

COSMOPOLITAN

EXPERTS

sex advice

from Amy Levine, Cosmo's Carnal Counselor

[This Week's Sex Advice](#) | [Sex Advice Archive](#)
[Ask the Carnal Counselor](#) | [Meet the Counselor](#)



"How do I give my guy a hand job?"

Q This may sound silly, but how do I give my guy a really good hand job?

A Pleasuring your man manually -- whether it's a prelude to penetration or an erotic act in itself -- is an incredibly sexy sack skill that's often overlooked. When you and your man are fooling around, have him lie on his back and straddle his thighs. Then, gently rub some water-based lube on his penis. To perform the basic hand job, firmly, but gently, wrap your fingers around his member and move your fist up and down his shaft in a slow, steady motion.

Variety is one of the key ingredients to a moan-worthy hand job, so mix up your speed and pressure as his arousal grows. Don't forget to pay special attention to the super-sensitive corona (the ridge where the head meets the shaft) and frenulum (the thin ridge that runs the length of the underside of his penis). Periodically massaging them with one or two fingers will make him swoon.

You'll also want to try using both hands in tandem -- think of it as doubling his pleasure. To give him an incredibly erotic two-hander, form a ring with your thumb and forefinger at the base of his shaft and gently tug downward, while simultaneously fondling his TLC-craving testicles with your other hand. Another make-his-toes-curl strategy: Handle his member with both hands working in precision, first one hand scaling down his shaft followed directly by the other. Make a gentle twisting motion on the way down, and his head'll spin. Or, wrap both hands around his member and move them in opposite directions as you work your way up and down his shaft. As he nears orgasm, continue stroking his shaft with one hand, while you gently massage his perineum (the nerve-packed stretch of skin between his anus and testicles) with the pointer and middle fingers of your other hand. You'll set him on fire.

Since no two guys are alike, you'll have to experiment with different moves to discover exactly what sends your man over the edge. Just ask him what feels good. Or, have him give you a hands-on demo of how he likes to stimulate himself, then follow his lead. Remember, just as important as technique is attitude, so try not to get hung up on "performance anxiety" and have fun. The fact that you're so willing to please your man is as big a turn-on as any hand job.

© iVillage Inc. 1995-2005. All rights reserved. [terms of service](#)