

COSMOPOLITAN

EXPERTS

sex advice

from Amy Levine, Cosmo's Carnal Counselor

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"How can I help myself orgasm during oral sex?"

Q I can climax during penetration but not during oral sex. I enjoy what my boyfriend is doing, and it always feels like I might orgasm, but I never do. Help!

A It's possible that your guy just hasn't mastered the kinds of mouth maneuvers you need to get off. So, indulge in a little erotic experimentation by asking him to vary the speed, pressure and types of moves he makes. For example, he can flicker his tongue back and forth across your clitoris, then slowly run it up and down your entire vulva. Another titillating technique that many women swear by: Have him use the tip of his tongue to trace circles or figure eights.

If, after trying various techniques, you still can't reach oral gratification, you probably do need internal stimulation to climax, so clue your man in. The next time you feel like you're heading to the O zone when he's going down on you, ask him to incorporate penetration. Say something like, "I want to feel your fingers inside me." Have him move one or two fingers in and out, simulating intercourse. Or, go for some G-spot action by asking him to make "come-hither" strokes with his finger against your upper vaginal wall.

If fingering doesn't fully get you off, another option is to add toys to his down-there routine. Using a vibrator or dildo to mimic doing the deed as he simultaneously licks you might be all it takes to unleash your oral orgasmic potential.

The bottom line: Communicating what you need to climax will lead to better between-the-sheets satisfaction for both of you.