

# THE ULTIMATE BLOWJOB GUIDE

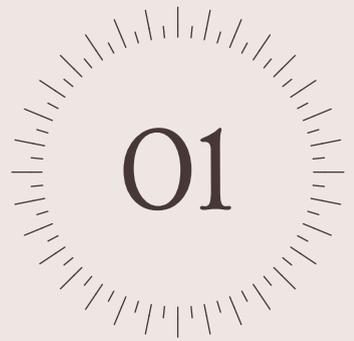
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# WHY BLOWJOBS?

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**Most people with penises looove blowjobs.** That's a fact.

Many people are insecure about their oral skills or simply feel shame and discomfort around placing their mouth on their partner's most intimate parts. But it's time to face it, lovers: Most people find oral sex more pleasurable and intimate than intercourse. It's no different for blowjobs. They feel special because they make your lover feel accepted, cared for, tended to, and looked after.

And in that, they can become one of **your most powerful sexual tools**. When you give your partner the experience of just laying back and focusing all of their attention on the sensations and pleasure you're giving them, oral sex will be a highly memorable act.

Oral sex provides an incredible sense of intimacy and closeness. When you engage in oral sex, you're taking the most delicate and vulnerable part of your lover's body into your mouth. It doesn't really get much more intimate than that.

Many men are insecure about their penis, its size, look, taste, and how it may or may not function (not only women have inhibitions about their body and genitals). In that sense, receiving oral sex can be **a massive act of acceptance**.

Did you know that oral sex is directly linked to a person's perception of how good their relationship is? This study shows that older adults with better relationship quality gave oral sex to their partner more often than those with worse relationship quality.

You will always want to adjust and customize oral sex based on your partner's preferences. Not all people like the same things, and not two penises are the same with exactly the same hot spots. That being said, there are some basic guidelines that lay the groundwork for amazing oral sex, regardless of what these preferences are.

Treat this guide like you would treat a recipe book. You do not need to use every single tip, technique, and position. Play with the suggestions and be flexible. Watch your partner's reactions to see what works and what doesn't.

With some time and curiosity, you will soon learn what oral techniques provide your partner the most pleasure and send them over the moon. Then you can start building on and tweaking what works and ditch what doesn't. Different people and different penises respond to varying types of stimulation better than others.

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**THE INGREDIENTS FOR A MIND-BLOWING  
BLOWJOB RECIPE ARE BASIC  
ANATOMICAL KNOWLEDGE,  
ENTHUSIASM, PATIENCE,  
COMMUNICATION, THE GIVER'S  
COMFORT, AND ACTIVE PARTICIPATION  
OF BOTH THE GIVER AND THE RECEIVER.**

Lastly, it's totally fine if blow jobs aren't your thing. If you absolutely despise going down, do not feel compelled to do it. It will not be pleasurable for either of you.

You cannot fake the key ingredient of a magnificent blowjob - enthusiasm.

Oral sex should be an intimate and sexy experience for both the receiver and the giver! You have to want to do it. You have to enjoy giving your lover this kind of juicy pleasure.

