



Adam & Eve.
Celebrating 50 Years

Presents

50 Years of Great Sex:

Expert Tips & Advice

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Introduction

Hello! If you are reading this book, it's likely you want to up your game in the pleasure department and become the best lover you can be. Would you like to become a master of foreplay? Perhaps you'd enjoy a topographical tour of all the erogenous body parts? Want the low-down on the lube options out there? Need toy ideas and instructions on how to optimize your self-pleasure practice? Want to hack the mechanics of oral sex? Curious to uncover all the taboos of anal, and become the best backdoor lover possible? Interested in tips to make the best of your environment, from steamy showers to salacious Zoom sex?



Welcome then! This short book has all the essentials you need to know. I offer tips and tools for everyone — no matter your age, gender, sexual orientation, relationship status, religion, or physical ability.

The journey begins 50 years ago, exploring how sex went from socially unacceptable to socially unstoppable. The 70s opened up society with the sexual revolution, then shut back down in the 80s. The 90s and 2000s experienced a swing back towards more freedom of sexual expression. For all 50 years, Adam & Eve has been there. Opening their doors in 1971, they have consistently offered sex positive products and education to the masses. They are still here, bigger and bolder than ever. Together with Adam & Eve, I offer easy and accessible sex tips, paired with sex toy suggestions at every turn. Unbuckle your seat belt, grab your lube, and get ready to learn all it takes to be a sex sensei.

A word about diversity...

Most sex manuals are geared toward heterosexual, cisgender, monogamous, able-bodied partnerships. This prototype is what the social-sexual script perpetuates. And by all means, many couples may very well fit perfectly into this configuration. However, not all partnerships do. To assume we all must fit these boxes and this narrative eliminates the diversity of our humanity and creates a non-inclusive environment. This manual aims to be inclusive of the diversity we all experience in our own bodies and/or in the bodies of others.

Let's do a quick diversity overview.

Couples that don't identify as a heterosexual partnership might identify as queer, gay, lesbian, bisexual, demisexual, asexual, greysexual, pansexual, or a blend of these.

One or both partners that don't identify as cisgendered may identify as non-binary, gender-fluid, genderqueer, agender, bigender, and/or androgynous. Some people are born intersex whereby they have non-binary genitals and/or sex chromosomes and characteristics. Some people are transgendered and have a gender identity that is the opposite from the one they were assigned at birth.

Some couples prefer not to be monogamous or sexually exclusive, but rather prefer an open relationship construction. This can range from monogamish (coined by sex journalist Dan Savage), to swinging and even polyamory.

Lastly, not all of us are able-bodied or free from chronic illness and/or chronic pain. Some body differences include those with back pain, brittle bones, or users of wheelchairs. Some people have invisible differences like anxiety or mental health challenges. Some have cardiovascular disease, diabetes, or cancer. And sometimes our genitals just don't function the way we want them too – whether we struggle with erections, ejaculation, painful intercourse, or orgasm.

It's a social-sexual myth that every couple is blessed with a perfectly erect penis to insert into a lusciously lubricated vagina. Our bodies don't all work the same. Again, this is what makes the diversity of our humanity beautiful and essential. No matter our differences or challenges, we are all still sexual beings, deserving of pleasure! This is not the end of our sexuality. We can always get creative with our bodies, our fantasies, and our eroticism!

P.S. If you do struggle with erectile functioning, premature ejaculation, access to orgasm, painful intercourse, or other pelvic floor issues, there are plenty of certified sex therapists and pelvic floor physical therapists nationwide who are specifically trained to help you.

Ok, let's go learn some sex tips!

Chapter 1

Shifting Sexual Attitudes



Sex in America has evolved enormously in the last 50 years — from how we think about it to how we enjoy it. Primetime television used to only show heterosexual married couples sleeping in separate beds. Today, all kinds of couples have all kinds of sex (albeit under the sheets). We've broken down the closet door to shatter sexual taboos involving interracial relationships, same gendered relationships, sexual orientation, gender expression, anal sex, kinky sex, open relationships, and more. The topic of sex has transformed from silent embarrassment to the main headliner of countless social media posts. Adam & Eve has been a part of it all for the last 50 years, always touting sexual health and pleasure.

The Sexual Revolution of the '70s



Adam & Eve was founded in 1971, right at the beginning of the sexual revolution that radically transformed American society. But the groundwork for that revolution was laid much earlier with the invention of the birth control pill in the 1960s.

The pill gave women the freedom and ability to explore their sexuality without worrying about becoming pregnant. As increasing numbers of women began taking the pill, this led to an explosion of sex.

With more people than ever having sex outside of marriage or committed relationships, they naturally began to experiment with different sexual activities and behaviors. *The Joy of Sex*, published in 1972 by Alex Comfort, helped educate readers about different possibilities for sexual connection. Like

pairing a good wine with your meal, Adam & Eve acted as their adjunct, providing the American public with a much-needed resource for adult products, from condoms to sex toys to educational sex videos.

Long-standing taboos surrounding interracial relationships and homosexuality started to shift in the 1960s and continued to fade throughout the '70s. The Supreme Court struck down laws forbidding interracial marriages in 1967. The Stonewall riots in 1969 jumpstarted the modern LGBTQ movement after police raided gay bars and meeting places.

Closing Down Free Love in the '80s



After the sexual proliferation of the 1970s, the cultural climate did a pendulum swing in the opposite direction. A more religious movement became popular. In an effort to recalibrate from the '70s, the religious movement emphasized the sacredness of sex only after marriage. Although regarding sex as sacred was (and still is) an important value to many people, encouraging abstinence until marriage required teaching sex as dangerous. "Sex" soon became a dirty three-letter word.

This situation was complicated by inaccuracies and myths about HIV/AIDs. At first, the social narrative described HIV/AIDs as a gay disease only spread by anal sex. When this was eventually debunked, many people still believed sex to be dangerous because of the possibility of spreading the virus through sexual fluids. The net effect was a strong decrease in sexual activity and partners.

