

# COSMOPOLITAN

## EXPERTS

### sex advice

from Amy Levine, Cosmo's Carnal Counselor

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## "Why does my clitoris get numb during foreplay?"

**Q** My guy spends a lot of time stimulating my clitoris, which is great. But sometimes it gets numb. What's going on?

**A** When a woman is aroused, her clitoris engorges with blood, expands in size and becomes erect. Since the tip (known as the glans) is filled with 6,000 to 8,000 sensory nerve endings, it's a super-sensitive spot. While some women need lots of direct stimulation, others experience downright discomfort or, as in your case, numbness.

The key to enjoying extended foreplay is to make sure your clitoris doesn't get more attention than it can handle. For starters, have your guy mix up his moves throughout your sack session, switching among rubbing, stroking, licking and sucking, and varying the amount of pressure he applies. Use plenty of water-based lubricant as well, which will heighten sensation and cut down on the friction that can rub you the wrong way. And take a mini-break from the action the minute you start to feel any irritation.

Another way to avoid hot-spot soreness: Be sure your partner isn't retracting the hood of your clitoris, which exposes its most sensitive part. In fact, it might help if he also plays with the other parts of your vulva and vagina -- and the rest of your bod, which is loaded with hidden erogenous zones just aching to be discovered -- until you're really aroused. By then, your clitoris will be hiding under its hood, which is nature's way of protecting it from overstimulation. You can also ask your man to pleasure you through a thin fabric, like your underwear or a bed sheet, which can act as a buffer.

Since you're lucky enough to have a lover who gives you so much CTLC (clitoral tender lovin' care), he's obviously eager to please, so don't be shy about letting him know what feels good and what doesn't. Guaranteed, those are the kinds of directions he won't mind following.