# PENIS OWNER'S ANATOMY OF PLEASURE

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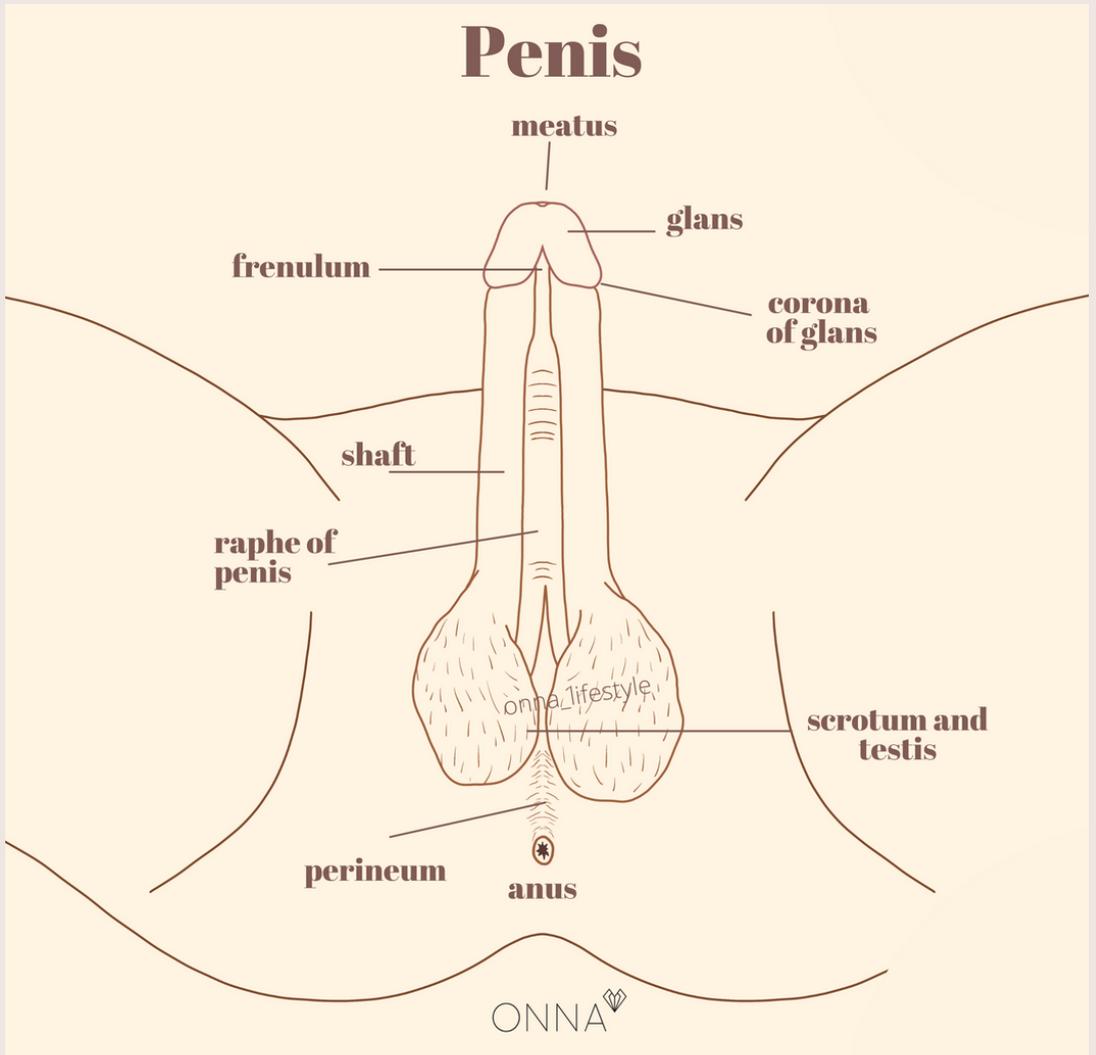
First things first - LEARN HIS ANATOMY

You would be surprised at the number of people who cannot describe the different parts of the penis. Many women do not even like to look at their partner's penis, let alone touch it or take it into their mouths.

Like our vulvas (and pretty much everything on this planet), penises come in a great variety. The colour, length, girth, shape, curvature, etc., will be entirely unique to your man, and there will be no other like it. Penises also vary in how they like to be handled, fondled, touched, and sucked, and it will take patience and clear communication to learn what it likes and dislikes.

The penis has three main parts:

- root
- shaft
- glans



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## **The root**

The root of the penis lies in the perineum and connects the penis to the bones of the pelvis via several tough ligaments.

## **The shaft**

The body of the penis is the free part of the penis, located between the root and glans. The shaft is not a muscle, but it is covered with muscles. It comprises three cylinders of spongy/erectile tissue – two corpora cavernosa and the corpus spongiosum (with urethra running through it) – that fill with blood in an aroused state, expanding and causing an erection. The spongy tissue extends back into the body through the root. The muscles surrounding the cavernosum and spongiosum support the penis when erect and contract during ejaculation.

In young partners, shaft stimulation alone can create an orgasm rather quickly. On an older or more experienced partner, use shaft stimulation when you want to slow things down since it is not nearly as dense in nerve endings as the other parts of the penis.

Most of the nerve endings on the shaft are located on the underside.

## **The glans**

Also, called the head of the penis is a bulbous, smooth, shiny, moist, and extremely sensitive part, composed of more than 4,000 sensory-nerve endings, exceptionally responsive to stimulation (1). Sometimes the glans can be even painfully sensitive to the touch, which happens right after orgasm.

## **The corona**

The corona is located on the outer perimeter of the glans. Literally, the crown of the penis is a slight ridge that joins the head to the shaft. This is where most of the nerve endings of the head are concentrated and where you want to focus your effort when you are ready for them to climax. This distinct area of the penis is of particular importance to oral action. For most people with penises, either the top or the bottom is more sensitive than the other. You will want to explore both sides on a new partner and pay close attention to his moans or bodily reactions elicited by stimulating each side.

1. Halata, Z., & Spaethe, A. (1997). Sensory innervation of the human penis. *Advanced Experimental Medical Biology*, 424, 265–266.)