The federal government started cracking down on adult businesses nationwide, including Adam & Eve. The company was raided by police in 1986, and the late founder Phil Harvey was charged with disseminating obscenity. He was found innocent in a jury trial, but the government continued targeting the adult industry. The Justice Department coordinated the launch of dozens of investigations and court cases nationwide to drown adult businesses in red tape and legal bills. It was a rocky time for the adult industry and sex toy lovers everywhere, but a brighter future was just on the horizon.

Reigniting Passion in the '90s



The early '90s continued to experience a number of social movements extolling the virtues of abstinence and waiting until marriage. Millions of young people were encouraged to sign abstinence pledges, proudly wearing purity rings to show they were saving their virginity for their wedding night. While the desire may have been to help young people perceive sex as sacred, the consequence to society resulted in severe restrictions around sexual education curriculum. This made it harder, if not impossible, for young people to learn about sex.

Then the 1992 presidential election ushered in Bill Clinton. Though he will forever be remembered for cigars and blowjobs, the election also recalibrated sex yet again, triggering another cultural shift. The

federal government stopped their expensive crusade against adult businesses, including Adam & Eve. Without the legal threat, business at Adam & Eve started booming more than ever. It was so good, they built a new warehouse and office in Hillsborough, NC to meet the growing demand.

As America rediscovered its love affair with sex, attention quickly turned to ways to spice things up. Couples started researching new sex positions and trying new things in the bedroom. This new passion was captured perfectly by the beloved HBO show *Sex and the City*, which introduced women worldwide to the magical orgasmic possibilities of the rabbit vibrator. Sex toy sales exploded overnight!

Taking Sex Online in the '00s



The explosive growth of the Internet created a digital sexual revolution. Thousands of websites began popping up all over the world – all dedicated to sex. Adult content, starting with pictures and quickly shifting into movies, became widely available. Much of it was even free. Adam & Eve's new website let you buy sex toys online, making it even more discreet than ever before. This allowed people to explore their fantasies and desires, especially for niche interests that didn't have a lot of mainstream interest.

More importantly, the Internet made it much easier for people to communicate and learn about all aspects of sex. Someone in Ohio could ask a dom in London questions about bondage. A woman in Africa could learn more about sexual health. Young people around the world could read about masturbation and everything else that wasn't mentioned in their sex ed classes. You could use a forum to anonymously post questions about sex that you were too embarrassed to ask in person.

The Internet made it much easier to connect in real life as well. Sites matched people based on compatible interests and sexual preferences to make dating faster and easier than ever. If you were looking to make a specific sexual fantasy come true, you could find someone who shared it – no matter how unconventional it might be. The Internet became the expedient venue for meeting one-night stands and hook-ups.

LGBTQ Rights & Acceptance in the '10s



The Internet's ability to bring people together made promoting social causes and organizing protests simpler than ever. The LGBTQ community, as well as their allies, made the most of the opportunity.

They flooded the Internet with examples of discrimination and inequality, targeting businesses that wouldn't serve LGBTQ individuals, seeking public apologies from celebrities over sexist comments, and fighting negative stereotypes. They organized court battles for equal civil rights, resulting in the landmark

Obergefell v. Hodges Supreme Court case legalizing gay marriage. Adam & Eve branched out from its mainstream roots with Adam Male as well as Eve's Toys to better focus on the special needs of the LGBTQ community.

Caitlyn Jenner famously came out as a transwoman in 2015. Jenner underwent full sex reassignment surgery in 2017, putting the topic of trans more publicly on the map. Laws unfairly targeting transgendered individuals met public derision, economic boycotts, and protests. Trans-rights became a hot button topic for the first time ever.

Looking Ahead to the '20s & Beyond



It's always difficult to be a fortune teller and predict what the future might hold. We have seen the pendulum swing back and forth through the decades. My deepest hope is for sexuality to stabilize, so we can continue forward in a manner that allows all people to feel safe, empowered, knowledgeable, and respected around their sexuality.

I hope that discussing sex can continue to be more commonplace and easeful—on an individual level between couples, between parents and their children, and between political parties. Rather than tear each other apart, it's important to recognize and respect why each person or party holds a particular value. Even if we respectfully disagree, it is still in the spirit of respect.

I hope that our society can continue offering access to accurate sex education at appropriate developmental ages, while also respecting the varied values that different cultures and religions hold regarding sexual behavior. As a sex educator and therapist, my bias is that accurate sex education demystifies sex and delays sexual behaviors. If nothing else, it empowers young people to understand sexuality and make fully informed decisions for themselves. I also fully understand that all cultures and religions have different value systems. The messages from each culture and religion will inevitably lack agreement, but this does not make the other side “wrong” or “bad.” Some messages are more traditional. Some messages are more progressive. Again, understanding why we hold particular values and why we want to pass on particular messages allows for respectful dialogue and respectful disagreement.

I hope that mainstream and social media can offer unbiased information regarding sexuality or at least own any possible bias. I hope that all platforms can allow a fully open discourse.

I hope for the continued equality of rights for all people to have access and safety to love and partner with whom they choose. I hope for all populations to feel empowered to have a voice and be seen as sexual beings.

It is my belief that all people should feel safe to acknowledge their sexuality.

In summary, our sexuality is a confluence of our actions, activities, experiences (positive, negative or neutral), feelings, fears, fantasies, values, beliefs, boundaries, body image, messages and narratives, erotic orientation, emotional orientation, relationship construction (monogamous or openly versatile), gender identity, gender expression, gender roles, DNA, chromosomal sex, hormonal make-up, internal and external genital construction, and turn-ons (be they traditional or unconventional). There is so much that makes up our sexuality. And there's no better place to get that info than Adam & Eve. Buckle up with us on the learning rollercoaster. You'll even find some new toys and adult products to make the ride all the more exhilarating!

