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COSMOPOLITAN

EXPERTS

sex advice

from Amy Levine, Cosmo's Carnal Counselor

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"I want to try anal sex"

Q My fiancé and I want to try anal sex, but we aren't sure how to go about it. Are there any tips you can give us to make it more comfortable?

A Unlike the vagina, the anus is not super-elastic or self-lubricating. Therefore, to enjoy anal sex, you need to take it really slowly and use plenty of water-based lubricant. Since your butt is not used to having objects inserted into it, the sphincter muscles, which encircle the anal opening, will automatically clench when you try to penetrate it. So, you have to learn to relax them. Have your guy get you nice and worked up with your favorite form of foreplay and then delicately massage the outer rim of the opening. When you're ready, have him slowly slip his finger in, only as far as is comfortable. Just stick with this for several sessions, until you are able to let his finger in with little resistance or tension. Then, if you don't feel you're ready to jump from a finger to a penis, graduate to an in-between-sized sex toy specifically designed for up-the-butt action.

Remember, anything that's been in the anus -- fingers, a penis or toys -- needs to be washed with soap and water before putting it in the vagina to avoid spreading bacteria and causing an infection. If you used a condom, replace it with a new one.

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