## **The frenulum**

The frenulum is a string-like connecting membrane on the underside of the penis, similar to the band beneath your tongue. The more erect the penis is, the more stretched this band becomes, making it highly responsive to light, gentle licks, and wet and moist sucking. Pleasuring the frenulum with your tongue can make your man partner go from aroused to orgasming very quickly.

Locate it by following the ridge of the head - the corona to the underside of the penis. You'll notice a point where the two ends of the corona meet. In uncircumcised penises, this will also be the place where the foreskin is attached, which is another pleasure hotspot, said to be the most sensitive part of the male body.

## **The foreskin**

The foreskin covers the glans, or head of the penis, except in circumcised males whose foreskin has been surgically removed. Most males worldwide are not circumcised, which gives their lovers more area of skin packed with nerve endings to play with. Uncut penises tend to be a bit more sensitive too.

## **The urethral meatus**

The urethral opening allows precum, semen, and urine to exit the body. Since this area is also filled with nerve endings, some men will find the stimulation of this area pleasurable and arousing.

However, many find it quite uncomfortable and even painful, so proceed with caution and communicate your intentions beforehand.

## **The testicles**

Also called the testes are glands that produce sperm cells and the hormones testosterone, progesterone, and small amounts of estrogen.

They are super sensitive, so handle them very carefully. You will need to follow your partner's feedback here. Some men love having their balls touched and sucked, some not so much. You can run your fingers with a feather touch over the underside of his balls while you are giving him a blowjob and see his reaction. It may either add to his excitement or detract from the experience.

## **The scrotum**

The scrotum is a sac of wrinkled skin behind and below the penis containing the testicles.

Both the scrotum and testicles are very often neglected during any sexual activity. Give them some extra but gentle love when you go down on your lover.

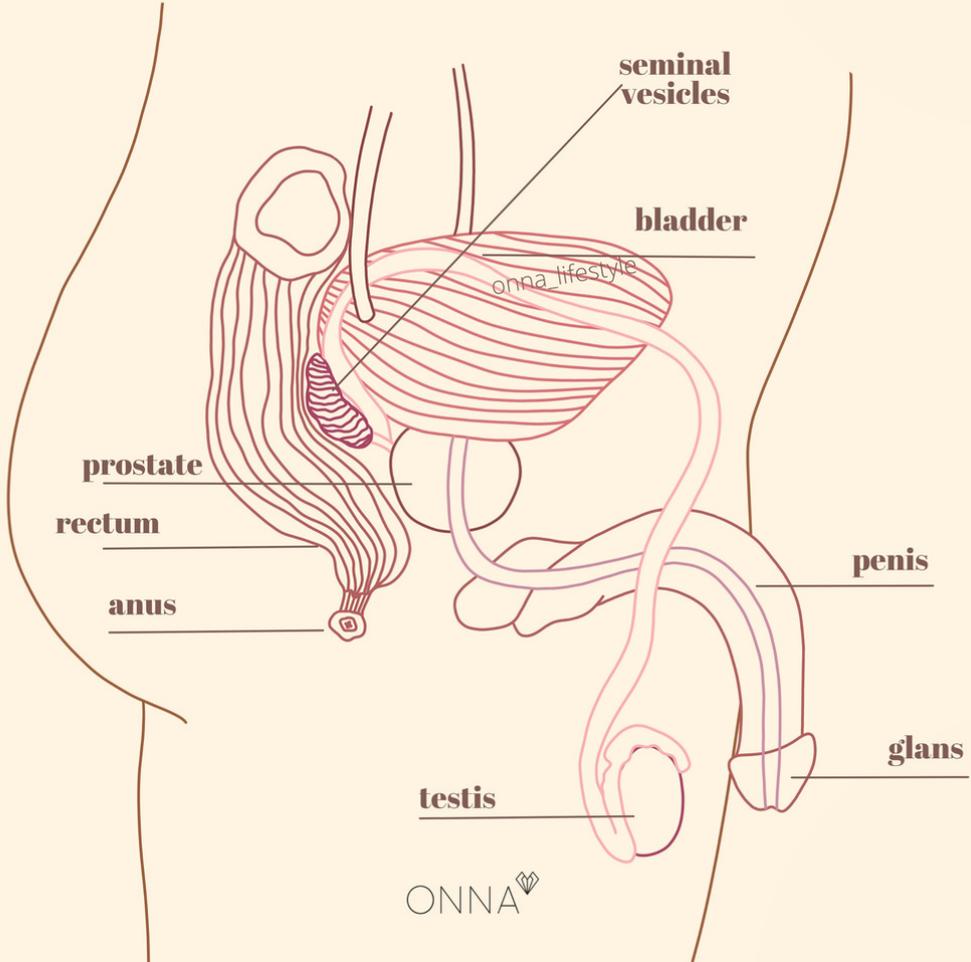
## **The perineum**

Also called the taint is the area behind the balls and towards the anus. The perineum is responsive to stimulation, but it is never hypersensitive like the glans or testicles. Under the skin of the perineum is where the root of the penis is located. When the penis becomes erect, this area also hardens. This area can be stroked, rubbed, massaged, licked, or sucked for added pleasure. Start with soft fingertips touches and gradually switch to applying more pressure in the area in back and forth or circular motion with your knuckles.