Chapter 2

Erogenous Zones for Everyone



The human body is an astonishing wonderland of potential pleasure. It's filled with highly sensitive nerves from your head down to your toes. Of course, some of those nerves are better suited for sexual stimulation than others. These sexual nerves naturally cluster in special spots known as erogenous zones.



There are a few major erogenous zones most people have in common. However, erogenous zones differ from person to person. Some like having their ear lobes teased, others prefer nipple play, and some might go nuts for toe sucking. People's interests range from light teasing and touching, to harder contact like spanking or scratching. There are some of us, like certain sex therapists, who even consider the whole body one big erogenous opportunity!

Before jumping into bed with anyone, you should know about their erogenous zones as well as your own.

The Clitoris

When it comes to erogenous zones, most people automatically think of the clitoris (aka the clit). This tiny little love nub is one of the most sensitive spots on the human body. Many women can't have an orgasm without at least a little clitoral stimulation.

It's common when beginning your sexual journey to fear the clit as some secret buried treasure that's virtually impossible to uncover. On the contrary, the head of the clit can be extremely easy to find, provided you know where to look. The clit is extra special in that it actually extends up to five inches inside the vagina and pelvic floor of the body.

Whether you are looking for your own clit or someone else's, start lying on your back in bed. From here, the woman can butterfly her legs open and start to feel for the little nub positioned slightly above the vaginal opening. Some women looking for their own clit even like using a hand mirror to check it out. The tricky part is that clits come in a variety of shapes and sizes — from 0.1-1.4 inches long and up to 0.4

inches wide. If your partner has a prominent clit that's easy to spot, then you're in luck. If they've got a smaller clit, then it often can be hidden or at least partially covered by a small fleshy area known as the clitoral hood. A little foreplay is just what you need for the clit to pop out of the hood and join the party.

Stimulating the clit is pretty simple if you follow these three ground rules:

1. Don't jump right to it. This sensitive area has 8,000 nerve endings, which means it can be overloaded easily. Tease the tissue around the clit before going in for the landing.
2. Apply the "Three S's"—Soft, Subtle, and Slow. Compare this to touching the tip of an eraser head just so softly. That's how you want to start with the clit. From there you can apply more pressure and speed as your partner directs you and/or gets more aroused.
3. Use lube (or saliva). Moisture helps the finger flow! You can moisten a finger or two before rubbing around and on the clit. Many women prefer the feel of a tongue though. Feel free to jump ahead to Chapter 8 about oral sex if you want to learn some great techniques for going down on the clit.

In the early stages of your relationship, you might be less familiar with each other's bodies. Don't be shy; ask your lover to show you how they like to be touched since everyone has different preferences. The learning and the mastery will result in more fun for both of you!

There are a lot of clit toys out there, and I recommend the [Satisfyer Breathless](#), only available at Adam & Eve. This revolutionary toy combines Satisfyer's award-winning air-pulsation technology with Adam & Eve's extensive vibrator knowledge to recreate some of the same sensations you experience during oral sex!



The G-Spot

The G-Spot is an incredible erogenous zone, for some women. Not all women enjoy the G-Spot or know where it is. Honestly, it can be hard to find! Thankfully, we have detailed directions to help you uncover this buried treasure.

The G-Spot is located about two inches inside the vagina, along the top wall if she's lying on her back. It's fairly small with a rough and slightly spongy feel compared to the rest of the vagina. Here are three simple steps for finding the G-Spot:

1. Start off with some foreplay. This increases blood flow to the vagina, cultivating arousal and easier access to slide a finger inside and explore.
2. Insert a single finger about 2 inches deep (about your middle knuckle). The tip of the finger should curl upward pointing toward the stomach, like you are saying, "come hither."
3. Slowly move your fingertip in a swirling motion to explore the area that feels firmer and rougher than the rest of the vagina. (Some compare it to the roof of your mouth.) Start with small circles at first before making them larger and larger until you find it. Since the G-Spot

presses against the bladder, it's common for stimulation to create a sensation of needing to urinate.

If the finger doesn't work, another option is the basic G-Spot vibe. These sex toys are specially shaped to reach the G-Spot, and their extra-large tips cover a lot more surface area than just a finger.



If you're looking for a no-frills G-Spot vibe that's stood the test of time, then check out the [G-Gasm Delight](#). Adam & Eve has sold this vibe for over a decade, leading to countless orgasms. The angled shaft and enlarged tip make your G-Spot easy to find. The vibrating motor is located inside the tip for maximum power and pleasure. Many women report enjoying a body-shaking G-Spot orgasm from this remarkable toy!

However you explore the G-Spot, enjoy it with various methods of stimulation — from side to side rubbing to circular motions to more of a stroking or petting. No one G-Spot likes the same thing.

The Penis

For men, the penis is their most prominent erogenous zone. It can be pretty hard (pun intended) to miss! If you sat through even basic sex ed, you know that the penis starts off flaccid. Sexual arousal causes blood to flow to the penis, leading to an erection.

The head or glans is the most sensitive area of the penis. It's packed with 4,000 nerve endings, making it ripe for stimulation. A pair of soft, wet lips and tongue can feel like heaven, but there's more about that in the oral sex chapter coming up.

Odds are pretty good that you already know what to do with an erect penis.

Some men are circumcised, and some are not. For those who are not, the extra foreskin can act like a lube substitute and allow for easy stroking. For those who are circumcised, it's a good idea to grab a good lube to avoid chaffing. Adam & Eve sells [great lubes](#). If you don't have a good lube handy, consider using coconut oil or even saliva.

Once you have an accessible lubricant of choice, engage the penis in long, slow strokes to create a slow and sexy build-up of arousal and pleasure. When you have a solid erection, consider playing with different kinds of strokes. You could also switch hands or use both of them.

While it's easy to focus on just the tip, there are plenty of other sensitive spots on the penis. One of the most noteworthy is the frenulum. This is a V-shaped area on the lower half of the penis connecting the tip to the shaft. The frenulum is why guys like getting the lower half of their shaft licked so much!

