



COSMOPOLITAN

EXPERTS

sex advice

from Amy Levine, Cosmo's Carnal Counselor

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"Is it possible to stimulate the G-spot and clitoris simultaneously?"

Q Could you give me some tips that my guy and I can use to trigger my G-spot and clitoris at the same time?

A There's no special passion pose to guarantee his shaft alone will score a one-two knockout. But you can double your pleasure by adding some manual -- or battery-powered -- action while engaged in positions that give his member primo access to your inner hot spot. Doggie style and modified missionary (with a pillow under your pelvis and your feet resting on his shoulders) put your G-spot directly in his penile path. You can use your hands or a vibrator to stimulate your clitoris as he hits your internal bliss button with each thrust. Woman-on-top puts *you* in control of the angle and depth of penetration (allowing you to find the best G-spotting stance), while *his* hands are free to stroke your clitoris.

You can also get twice as much satisfaction from oral sex by having your man slide two well-lubed fingers inside and making come-hither motions against your front vaginal wall as he titillates your clitoris with his tongue. Or, give him a hand and insert your own fingers (or a sex toy) to bring yourself to ecstasy. Have fun experimenting until you find the carnal combinations that suit you best.

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