## **The anus**

Full of nerve endings and sensitive tissue on its own, this is the gateway to the male G-spot - the prostate. A light massage, circular rubbing, or rimming with your finger or a tongue will bring him to heaven.

# Prostate



## **The prostate**

Sometimes called the "male G-spot," it can unleash wildly erotic possibilities and some of the most intense orgasms.

The prostate is a walnut-sized gland in people born with a penis that is often called the male G-spot. It is located just below the bladder, about two inches (4-5cm) inside the rectum towards the navel.

Stimulating this gland has the potential to create more intense orgasms. However, prostate play is still somewhat taboo for many heterosexual men due to homophobic views and shame. Not everyone orgasms from just prostate stimulation, so simultaneously stimulating the penis with your mouth is a great way to add to the pleasure.

Massaging the prostate is also beneficial for prostate health. Studies have shown that regularly massaging the prostate to release prostatic fluid can help reduce prostate cancer risk. Increasing blood flow in the area can also increase elasticity, strengthen the pelvic floor, and help prevent erectile challenges over time.

# ATTITUDE MATTERS

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Before you take the penis into your hands, or mouth for the matter, know that **ATTITUDE IS EVERYTHING.**

What makes an exceptional blowjob is your attitude and enthusiasm. Ok, it may not be everything, but it goes a loooooong way.

Show you are eager to do it. Do not treat it like a chore. Nobody likes feeling like an obligation. There is nothing sexier than a partner who wants to please you. But you need to want to do it and actually enjoy it. Do not fake your enthusiasm; they will see right through it. If you are genuinely into it, they will feel like the king of the world.

Initiate. Show them you love the feeling of their penis in your mouth. Let your mouth make love to their penis and balls. Express your enthusiasm through sound. For many receivers, your moaning only enhances their experience and pleasure. Look into their eyes when you have them in your mouth. Show them you are having fun and that turning them on and pleasuring them turns you on too. Playing with yourself while giving them a blowjob will enhance pleasure for both of you.

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Like women, men too struggle with insecurities about their genitals, especially the size of their penis and the look of their balls. It is important to remember that everyone is different and beautifully unique when it comes to what's between their legs. That's what makes every individual sexy and attractive.

Take the time to appreciate him and his body and let him know what you like about his penis. It could be the colour, texture, shape, specific marks, and so on. Ease his worries, and let him know you are perfectly happy with what Mother Nature has given him. And do not be afraid to ask him to do this for you too.

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# HOW TO

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## **Get comfortable first**

What's super important for both givers and receivers is comfort. The most comfortable position for both is when your lover is lying on their back or sitting on a chair with their legs open. You then need to either lie down on your stomach or kneel between their legs.

Gently take their penis and start masturbating it. Pace yourself; don't go too fast or too hard at this stage. Stronger, deeper orgasms are created by beginning with a tease.

## **Smooth hands**

Before you even begin giving your lover a blow job, make sure your hands are soft and smooth because you will use them to provide maximum pleasure. Remove any jewelry that might feel too sharp.

## **Warm-up Slide**

Have your partner lie down and let his cock lie on his belly. Apply plenty of lube over your palms and place them over your partner's penis. Alternating your hands, slide them from the perineum towards the tip of the penis spreading the lubricant over the entire penis.

## **Teasing Fingers**

Glide across the penis using light finger caressing, even fingernails (use a very light touch if you are using fingernails).

## **Precum Play**

The precum is the perfect lube, and it will intensify the sensations he is getting from your hand. If he is pre-cumming, spread the precum gently across the head of his penis using your fingertip.

## **The Standard Stroke with a Twist**

Grab his penis, wrap your fingers around it, and stroke it up and down. To make this move more pleasurable, place your thumb over the head of his penis and rub it in circular motions while stroking him up and down.

## **Add Your Mouth**

The combination of your hands and mouth can result in earth-shattering orgasms for him. Slowly lower your head to his crotch and start planting soft kisses on his inner thighs, gradually moving towards his cock.