Want to add some more fun? Grab those testicles, lightly, as if you are gently cradling and jiggling them. When you are ready to cease teasing and bring him to orgasm, return to the shaft for the faster and tighter stimulation.

When you're looking for a penis toy, most people automatically think about the Fleshlight. This classic stroker has been around for years, and it's known around the world for its discreet design and

stimulating suction. There are a lot of different Fleshlights to pick from, but I think the [Fleshlight Go: Surge](#) is the best. It's a little shorter than the original Fleshlight with stronger suction and a better textured interior for more stimulation.



The Prostate

The male version of the G-Spot, the prostate, can deliver amazingly strong and intense orgasms. Unfortunately, many men aren't comfortable with prostate stimulation because it requires anal penetration for maximum impact. The psychological discomfort around anal often stems from an outdated social narrative that says men shouldn't have backdoor penetration, particularly straight men. The other potential source of discomfort is the lack of physical familiarity with backdoor play. (See Chapter 10 on accessing all possible pleasure from the anus).



If your partner's not quite ready for full-blown prostate stimulation, you can try introducing them to the perineum or "taint" instead. This is the area between the base of his shaft and the anus. Pressing firmly against this area with a kneading or rocking motion allows you to stimulate the prostate indirectly. It's not quite as effective as direct contact, but it's a great stepping stone that can offer your guy lots of pleasure.

Stimulating the prostate is very similar to the G-Spot. Its location does require a little extra preparation though.

The following steps can be done alone or with a partner:

1. Hit the bathroom, just in case you need to have a bowel movement first or double check for extra cleanliness. Then wash your anal area with soap and warm water to make sure you're squeaky clean. (It relaxes your muscles a little too.)
2. Play with the penis. This is to ensure there is full arousal. Being aroused helps psychological and physiological readiness to open and receive.
3. Apply a little lube to both your finger and the backdoor. You can slowly work your finger inside. (Make sure those fingernails are trimmed back nice and neat before trying this.)
4. Slowly insert a curved finger about 2 inches inside. The tip of the finger should point towards the stomach.
5. Move the finger in a small, circular pattern while searching for a walnut-shaped bump.

If you're having problems finding the prostate, trying using a small prostate vibe instead. These anal-friendly toys are specially shaped to make it easy to find and even easier to stimulate. The vibrations can help your rear relax too, making them easier to insert and more enjoyable as well.



The [Waterproof Prostate Massager](#) is one of Adam & Eve's most popular prostate toys. They've sold over 150,000 of these bad boys! The tip is specially shaped to help find your prostate while concentrating vibrations directly on it for more intense thrills. The shaft is extra-slender too, making it perfect for beginners to anal penetration. Since the vibe is completely waterproof and made from non-porous ABS plastic, you can practice in the shower, and it cleans up in a snap.

After finding the prostate, keep teasing it with your fingertip or toy. You can use the same circular motion or try stroking it instead, depending on which feels better. Some men can orgasm through prostate play alone, but most prefer combining it with penis stimulation for an extra-explosive climax.

The Vulva & Vagina

The vulva is the entire genital area that is home to the clitoris (aka the clit), the inner and outer labia (aka the lips), and the vagina. We have already talked about the clit. However, there are sensitive and excitable nerve endings throughout the entire vulva, including inside the vagina.

The vagina is a small, muscular tube that leads into the body. The pair of soft folds, called labia or lips, surround each side of the vagina. The vagina is a fascinating body part biologically speaking, and I could go on and on about everything it does. When it comes to sex; however, there are a few important things you need to know. The vagina produces a natural lubricant used by the body during sex, which is why it becomes slick or "wet." Some women don't produce as much, and some produce more. I always encourage women to keep their favorite lubricant handy on the off chance that they are dehydrated that day or just need a little extra lube support.

Unlike the clit, the vagina requires some form of penetration for sexual stimulation – even if it's a tongue, finger(s), or sex toy. Before penetration, it's super important to tend to and tease the entire vulva. I encourage setting aside 15-20 minutes for this process to really warm up the body and get the vagina hot and bothered, begging for penetration. To accomplish this, touch, tickle, lick, and play with the whole vulva. You can start with the top area (called the mons pubes) above the clitoris. Then move to the inner thighs as you approach the outer, then the inner lips. The opening of the vagina, called the introitus, is enormously sensitive for many women, and this could be an area to gently tease as well. And of course, don't forget to play with the clit. This hot button helps create a ton of arousal for a woman, really preparing her for penetration. Again, your goal is a hot and bothered vulva, so the vagina ends up well lubricated and ready for enjoyable penetration.



Last, but not least, the entire vagina is an erogenous zone. There is no one size fits all roadmap when it comes to the vagina (or the vulva for that matter). Therefore, communicate about what feels good in the moment. Maybe your woman wants one slow and shallow finger inside. Maybe she wants two fingers with deeper pressure and depth. Maybe she wants one of Adam & Eve's time-tested amazing toys, like the [Velvet Kiss Vibrator](#). This multi-speed sex toy features a slender shaft that slips in easily, while powerful vibrations rock every inch of your kitty. It's even waterproof for wet and wild fun in the shower too!

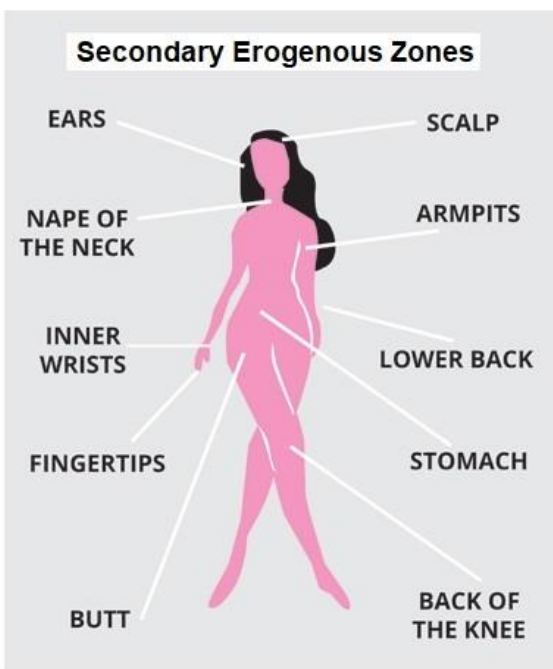
Another option is [Adam's True Feel Dildo](#) which looks and feels surprisingly realistic to

bring your fantasies to life. It bends and flexes for comfortable penetration and play. And it has a suction cup base for hands-off fun from cowgirl to doggy-style positions.



