

COSMOPOLITAN

EXPERTS

sex advice

from Amy Levine, Cosmo's Carnal Counselor

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"How do I touch his perineum?"

Q My man wants me to touch his perineum when we're fooling around. Where is it exactly, and what do I do with it once I find it?

A The perineum is a nerve-packed stretch of skin between the testicles and the anus that, when touched the right way, can send your guy over the erotic edge.

Next time you're pleasuring your man manually or orally, gently massage, pump or stroke this supersensitive hot spot with one or two fingers, trying varying speeds and patterns to see which elicits the best response.

If he wants you to amp up the intensity, add a bit of pressure or even press your knuckle into the skin, which may stimulate his prostate gland, an organ that lies underneath the perineum and can elicit mind-numbing orgasms.

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