## **Keep going**

Continue with a few gentle licks over the head and along the shaft. Keep your tongue flat and soft. Imagine you are licking your favourite ice cream. Holding his cock with one hand, use the other hand to lightly massage his testicles. His reactions will tell you whether he likes his balls touched and how.

Take his penis into your mouth, not too far, though. Wrap your lips around it and use your tongue to work its magic on the head of the penis. You can start moving your head up and down, keeping your lips closed around the shaft and your tongue massaging the head and mainly the underside of the head where the frenulum is.

Make sure you use a lot of saliva. The more slippery and wet, the more pleasurable it will feel for the receiver.

You can start with this very basic technique and then experiment with other techniques below. They may orgasm after a few minutes of this technique, but why not add variety to it. There are many more hotspots on his body than just the head of the penis.

When it comes to the best blowjob techniques, remember that no one blowjob technique fits all. **Every penis is different, and every man reacts to slightly different touches, intensity of licking/sucking and speed.**

## **Add some variety but not too much**

It's essential to experiment with different styles and communicate with your partner, asking what feels best and watching their reactions.

Try 2-3 techniques and ask them which feels better. Their reactions and moans will also give you a sense of what's working and what is not.

People tend to assume that the more techniques they use, the better lovers they are. While being curious, exploring, experimenting, and trying new things is a lot of fun, you do not need a ton of different techniques and constantly switch from one to the next. You only need a few of the ones that work for your partner.

Also, keep in mind that to achieve orgasms, most people need consistency, and switching things all the time can be distracting and even annoying.

## Different techniques to try:

- Gently suck on the head while squeezing the shaft.
- With the tip of your tongue, stimulate the meatus (the pee hole).
- Swirl your tongue around the head, focusing on the corona.
- Flick your tongue against the frenulum, lightly suck on the frenulum.
- Take him fully into your mouth while pressing your tongue against the underside of the head (you might need some practice to do this without gagging).
- Use long, broad juicy licks along the shaft.
- Experiment with the pressure and shape of your tongue and the speed.
- If you notice a particular spot is more sensitive than others, stay there and experiment with licking, lapping, slurping, kissing, sucking, and nibbling.

No matter what technique you go with, remember that **maintaining consistency** when it comes to pace, rhythm, and pressure is what will bring your lover to orgasm. Start out slowly, experiment with a few techniques, but once you build up the rhythm and find what makes him go wild, do not suddenly switch to a different move. That would throw him for the loop and disrupt his concentration and ability to get into the sensations.

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**THE BEST BLOWJOBS USE A COMBINATION OF YOUR MOUTH, TONGUE, AND HANDS. USE THEM TO HOLD THE PENIS, JERK HIM OFF WHILE YOU ARE BLOWING HIM, SOFTLY PLAYING WITH HIS TESTICLES, PERINEUM, AND IF HE'S INTO IT, HIS ANUS.**

## Communication

None of us are born knowing how to be great lovers. What makes you a great lover is your curiosity, attention to your partner's cues, communicating openly, asking questions, and following your lover's feedback.

Your lover's reactions, sound, and body movements can tell you a lot about what they like, but the only sure-fire way is to ask and talk about it, which can be pretty hot on its own.

Ask them about the speed, pressure, types of strokes, and the most sensitive spots that they'd like you to pay special attention to. Often people assume that what worked for their previous partner will work for everybody else.

Even for long term partners, this open investigation and actively talking about how we like to be pleased and teased can be an opportunity to learn something new about each others bodies.

**Stay curious, open-minded, empathetic, and have fun with it.**

# PRO TECHNIQUES

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REMINDER: No number of techniques makes up for genuine listening, asking questions, and paying attention, but being familiar with a few pro techniques might help you get started.

## **FOCUS ON THE HEAD AND FRENULUM**

For most men, the most sensitive part of their penis is the head of the penis, especially the frenulum. This is the stringy piece of flesh on the underside of his penis, connecting the shaft to the head. You will want to give it extra love as it is particularly responsive to light and soft touch. While you want to give it more attention, be super gentle with it.

Try licking the bottom of the tip of the penis (the glans) where the frenulum is, using the least amount of pressure possible. Gentle sucking on the frenulum will send blissful waves of pleasure all over your lover's body.

## **TAINT TO TIP**

Both men and women have a perineum or "taint," located between the anus and genitals. The perineum is especially sensitive for men because under this small patch of nerve endings lies the prostate, also called the "male G-Spot."

The next time you go down on him, let your hands take over, press his cock against his belly (gently), and move your tongue over (and around) the scrotum, then underneath to the perineum. Sloooowly lick him from his perineum all the way to the tip of his penis in one slow continuous lick. The sensation of your tongue going from his taint to the frenulum will send him over the edge. Repeat as many times as he can take it.