One of the biggest mistakes you can make during sex is to confuse the anus for the vagina. It's surprisingly easy in the dark, especially if you don't have a lot of experience or had too many drinks. The vagina has an oval shape and opens easily during foreplay and sex. The backdoor has a round, puckered shape. It's much smaller as well. Unless you've been teasing it on purpose, the anus should be squeezed tight.

Other Erogenous Zones



The **A-Spot** is the G-Spot's shy and less known little sister. You may have never heard of it before. It doesn't help that the A-Spot (aka anterior fornix) is buried deep inside the vagina and even harder to find than the G. Fans of the A-Spot claim that it's key for long-lasting orgasms... some lasting as long as 20 seconds. The research is still out on that, so you might have to do your own testing.

If you want to test that out, you can find the A-Spot using the same basic technique you used on the G – just insert your finger about 4-5 inches deep. Move your finger in a slowly expanding circular motion until you find a slight bump that feels a little rough. Then start gently rubbing and stroking it, just like you would with the G-Spot. You can use your G-Spot vibe on your A-Spot if it has a long, slender shaft like the [G-Gasm Delight](#).

The **anus** is loaded with sensitive nerves, making it fun for everyone. I suggest my clients start with a little finger teasing around the outer rim to help relax the sphincter before moving on to anal play. Check out Chapter 10 to learn more about stimulating this erogenous zone.

The **butt cheeks** are especially responsive to massage (especially kneading motions) and spanking. The [Tantric Satin Pleasure Whip](#) delivers a pleasant little sting, while adding a playfully kinky touch to your boudoir.



The **nipples** are another erogenous zone that's gender non-specific. We all have nipples! That said, male nipples often don't get the attention that female nipples get. Many people like getting their nipples licked or sucked. Some prefer a little more intense stimulation, such as pinching or squeezing. If that's the case for you or your lover, then I recommend

grabbing a pair of nipple clamps like the [First Time Fetish Nipple Teasers](#).



These clamps feature an adjustable tension screw so you can modify them from a slight squeeze to a hard pinch. The chain weighs the clamps down, causing them to tug on your nipples for extra stimulation. If you are into kinky thrills, this gives you or your lover something to pull on.

The **perineum** (more popularly known as the taint) is another gender non-specific erogenous zone. This is the small area located between the anus and the genitals. Some people like this area to be gently tickled, while others enjoy more firm rubbing. Perineum stimulation is especially effective on men, since it can indirectly target their prostate.

Last, but not least, are the **scrotum and testicles**. They've got a lot of pleasure potential, if you handle them with care. Try lightly cupping them with your hands or gently sucking on them for maximum pleasure.

Keep in mind that I'm just scratching the surface when it comes to erogenous zones. There are many other erogenous zones, including the earlobes, nape of the neck, inner thighs and inner wrists. With a little exploration, you'll be amazed at just how many erogenous zones you and your lover have. And that's not counting the brain – the biggest and most powerful erogenous zone of all! The main take-away is to map your body and your partner's, so you have multiple options for erogenous exploration.

Chapter 3

A Complete Guide to Lube



Lube is often overlooked, but it's an essential part of a healthy and active sex life. It keeps your bits moving smoothly and comfortably for all kinds of salacious fun, including solo sex, anal play, and more. It supplements your body's natural moisture for longer-lasting and more enjoyable sex. The right lubricant can even make the difference between good sex and great sex!

Lube is important for masturbation no matter what genitals you have. However, it's absolutely essential when engaging in anal play and penetration because the anus does not self-lubricate. The vagina – with enough foreplay and arousal — will often self-lubricate. But not always. Some women live in dryer climates and/or can be more dehydrated. Some women struggle to lubricate because they might be in particular part of their cycle, peri-menopausal or postmenopausal. I always recommend a high-quality lubricant, so we don't feel the need to be hyper-vigilant, tracking if there is enough being produced naturally. This can really help everyone relax and enjoy their time, versus worrying about lubrication.

What's Your Type: Water, Oil, Silicone, or Hybrid?

Lube comes in a wide variety of different types, each with its own special properties and features.

As the name suggests, **water-based lubes** are made primarily from good old H₂O. They can be used safely with condoms and all types of sex toys (including glass, silicone, rubber and everything else) for pretty much anything you want to do. They cost less than other types, making them easy on the wallet. There's also a vast selection to choose from, including vegan-friendly and organic options.

Another benefit is that water-based lubes clean up quickly and easily with just a little soapy water and a towel.



If you are going for a water-based option, you can't beat [Adam & Eve Lube](#). This budget-friendly product has satisfied countless couples over the years, and it's sure to keep all your important parts just as smooth and sleek.



Unfortunately, the sheer versatility of water-based lubricants is also their biggest drawback. As the ultimate jack-of-all-trades, they're the master of none as they dry up more quickly than others and need more frequent re-application. If you're looking for something to use just in the shower for example, then you're better off with another formulation like oil.

Oil-based lubes last longer than any other type. However, go cautiously before using them. For starters, and most importantly, they aren't safe for use with condoms. They are also **not** compatible with sex toys made from rubber-based materials like TPE, TPR, or jelly. Lastly, they can permanently stain your sheets and lingerie. On a rare occasion, they can also cause some health complications, such as urinary tract and yeast infections. If you do choose an oil-based lube, my favorite is a simple organic coconut oil that you can get at the store. Make sure you are in a situation where you can safely go condom-free, and even consider throwing down an old, shabby towel to prevent staining.

