



By Jenn Gearey

# Rubbing Your Man the Right Way

Gauging your man's orgasm based on how loud he moans may be a good indication of how much he's enjoyed his orgasm, but his rating of the sex journey overall will entail a lot more than that. If you want to blow your partner away with sultry sex tricks instead of the same old roll in the hay, there are some things you can do to go down as one of the great women lovers of the world.

## Most Men Do Not Go Oink Oink

Unlike what many women might think, a man's mind plays an equal part in how much he enjoys himself sexually, so don't ignore the upstairs noggin.

"When looking to give your partner increased sexual pleasure you usually think in terms of a bigger orgasm," says Dr. Trina Read, a Calgary-based sexologist. "Learning how to give a good hand job or oral sex

is fabulous but it's not going to make them enjoy sex any more than usual." Dr. Read says that despite social myth, the majority of men crave the intimacy of sex just as much as they do the orgasm. "Women need to realize that men need an intimate connection too, they're not just sex pigs—the majority at least," she says. "A lot of men use sex as the only time they allow themselves to be vulnerable and emotional with their partner. If a woman says 'not tonight, I have a headache', the man doesn't know how else to reconnect with her."

## Pre-Sex Tips

The first step to pleasing your man in the sac is to forget the 1850's rule that sex is for the bedroom. "Sexuality between a couple should be flowing all the time, it shouldn't be something that's discrete," says Dr. Pega Ren, a Vancouver-based sex therapist. "Sex should be an extension of what goes on in the kitchen, living room, car—wherever. Sexual energy should be flowing all the time." The next step to great sex is recognizing that "I" is for "initiative". Don't wait for him to pin

you down when you've just slipped whitening strips on your teeth and you're q-tipping your ears. Give it to him without him having to ask; he'll like the initiative and no doubt spot the difference in you when you call the shots.

"Forty percent of men are dominant in bed, fifty percent are submissive and ten percent are neutral," says Sue McGarvie, an Ottawa-based sex therapist. "This shows that the majority of men want women to take charge. They're raised by mothers who tell them what to do and there's part of their psyche that still needs that. That's why dominatrixes at \$300/hour are so busy."

The third pre-sex suggestion to heighten your sexual potential with your partner is to make your bedroom a sexy place that provokes intimacy. And for Venus's sake, even though you're going to take it off, ditch the ankle-length flannel nightgown when it's not -30 degrees and opt for something that makes you feel alluring and let him see what a hot sex kitten you are.

## Touché

**While the smooth feminine feel of the palm of your hand will always arouse his nether region, a different texture from time to time could make him sexually savage. Explore him sensually with a silk scarf, gently with your fingernails, or spread some aromatic chocolate lubricant on him and watch how he rises to the occasion.**

"I've interviewed brothel owners from around the world and the thing they all say to know how to do is give a really good hand job," says McGarvie. "And they all talk about doing it with oil of some sort, be it baby oil, olive oil—pop it in the microwave so it's a little warm and guys go insane."

If you're even more touch adventurous, sexperts say a perineum massage while your man is about to climax, will give him an orgasm that is off the sexual Richter scale.

"Put pressure behind the testicles or feel for his prostate if you have short nails—men have ten times the number of nerve endings back there," says McGarvie.

While that area is still a sensitive subject for some couples, most sex therapists will agree that it is the ultimate pleasure zone for a man.

"Men aren't going to say no when you go there, it feels too good—and men are far less prudish than women are," says Dr. Ren.

And while most women don't necessarily think of doing it, sex therapists say that even the machoest of men sometimes enjoy a little nipple rub or kiss—as much as any woman would.



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## Going...Down

**Orgasm and oral are synonymous. Men love women who open up and say "ahh".**

As for technique, sexperts say that a man needs a little warming up down there, so rather than just swallowing it whole, lick it, flick it with your tongue, and enjoy your man like a damn good ice-cream cone with a mouth-watering cherry on top that you keep going back for more of. And while you're down there, sexperts say take a few seconds to praise the penis—he likes to hear that you think fondly of his love muscle just as you like to hear how much he worships your rug.