## **TONGUE TWISTER**

Masturbate his penis with one hand and make slow circular movements around the head of his penis with your tongue, focusing on the corona. Switch up the speed, alternate directions, and add some variety. Make sure you use a lot of saliva for this technique. Stimulating his balls or his perineum with the other hand at the same time will feel ultra amazing to him.

## **THE TIP OF THE TIP**

Some guys have sensitive urethral openings. That's the small slit at the very top of his penis where the pee and cum come out. Try gently licking it when giving him a blow job and judge his reaction. If he enjoys it, explore it with your pointed tongue, inserting it in. If he doesn't, then just move on to another technique.

## **GET CHEEKY**

If you are not ready for deepthroating, try this fellatio technique that is almost as effective at providing him with intense delight and stimulation. Take him into your mouth. Press and rub the tip of his penis against the inside of your cheek. Add your tongue for a more toe-curling sensation.

## **USE THE ROOF OF YOUR MOUTH**

Take him into your mouth and angle his penis so that the glans rubs against the roof of your mouth. The texture of the top of your mouth provides a new sensation and can feel great. Just make sure you don't scrape his penis with your teeth.

## THE KILLER COMBO

### Hand+Mouth + Tongue

This is a killer combo and will send your guy straight to heaven. Masturbate him with your hand and swirl your tongue around the glans. With your other hand, massage the balls and perineum at the same time. If you and your guy are into rimming, you can try licking his rim while moving your hand up and down his shaft.

## THE SECRET COMBO

This powerful oral sex technique will give him back-arching, body-shaking, and screaming powerful orgasms.

When giving him oral sex, hold his penis with your less dominant hand and the penis in your mouth. Use the type of licks and sucking you know he enjoys. Now, slowly massage his perineum with your dominant hand. Use a dab of lube and slowly and gently circle your finger around his anus until he relaxes. If he is up for it, slowly insert your finger only about a knuckle deep. With the remaining fingers of your dominant hand, play with his testicles.

Instead of your finger, you can use a mini plug that will stay inside. This will free up your dominant hand that you can still use stroking and massaging the testicles and perineum.

Do not rush; slowing down is a powerful way to build up his pleasure.

## DEEPTHROATING

Deepthroating is one of those things that have been popularized by porn. Most of the allure of deepthroating stems from the fact that it makes the receiver feel powerful, and they find it sexy visually.

Many penis-owners say that deepthroating is overrated, and the idea of it is often hotter than the practice itself, as it's more challenging to get varied stimulation of the most sensitive parts.

**Remember that deepthroating is an advanced oral technique and not for beginners.**

Deepthroating involves putting as much of your partner's penis into your mouth and deep into your throat as possible, creating a super-intense sensation for him. It will make your mouth produce plenty of saliva resulting in the wettest, sloppiest blowjob.

The most critical aspect of deepthroat technique is learning how to control your gag reflex. I wouldn't recommend trying to deepthroat your partner before practicing on a dildo first a few times.

If you'd still like to give it a try with a partner, consider lying on your back and resting your head back off the edge of a bed. This will help open your throat enough to allow for thrusting with minimum gagging. Hold the shaft with your hand to control the speed, depth, and rhythm. It is important that you breathe through your nose!

## RIMMING

Anilingus – The anus and perineum are other zones besides his penis and balls that can massively add to his pleasure and make him see you as an oral sex goddess.

Some people adore having these two areas licked and stimulated, while others don't like it at all. It's a personal preference, and it all depends on your partner. Read more about this technique in our bonus Rimming guide.

# EXTRA TIPS TO DRIVE THEM WILD

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## EYE CONTACT

This is a powerful way to increase your intimacy, especially when they are about to climax. Slowly lick and suck the tip of his penis and look into their eyes. Most men are visual and love watching their lover worship them and devour them slowly. Just watching your mouth make love to his cock makes them lose their mind.

## KEEP IT WET

Wetter really is better when it comes to handling the penis, whether it's blowjobs or handjobs. It helps to glide easier and overall makes the experience more pleasurable for both the receiver and the giver. Most penises don't naturally produce a lot of lubrication on their own. You can use your own saliva or lube.

## **Tips that will help you produce more saliva:**

Eat something juicy before going down on him—ideally a piece of juicy fruit.

Chewing gum beforehand produces more saliva too.

## **USE THE TOP SIDE OF YOUR TONGUE**

Touch the top of your tongue with your finger and then the bottom part. Which side is more textured? The top part, right?

Our taste buds make the top side of our tongue slightly rougher in texture which provides more stimulation than the underside. Focus on using the top side of your tongue when licking him.

