

# COSMOPOLITAN

## EXPERTS

### sex advice

from Amy Levine, Cosmo's Carnal Counselor

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## "Giving him oral sex gives me a stiff jaw and neck"

**Q** I recently gave my boyfriend oral sex for the first time. But it took so long, my neck and jaw were killing me. Is there anything I can do to finish him off faster...and make it less uncomfortable for me?

**A** It's not uncommon for "lusty lockjaw" to kick in when performing oral sex *if* you keep your man's full penis in your mouth the whole time. But, you can give a great blow job *without* that kind of start-to-finish action. The key is to mix in manual stimulation and plenty of licking and kissing, lavishing his shaft *and* testicles with TLC.

Of course, the more aroused your man is when you start, the less arduous oral action you'll need. So, work him into a frenzy by kissing, stroking and licking him from top to bottom: Nibble his ears as you gently circle his nipples with your fingertips; lick his belly button as you run your fingers along the crease where his thigh meets his hip; run your tongue from the top of his inner thigh all the way down to his toes and then work your way back up again.

When he's really fired up, you can zero in on his member with some manual stimulation and then move on to easy oral strategies. Some great examples of the latter: Run your tongue up and down his shaft to lubricate him. Then, use the tip of your tongue to trace a trail around the base of his penis or gently suck on his scrotal sac as you move your hand up and down his shaft. Kiss your way along his member, flicking your tongue against the nerve-packed head or frenulum (that little ridge on the underside where the head meets the shaft). When he's just about ready to burst, take him fully in your mouth. If your jaw gets tired, move back to licking and kissing his penis and/or stimulating it manually.

Remember, if you're not enjoying yourself, your man won't fully enjoy himself either. So, find a position that's comfortable, have fun and be as creative as you want, experimenting with different moves and techniques until you hit on what works for both of you. After all, that's what great sex is all about.

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