



SHE'S LOOKING DOWN TO THE LEFT

Read She's fantasising about something she's done before.

Fulfil your fantasy Teach her to talk dirty. "This is the position the eyes go to when she's remembering feeling, touching, smelling or tasting something," explains Richard Bandler, author of *Frogs into Princes: Introduction to NeuroLinguistic Programming*. But if her eyes flip down and right, she's bored. "This means she is mentally talking to herself."

What to do Studies in the *Archives of Sexual Behaviour* show that the way to guide a woman to orgasm is via visualisation and fantasy. "Tease her by alluding to a previous steamy session," says Kerner. "Tell her how sexy she looked and how it turned you on. Ask what she enjoyed so you can get her talking about what she'd like you to do to her now."

SHE BITES YOUR NECK

Read She wants you to spank her.

Fulfil your fantasy Play rough. "Because most women are too shy to verbalise what they want sexually, they'll do to you what they want done to them," says Patti Wood, author of *Success Signals: A Guide To Reading Body Language*. "Pay attention to the pressure she uses and the length of time."

"Women are more likely to be turned on by biting than men; her pain threshold increases by 50 per cent when she's sexually aroused," explains professor of sexual psychology Dr Barry Komisaruk. "This take the edge off pain, making it arousing."

What to do "We are taught at a very young age that biting leads to punishment, ie, spanking," says Kerner. "Return the gesture, but use the same pressure so as to not hurt her. If she moans and bites you again, tell her that she's bad and lightly swat her buttocks."

"According to Russian scientists at the Novosibirsk Institute of Medicine, this will cause a rush of endorphins and encourage more blood to flow to the genital area, which will make her final orgasm stronger. If she moans or laughs, it's a sign she wants you to continue."



THE SEX COACH

Jacqueline Hellyer boosts your bedroom know-how

Q My girlfriend says she has three types of orgasm that all feel different. I only really have one type. What does this mean? – TF

A Yes, females are capable of many and varied orgasms. As well-known sex researchers Masters and Johnson put it: "Women have an infinitely greater capacity for sexual response than a man ever dreamt of." It's generally easier for men to orgasm, but potentially women have better and more varied ones.

Orgasms from clitoral stimulation feel different compared with those from vaginal stimulation, and those from deep stimulation are different from those from shallow stimulation. Some women can come through nipple stimulation, having their earlobes sucked, etc.

But men, too, can experience different types of sensation and orgasm by experimenting with speed and rhythm. If you're used to the standard "harder, faster" route to orgasm, try taking it slow and steady, resisting the urge to go hard, and see if you don't have a more intense, drawn-out type of orgasm, rather than the standard explosive type.

Q I'm not sure if I please my girlfriend when giving her oral sex, as she's never had an orgasm from it. What are your tips for satisfying her in this way? – PH

A The best person to answer that is your girlfriend! Don't be shy about asking her to let you know (through sighs and groans, if not words) what she likes and doesn't like. Try different speeds and pressures of licking.

Generally, women like little flicks of the tongue, but some prefer lapping licks, or swirls, even small sucks. The left side of the clitoris is often more sensitive.

Try adding a little vaginal or anal stimulation with your fingers or a vibrator for added sensation.

The most important thing, though, is simply to keep going! It can take quite a while for a woman to orgasm, so settle in and keep the attention constant and regular. Let her relax into it so she can completely receive, without any thought other than the pure pleasure she's experiencing (or her favourite fantasy running through her head, which could tip her over into orgasm).

Jacqueline Hellyer is a sex coach and author (jacquelinehellyer.com). Got a question for her? Log onto yahoo7.com.au/menshealth.