## **BALLS**

Don't forget them. The balls are generally often neglected during both handjobs and blowjobs, but they can be a source of incredible pleasure. Sucking them and licking them feels great for the receiver. You can use your hands to play with them, massage them, and gently fondle them. Don't be afraid to take one or both into your mouth and very gently suck on them too. Humming while you have them in your mouth can produce a surprisingly pleasant sensation.

Some men are into having their balls touched, sucked, and licked, some not so much. Some can take and like quite a lot of stimulation and pressure, while others are just too sensitive. Try gently cupping and stroking them and see your lover's reactions. If you are met with moans of pleasure and positive response, you can move in the direction of his balls with your mouth and tongue.

## **NO TEETH**

A very few people enjoy the feeling of teeth on their penis. This is especially true if your partner isn't circumcised since the glans will be more sensitive. Always protect the penis from your teeth by covering them with your wet lips.

## **KEEP HIM ON EDGE**

Edging is a great way to intensify his orgasm and also feel like you are in control at the same time. Drive them to the edge, then slow down or stop and start again. Build up the pleasure gradually, let him wait.

## **BE VOCAL**

Whether it's making pleasure noises or talking dirty to your man while giving him a blowjob, it will multiply his pleasure. Be vocal. Tell him how much you enjoy giving him a handjob, how much you like his cock, and what you want him to do to you later. Don't be embarrassed to make weird slurping noises. Let out moans. Show him you are enjoying yourself too.

## **INCLUDE ALL BODY PARTS**

Pleasure is a whole-body experience, and if you want him to experience out-of-this-world orgasms that send waves of pleasure rolling through his entire body, it cannot be achieved by isolating the genitals. Use your hands to spread his sexual energy from his cock outwards to other parts of his body. Do not limit your attention only to his penis. Rub, massage, stroke his thighs, his buttocks, his chest, and nipples.

## TOUCH YOURSELF

Seeing you naked pleasuring yourself while giving them a blowjob will turn them on and excite them visually. Be vocal and let out moans. Fully expressing your pleasure while giving pleasure will make this an incredible experience for them.

You can touch yourself or grind against their leg while having them in your mouth. Or ask them to pleasure you with their free hands. Remember, the best oral sex is when both the receiver and the giver have fun and enjoy themselves. Mutual pleasuring is a must for thriving and satisfying sex life.

## GO EVEN LOWER

Do not neglect the backdoor. The anus has a ton of nerve endings, and for many people, regardless of gender and sexual orientation, having it stimulated with a finger or a tongue feels incredible.

Start with circling around your partner's anus with the soft part of your fingers. Make sure you use a lot of lube. If your partner likes the sensation and presses their hips against your hand, very slowly insert your finger. Do not go very far. Start with a knuckle or two, then slowly move your finger in and out. Be ready to back off immediately if your partner communicates any discomfort.

**But be warned. Adding a little anal play can really speed up his orgasm.**

## PROSTATE PLAY

This is one of the best finishers he will ever experience.

Stimulating his prostate is one of the most powerful ways to give your man an orgasm.

If your man isn't used to anal play, start with massaging the perineal area between the anus and the scrotum. Apply ample pressure to it with your fist, and then rub it in circles. This will intensify his pleasure during a blowjob– A LOT!

Kissing and licking the perineum will feel amazing for him too.

If he is ok with direct prostate stimulation, gently slide a finger inside his anus and then curl the tip towards his front.

Slowly stimulate it by stroking it, massaging it, pressing it, and moving your finger in and out like you would when stimulating your G-Spot.

Read more about prostate play in our bonus Prostate Massage Guide.

# TO SWALLOW OR NOT TO SWALLOW....

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That is the question. The sad truth is that cum doesn't exactly taste like your favourite ice cream.

Swallow or spit preferences will vary from person to person and from one session to the next. Some people love it, some don't mind, some hate it, and some force themselves to do it. But really, it is up to YOU!

Look, you should never do anything that makes you uncomfortable. But please be polite, respectful, and discreet. How would you feel if your partner just gave you an incredible oral session and immediately rushed into the bathroom to get rid of your juices and to brush his teeth? Yeah, not pleasant; it would probably make you feel dirty and not accepted.

The same goes for male ejaculate. If you really cannot stand the smell and taste, have some paper tissues ready and discreetly spit into them. You can always take their penis out of your mouth when they are about to come and have them come on your face and not into your mouth. That gives him some extra visual stimulation too.

## **There are other options if you do not want him to ejaculate in your mouth:**

- Finish them off with your hand.
- Switch into intercourse.