While your man will enjoy the southern kisses don't make the cherries under the tree feel left out. Sexperts say that most men enjoy a rub or kiss in that area and it's by far not as delicate as many women think.

"When they're aroused you're a lot less likely to do damage because of the blood flow," says McGarvie.

## Sex Etiquette

**Sex is messy, dirty, and due to some interesting positions sometimes awkward, so forget the prim and proper lady-like etiquette that your grandmother taught you and let loose—no crossing your legs, playing shy princess, or fat-butt complexes allowed.**

"Men are visual creatures and unfortunately many women struggle with body issues," says Dr. Read. "I had a woman come in once who said she only allowed certain

angles during sex so she could hide wrinkles and fat. But men don't really care about that. If you're totally into the sex they don't care about jellyrolls or cellulite."

So get naked, bite, scream, moan, groan—do whatever comes naturally to express yourself to your partner and let him know you're enjoying him.

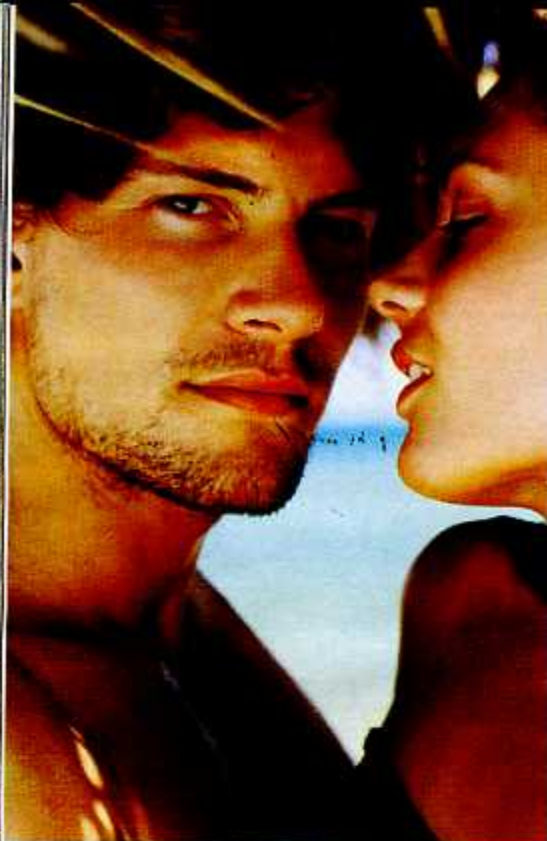
"Most guys love it when a woman is expressive so don't worry about being vocal," says McGarvie. "Lying there and not saying anything is more off-putting."

If there's one thing you can do to be polite between the sheets, it's to pay attention to your weather conditions down south, which need to be penis-friendly.

"Guys are very aware of how wet you are, they see it as a signal of how turned on you are," says McGarvie. "It could be because you've just had a bath or you've just finished your period but if you're a little dry put a little bit of lubrication on so you won't feel like sandpaper to him."

But McGarvie says there's pretty much only one sure-fire way to turn a man completely off.

"The surest way to turn a guy off during sex is to talk about previous partners," says McGarvie. "Guys have issues with being compared with other men in the moment because he'll visualize it."



## Goodbye Starfish

**Get off your lazy backs ladies! Say so long to the missionary starfish position and mix up your repertoire of sexual positions.**

You can take out the Kama Sutra or any other book with a plethora of strange sex poses in it, but by far the best way to find out what your man likes is to experiment with him—and enjoy every nano second of it.

"Some positions afford deeper penetration and a stronger thrust," says Dr. Ditz Katz from the Women's Therapy Center in New York. "A position where the woman wraps her legs around a man's waist or puts them up by his shoulders will do that, but it depends on what the woman can take."

To heighten your man's potential for a leg-quaking orgasm, sexperts also say once in a while give your man the night off. This means, when you're feeling Catholic, tell your partner that you want him to be selfish and that your pleasure will come from bringing him to sexual ecstasy heights.

"Saying to a man 'You lie back and enjoy' I think is a wonderful idea," says Dr. Ren. "And hopefully the next night he'll say he wants to return the favour."