Silicone-based lubes are the slickest of all and are waterproof, so you can use them in the shower and anywhere you might get wet and wild! Silicone is a versatile substance used in everything from medical equipment to cooking utensils. Your body doesn't absorb it like it does water, so these lubes also last longer and don't need to be applied as often. When you're done, you can wipe it off with a clean towel. On the downside, silicone lubes are much more expensive than water-based ones. And you should never use them with silicone sex toys, as they could damage the product.



If you want to try a silicone-based product, then [A&E Personal Silicone Lubricant](#) is a great option. While it's more expensive than their water-based lube, it's still a bargain compared to other brands. The longer-lasting formula saves you some money in the long run too.

Hybrid lubes combine water with a little bit of silicone to create what just might be the ultimate lube, striking a great balance between price and usability.

Hybrids are still being developed, so your options are limited. While hybrid manufacturers say they're safe to use with silicone toys, I would do a test run on a less exciting toy before slathering up your favorite vibrator or dildo. You don't want to risk ruining your fav go-to toy!

Special-Purpose Lubes: Anal, Flavored & More



While most lubricants are made for use during sex, there are some specially created for more exotic purposes. These specialty lubes are still made from one of the Big Four types (water, oil, silicone or hybrid). They just contain some extra ingredients that help them excel at their intended purpose.

Anal lubes are the perfect fit for (surprise, surprise) backdoor play. Many of these are made from either water (which makes them safe to use with anal toys and condoms) or oil. Anal lubes are thicker than usual, which helps them stay in place to protect the sensitive inner tissue of the anus. They also last longer, so you don't need to reapply them as often. Even though they're intended for anal usage, those traits make water-based anal lubes great for vaginal penetration, toy play, and solo sex as well. [Forbidden Anal Lubricant](#) is a long-lasting water-based

formulation designed to be compatible with your favorite anal toys. The user-friendly bottle makes it easy to dispense, so you can keep everything moving smoothly even in the heat of the moment.



Flavored lubes are perfect for oral sex and come in a wide assortment of yummy options, with cherry and chocolate being some of the most popular at Adam & Eve. Simply drizzle a little on your partner before going down on them. The tasty treat leads to lots of tongue play as they try to lick up every drop! Best of all, [Adam & Eve's Flavored Lube](#) is super tasty and sugar-free, which makes it safe to use in the vagina. (Sugary items like chocolate sauce can irritate the vagina and cause bacterial growth.) They come in three different flavors: cherry, cotton candy, and strawberry. Any of them are sure to leave you (or your partner) licking your lips!

You can also find specially formulated **sex toy lubes**. They're safe for all types of materials, so you can use them with your favorite toys. They typically last longer than your average water-based option, so you don't need to interrupt your play session to reapply quite as often. [A&E Masturbator Lube](#) is perfect for strokers, while their [Vibrator Lube](#) really gets your buzz on!

Lastly, there are **organic lubes** made with all-natural ingredients, many of which are also certified vegan-friendly and cruelty free. If you've got sensitive skin, you can also find **body-friendly lubes**. No matter what you need, there's a lube out there for you!

How to Use Lube

Using lube is pretty straightforward as long you follow these simple steps:

1. When using any type of lube, coverage is key. Squirt roughly a quarter-sized amount onto your fingers before gently applying it to your intended body part, sex toy, or anything else you want to insert or stroke. If you're using it for penetration, work it inside the vagina or anus as well.
2. Continue applying until there's a thin layer completely coating everything. This layer of lube keeps everything moving smoothly during playtime and protects your most sensitive areas.
3. You'll probably need to reapply at least once or twice depending on how long things last. This is especially important for water-based lubes, which can become sticky as they're naturally absorbed by the skin.
4. After you're done, wash off with warm, soapy water and a clean towel. Then check your sheets for spots. While most water-based lubes are non-staining, others aren't. "Lube spots" are much easier to clean off if you take care of them before they dry.

Everyone can benefit from using the right sex lube for the situation. Keep it by your bedside. Re-apply often. Make it your best friend!

Chapter 4

How to Masturbate for Maximum Pleasure



Sigmund Freud claimed that many human behaviors are rooted in sex. While this may or may not be the case, he was spot on when he said, “The only shame in masturbation is the shame of not doing it well.”

Historically speaking, masturbation has a somewhat unsavory reputation – one that’s completely undeserved. When you look at its root, masturbation once meant “to defile with one’s hand.” This originated in the 18th century, with a fear that masturbation would cause illness or create out-of-control behaviors.

Today, masturbation has been reclaimed for personal pleasure and fulfillment. It has absolutely nothing to do with defilement or debasing yourself. Many people today even view masturbation as an essential element of self-care.

Most people discover the fine art of masturbation in their younger years and continue masturbating for the rest of their lives. Make no bones about it, masturbation is a healthy and normal behavior that plays a critical role in sexual development. It’s a great method for exploring your body and learning more about your sexual desires and sensual pleasures. Masturbation also provides a vital outlet for relieving stress and tension when other forms of partner sex are not an option.

Given the large role masturbation plays throughout our lives, very few people take the time to learn about it. Just spending a few minutes reading about masturbation could make your next self-care session sexier and more enjoyable than ever.

What is Masturbation?

Ménage à moi. Finger painting. Launching the rocket. Putting on a finger-puppet play. Cranking the shaft. There are countless euphemisms for masturbation. But they all come down to manipulating, touching, or teasing yourself for sexual satisfaction.

Masturbation can include stroking your penis or rubbing your clit. It might mean pinching your nipples or playing with your balls. It can also include anal play, whether you're fingering yourself or using a toy. In its most basic form, masturbation can include any activity that makes your body feel good sexually.

There are a lot of myths and misinformation about masturbation. Let me start by saying that masturbation doesn't make you go blind or grow hair on your palms. It also doesn't cause infertility or shrink your genitals.