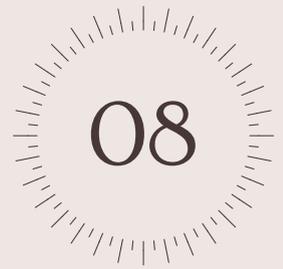
If you would like to finish them with your mouth and try swallowing, but cannot stand the taste, have a chaser (juice, soda, ice tea) within your reach.

Another tip is to take the penis quite deep into your mouth when he's about to explode and then quickly swallow. The ejaculate won't touch your tongue and tastebuds, and you won't taste it.

That said, a safe fluid exchange can be incredibly erotic, and the type of intimacy that can happen can be deeply special.

# DON'T FORGET AFTERCARE

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Aftercare is one of the most important aspects of sexual intimacy that is unfortunately often forgotten, cut short, or isn't there at all (ugh, you know when they roll over the moment they come). Many people haven't even heard of sexual aftercare or do not think it is important. You may not think it is something they need after a blowjob.

Aftercare refers to the time we devote, post-sex or play, to cuddle, talk, and care for each other. It provides space to improve emotional intimacy, expressing gratitude, sharing, and validating positive emotions. Overall, it just means you aren't taking each other for granted.

We all feel particularly vulnerable post any sexual experience: we are naked, we've hopefully just had an orgasm, and our bodies are flooded with oxytocin and dopamine.

In general, the more intense experience, the more vulnerable the post-sex state of mind and heart.

Prioritizing time for aftercare is about making sure everyone is cared for with respect and tenderness so that they can leave a sexual experience feeling good about themselves, whether you're seriously dating, married, or just met tonight.

Aftercare cultivates a greater sense of intimacy, making you a more compassionate and generous lover.

Some aftercare examples:

- Helping them clean up.
- Cuddling or spooning your partner.
- Rubbing their neck and back.
- Massaging their body.
- Holding and consoling the other person as they cry and release their emotions.
- Taking a shower together.
- Sharing a meal, cooking for them, or making a cup of tea for them.

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## WHAT DO I DO WHEN MY PARTNER GOES SOFT?

Penises do not always cooperate. They do not always stay rock-hard. It doesn't mean your partner isn't turned on or that he is unimpressed by your skills. Penises experience a lot of pleasure, whether soft, semi-hard, or erect, and there is no shame in a fluctuation of hardness.

When their erection starts fading, do not make a big deal out of it and continue pleasuring him. Keep communicating, though, and be ready to stop if they ask you. Do not take it personally. Sometimes we all go through things that make it difficult for us to get out of our heads and enjoy pleasure.

# F&Q

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## **WHAT DO I DO WHEN MY MOUTH GETS TIRED?**

Use your hands! The jaw and mouth can get tired, especially after repetitive movements or if you have TMD or TMJ.

Take breaks and let your hands do the magic. Also, do not suck too hard or go too deep, as that will tire your jaw faster. Instead, focus just on licking, kissing, and nibbling on the head of the penis.

## **WHAT TO DO WHEN I AM TURNED OFF BY THE SMELL**

Ok, genitals do not smell like roses and are not supposed to. But with good personal hygiene, they should not smell bad. You probably do not want to go down on them after their workout session, even though there are people who do enjoy that extra pungent scent.

Do not say anything that would shame or embarrass your partner. Encourage them to take a shower together. Tell them how good they smell after showering. You can also help them clean up as part of foreplay.

A black and white photograph of a woman from behind, with her arms raised and hands clasped. She has long, dark, curly hair. A semi-transparent rectangular box is overlaid on the center of the image, containing the text "THEIR MOST MEMORABLE BLOWJOB?". The background is bright and slightly out of focus.

THEIR MOST  
MEMORABLE  
BLOWJOB?

## ANSWERS FROM MEN

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"The connection I had with my partner at the time. The sheer explosiveness but also the gentle caressing she provided."

"Teasing. Taking your time to lick everything. There is so much pleasure in just the head."

"When my girl started to also go lower and involve my ass, honestly. Huge awakening."

"It was with someone I really loved and she got pleasure from giving pleasure."

"Wet but not sloppy. Full swallow is so sexy. Best is when she obviously enjoys it too."

"My partner taking her time and not rushing to satisfy me. Eye contact, variation of speed and movements. Showing me that she likes to give head."

## ANSWERS FROM MEN

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"I woke up to one. Girlfriend at that time felt my morning boner and gave me head. Still dream about it."

"I let her control everything and she touched herself at the same time. The moaning."

"The tongue action! Don't know what she did, but it was mind blowing!"

"When eye contact is involved."

"She went all the way including my balls, perineum and my asshole."