipples. It's always better to start light and increase the pressure as her pleasure deepens. Remember you can always add pressure but you can't take it back, it only takes one wrong move for a woman to shut down. So proceed with caution.

THE SMALL OF HER BACK

The sacrum can take lots of pressure, the sacral nerves irrigate her vagina and are a great source of pleasure. Deep firm circular motions will start producing heat that will spread to her vagina and also produce a deep relaxation.



THE INNER THIGHS

There's something really delicious about having your thighs kneaded and stroked. Firm pressure and light caresses they are all delicious. Make the movement start from the knee towards her vulva but avoid touching her directly. Tease her by stopping at the groin area (basically where the line of the underwear is).

THE BACK OF THE KNEES

Some enjoy the back of their knees licked or a very light touch, just like the inner elbow it can be a point of connection from the feet to upper leg. There's lots of nerve endings in that delicate part of the body.

THE FEET

You've probably been asked many times to give a foot rub and you're most likely familiar with the moans of delight and pleasure that this practice can provide. But did you know that when you stroke her feet, it activates a similar area in her brain than when her clit is stimulated. So never again turn down an invitation to rub her feet. Rub her feet the way you rub your cock. Using firm pressure, nice long down strokes and varying the intensity.



WHAT TO DO NEXT...

If you have made it this far we are thrilled.

Now that you know how to wake up her whole body, you want to take your skills to the next level and truly develop your sexual mastery.

To help you achieve just that we have created the most amazing online course **Power and Mastery** (<http://www.powerandmastery.com>).

[The Power and Mastery Series](#) is a complete training to develop your physical + mental stamina and enhance your sexual abilities.

Whether you want to last longer, have harder stronger erections or expand your sexual potential and skills, we can help you achieve that.

Take the first step TODAY.

Knowing what to do is great, but actually **doing** what you know is the key. If you are committed to your own power and mastery, and want nothing less than the realization of your full potential, and...

If you are willing to work for the things that matter to you, and show up for yourself in ways you have never done before...[Join Us!](#)



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