Since it takes the average man between 6 and 7 minutes to ejaculate during intercourse and the average woman between 10 and 12 minutes—there's a little bit of an orgasmic dilemma. So if your man doesn't have the night off and you don't want to be left out of the orgasmic ecstasy club, ask him for some love-button pleasure before he goes full throttle. Despite orgasm time averages, if you're still dreaming of the perfect Hollywood sexual adventure where

you and your partner have synchronized climaxes, you may want to reconsider. "There are times when we come together and oh what fun!" says Dr. Ren. "But what that means is that I have completely missed your orgasm and you've completely missed mine. So I don't think that should be the aim every time."

If you're feeling frisky and want to go for round two, unless he's 18 and at his sexual peak, give your man a little sandwich break. Unlike a woman who could have 100 orgasms in a night if she endeavoured it, a man's refractory period between ejaculations isn't as gifted.

"With age it takes a man longer and longer to recover," says Dr. Ren. "But the more highly aroused he is and the less drink (alcohol) he has in his system, the better chance he'll have."

While you're waiting for your man to recover from the last pleasure journey you took him on, you might want to brush up on your Kegel exercises. The squeeze of a woman who knows how to do these makes sex immensely more pleasurable for the man.

"Kegel exercises are very good, they'll keep a woman's pelvic floor in shape and the pumping around the penis during intercourse feels great for him," says Dr. Ross Lynn Tabisel, also from the Women's Therapy Center in New York.

## Sexual Blahs

**Sexual desire has its ups and downs but if you're routinely not wanting it with your partner, put your relationship under a magnifying glass and take a good look at why.**

"Generally a loss of sexual desire signals trouble in a relationship rather than something wrong with the woman," says Dr. Ren. "If the relationship is healthy, so is the sex."

If intercourse is painful, don't opt to give him oral sex for the duration of your relationship just to keep him happy, get help. Often, sex therapists say this is a psychological issue manifesting itself physically.

"We've had patients that haven't consummated their marriages because of this," says Dr. Tabisel. "Sometimes it's the fear of pain, sometimes it's because a woman has been brought up in a very inhibited religion or culture, or even just because they're extremely anxious."

If you're wanting sex but feel sex has gone stale for you, simply turn on the heat and cook up something new.

"You've got to get out of the 'I do this to you, you do this to me and boom it's over' ritual," says Dr. Read. "Try to move out of your comfort zone. Arrange to do something sexy together like going to a sex store, picking out a toy together and then going home to try

it out. But don't just bring a vibrator home to your partner and be surprised that they're peeved off. You've got to discuss it first." To rev up the sexual healing, Dr. Read also suggests female-friendly pornography.

"Women are conditioned by society not to like porn but there is some very women-friendly porn out there that just might surprise them," says Dr. Read.

If you're exploring new sexual scenarios with your partner, prepare yourself ladies, some of your man's wet dreams may surprise you a wee bit. McGarvie says that the top five sexual fantasies for men are: 1) Sex with two or more women; 2) Light S & M; 3) Backdoor sex with you; 4) You using a strap-on on him; and 5) More oral sex.

The list may seem a little—or a lot—daunting, but sex therapists say the most important thing is to shake up your sexual relationship from time to time and regain that carnal chemistry.

"Staying in your comfort zone is a great way to keep sex boring for you," says Dr. Ren. "You need to be adventuresome."

Dr. Read says women need to keep their man's sexual attention by trying new things and showing that their sexual relationship matters as much as it ever did.

"At first in a relationship when we're seducing a man we act like porn stars in bed because we feel we need to prove our sexual prowess, and guys are like 'wow!'" says Dr. Read. "But then three years later we drag our arses into bed with our partner and they know we're not into it anymore. What men really want is for their partner to come to bed being an active and eager participant. Men feel ripped off though because they're not getting that."

In a nutshell, all of this means: give it to him, want to give it to him, be engaged when you give it to him, give it to him in as many ways and places as you can think of, and for the sake of Cupid, enjoy the ride.

