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COSMOPOLITAN

EXPERTS

sex advice

from Amy Levine, Cosmo's Carnal Counselor

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"How do we master simultaneous oral sex?"

Q My guy likes to be on top when we do 69, but I feel like I'm being choked. How can I make it more comfortable?

A When your guy is on top during simultaneous oral sex, try pleasing him without taking his entire shaft in your mouth. Lick and kiss the head of his penis, or run your tongue up and down the length of the shaft paying special attention to the supersensitive frenulum -- the thin ridge on the underside of the penis. You'll launch his libido into the stratosphere if you use your hands to massage his testicles and perineum -- the nerve-packed patch of skin between his balls and his back door -- in conjunction with your mouth moves. You could also have your man hover over you on all fours -- with his knees by your ears -- instead of lying directly on top, which will give you more room to roam his hot spots. Although your guy likes to be on top, there are other 69 positions that can be just as mutually satisfying. Why not switch to the woman-on-top pose?

The pleasure plus for you is being able to control the intensity of oral pressure against your clitoris by how hard you press against him. Or, try the side-by-side configuration: Lie on your sides, with your mouths directly in front of each other's genitals. Bend your top legs at the knee and put your feet flat on the mattress. Then you can rest your heads on the lower thigh. It make take some minor modifications before your bodies comfortably mesh, but the beauty of this position is being able to watch the other get off -- which can be mind-blowingly sexy.

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