Myth one is that only single people masturbate. Plenty of people in committed relationships masturbate for a wide variety of reasons. While partner sex has its time and place, solo sex can be a relaxing way to decompress. Lower libido partners might masturbate to inspire desire for partner sex. Higher libido partners might masturbate to fill in the blanks when not having partner sex. Many people in long-distance relationships masturbate because they can't be with each other in person. These same couples may masturbate alone or with one another on a screen. Some couples even encourage their partner to masturbate during foreplay as it can be a fun "show-and-tell" experience.

Another myth is that masturbation can ruin partner sex. This is generally false, but worth speaking to the potential pitfalls. Masturbation and partner sex are very different experiences. Sex with another person can have a strong emotional component that masturbation can't replace. Masturbation, on the other hand, allows you to focus entirely on yourself for pressure-free pleasure. It's a place to learn about your body, discover your turn-ons, and even teach you how to orgasm. When taken together, all those things can help you become a better sexual partner! However, some people can run into problems when they use the same technique or only know how to orgasm with porn.

Let's talk technique. For these folks, orgasm alone may be easy, but converting the practice to partner sex can be a challenge. With a penis, you can amend this by varying your pressure, motion, and technique to introduce more variety to your masturbation routine. You can include a lube to simulate partner sex and even masturbate in different positions, like sitting, standing, or laying down. With a vulva, you can amend this by playing with toys on different settings or even taking a short toy sabbatical and getting more acquainted with your hand.

If you only orgasm with porn, then introducing some screen-free time to your masturbation routine is key. It helps your brain develop its creative potential for fantasy. Tapping into fantasy is way easier to utilize during partner sex. Screen-free time also allows for you to be in better touch (literally) with all your senses and gain a deeper appreciation of how arousal happens in your body. As you develop some screen-free time with your masturbation practice, watching porn or erotica with your partner can be fun as well.

As a side note, regularly defaulting to masturbation can happen when partner sex feels too difficult (as in feeling like you must perform for your partner), too embarrassing (if you struggle with a sexual dysfunction), or too triggering (if you have a background of sexual violation and/or trauma). Find a certified sex therapist to help with any or all of these!

How Often Should I Masturbate?

Among all the questions I get about masturbation, this is the one that comes up the most often. It's also one of the hardest to respond to, because there is no right or wrong answer to how often you should masturbate.

Many Americans (84%) have tried masturbation, according to sex toy manufacturer Tenga's 2020 Self-Pleasure Report. Men report masturbating several times a week, while women masturbate slightly less than once a week. It's worth noting that all of these are averages. There are plenty of men stroking away once or twice a month, and plenty of women buttering their biscuits every night before bed.

In the end, how often you masturbate really depends on your personal sex drive. It will naturally vary from week to week depending on other factors, including how often you're having partner sex, overall health and hormone cycles, and even your diet. If you're feeling frisky multiple times a week, there's absolutely nothing wrong with enjoying a little private time. If you're only in the mood every few weeks or every few months, that's perfectly fine too.

Now comes the million-dollar question, "what is **too much** masturbation?" "Too much" is not a particular number. It's a pattern that gets in the way of daily living — like work, social commitments, or relationship intimacy. It ceases to be an experience of leisurely pleasure with yourself and becomes a place to cope with shame and negative emotions. If you find yourself masturbating in a manner that feels out of control, it's worth exploring why. For many who feel this way, the orgasm is a way to experience a dose of dopamine and adrenaline. However, this feeling leaves quickly and is replaced with old messages of shame. To alleviate the shame, one must masturbate again to access the orgasmic benefits of dopamine and adrenaline. Hence begins the negative feedback loop of shame-dopamine-shame-dopamine. This is not an addiction, or something to feel ashamed about. It's a pattern of human behavior for which there is help. Find a licensed professional who specializes in out-of-control-sexual behavior (OCSB).

How to Masturbate with a Penis



Penile masturbation can be pretty straightforward. Most men can simply grab their shaft and start stroking while thinking sexy thoughts. And there's a lot of things you can do to make it more enjoyable.

One of the top things I recommend is using lube. Some guys might enjoy going "dry," but the slick feeling allows for much smoother and more enjoyable stroking. You can apply a generous amount of lube up and down your shaft, making sure it's covered from top to bottom. This has the

dual benefit of helping you become aroused while lubing up your hand (or hands) at the same time.

Once you're all lubed up and ready to go, wrap your hand snugly around your shaft. You don't want to squeeze it too tight at the beginning, but it should be just tight enough for you to feel and enjoy the sensations. Then start pumping your hand up and down the shaft. Start slowly at first before gradually picking up the pace. Make sure to stroke your tip where the most sensitive nerves assemble!

While masturbating, it's important to vary your rhythm and speed for different sensations. Most people don't have sex as fast as they can go, so you shouldn't stroke that way either. By interspersing long and slow strokes with short and fast ones, your masturbation experience will feel more like partner sex. Try also squeezing your shaft as you stroke so it feels like your lover clenching their muscles around you. If you give your tip a little squeeze, this can help you last longer.

Continue stroking away until you feel your balls start to clinch. That's a good sign that you're about to orgasm. Don't be disappointed if you didn't last long. Most people climax pretty fast when they're masturbating, especially if they're new to it or don't do it very often. Grab something soft and disposable like Kleenex or toilet paper, which are much more effective and a lot less laundry than the proverbial "crusty old gym sock." Hold the Kleenex near the tip of your shaft and ejaculate into it. This allows you to catch everything and makes cleaning easier.

After you finish with your climax, wipe off your tip and wash the lube off your shaft with warm, soapy water and a clean cloth. Then urinate to "flush out the pipes" for good hygiene.

Masturbation Toys for Men

You can easily spice up your masturbation experience (and give your hand a break), with a stroker or masturbator from Adam & Eve.



The [Super Head Honcho Masturbator](#) makes a great stroker for beginners. This soft and stretchy sleeve is lined with dozens of stimulating ticklers and teasers to work every inch of your shaft. It's the ultimate massage for your rod! The double-ended design fits guys of all sizes and makes the stroker easy to clean. This stroker is even famous! The legendary Sue Johanson made the Head Honcho her sex toy of the year on her award-winning TV show.

If you're looking for a little extra stimulation, then [Fleshlights](#) are another great option. This world-famous stroker comes in a hard plastic case that creates a stimulating sucking sensation as you use it for a blowjob-like experience. The soft inner sleeve is filled with rows of stimulators to tease your shaft. There are over a dozen different Fleshlights to pick from. Several are molded from popular adult stars like [Riley Reid](#) or [Jenna Haze](#) to make your wildest fantasies come true. The [Stamina Kit](#) even comes with a specially shaped Fleshlight (and a whole lot of accessories) that can act as training tools to last longer in bed.



If you want something that feels as lifelike as possible, it's hard to beat the [Bangin' Betty Stroker Kit](#)! While most strokers fit in your hand, this masturbator is much too large for that. This full-sized booty comes with both vaginal and anal entries for you to enjoy – not to mention a pair of jiggly cheeks made for spanking! Just lie it on your bed or other flat surface and hang on tight for a wild ride!

How to Masturbate with a Vagina & Clitoris



“Different strokes for different folks” tends to be the truest expression when it comes to the vagina and clit. All vulvas vary, as does how one might want to pleasure their genitals. Instead of a standard set of masturbation instructions, I’ve developed several approaches from which to choose. Just keep in mind that you might need to combine some of these methods or even alter them slightly, so they work better for you.

Start by finding a comfortable and safe place such as your bed or a cozy couch. If you’re a private person, make sure the door’s locked and you won’t be disturbed. If the thought of your partner catching you or watching turns you on, leave that door open! Next, you might need something to help get in the mood. While some people are perfectly happy looking at sexy pictures or even adult movies, others might prefer thinking about their favorite fantasy or even reading an erotic novel like the *Fifty Shades of Grey* series.

I encourage exploration of the whole body before jumping to the genitals. This approach can cultivate a more full-body arousal and potentially a stronger orgasm. You can use your hand or a toy to explore your body. Try rubbing your inner thighs, gently teasing your breasts and nipples, and/or softly scratching the mons pubes (the top part of the vulva where pubic hair grows). As you work towards your clit, you might want to wet your finger with saliva or lube to allow for easier access to clit and/or vaginal stimulation. From here, try a few of the following techniques.

Technique #1 – Grinding

This is an old classic. Depending on how sensitive your clit and labia are, you can climax with the pressure that comes from rubbing and grinding. Many women like using a soft pillow, oftentimes laying on their belly. Some use harder objects for pressure, and of course, just cupping your hand can work too.



If you like grinding, you could also use a wand massager like the [Magic Massager Deluxe](#). This is an extremely powerful vibrator made for external stimulation. It features a large, soft head that feels great rubbing against your body. It also makes one heck of a neck & back massager when you’re not masturbating! Be careful though as many masturbation beginners find that wands can be too powerful. If that’s the case for you, lay a small towel on your vulva as a barrier to dampen the vibrations.

Technique #2 – Clit Circles

Many women enjoy clit stimulation. However, the clit has 8,000 nerve endings and direct contact might be way too overwhelming. Instead, draw small circles (or figure eights) around the clit as a way to tease yourself. If that is still too much sensation for this sensitive, little pleasure point, try soft circles over the panties to muffle the intensity.

Technique #3 – Water Play

Many women love the feel of running water over their genitals. If using a bathtub, place your legs upward on the wall while you spread yourself under the running faucet. Start with a light trickle of water to tease yourself, then increase the pressure of the faucet as you get more turned on.

If you have a hot tub or a bathtub with a jacuzzi setting, you can straddle the jets for another type of pleasurable stimulation. You could also swap your overhead shower head for a handheld sprayer from a nearby home improvement store. Installation is usually pretty easy – just unscrew your old shower head, wrap the threads with silicone tape, and then screw the new one into place. This gives you a sure source of water play pleasure.

Technique #4 – Toy Time



Adam & Eve has a lot of options when it comes to toys for the clit. You could get a small, travel-friendly vibe like the [Copper Cutie](#). This metallic vibe slips easily into your purse or pocket, so you can carry it almost anywhere. The slim shaft focuses vibrations directly on your clit (or nipples) for more intense sensations. It's even rechargeable for your convenience.

The [Satisfyer Breathless by Adam & Eve](#) is another great option for your clit. This stimulator uses Satisfyer's innovative air-powered technology to gently blow on your clit. It feels like someone going down on you! The Breathless even includes vibrations to double-down on your pleasure... and orgasms!

The [Fingo Nubby Vibe](#) is ideal for masturbation and foreplay. This little bullet slips easily on your finger for effortless direction stimulation. It's covered with pleasure nubs for extra thrills too!

Or you could try the [Red Hot Spark Clit Vibe](#). This vibe has an opening at the top that can engulf the clit or nipples. You can use the soft and flexible tip to tease your parts, or you could slip them inside the loop and ride the rollercoaster of vibrations.



Technique #5 – Vaginal Stimulation

Playing with the inside of your vagina can be its own stand-alone technique. Make sure your finger is wet before gently inserting the tip inside your vagina. Wait a few seconds and start moving the tip of your finger in a small circular motion like you're stirring something. This gives your body time to adjust to the new sensations. Slowly move your finger deeper, while continuing to make the stirring motion. You can also try thrusting with your finger, starting with a slow and steady pace. If that feels good, you can pick up the pace and maybe even add another finger or two to the mix. If it feels really good, you might even explore G-Spot stimulation. Check Chapter 2 to learn how to find your G-Spot.



When it comes to pure vaginal stimulation, it's hard to beat a good ol' dildo. Since they never need batteries or charging, dildos are always ready to play. The [All American Whopper](#) looks and feels like a real penis for a more lifelike experience. At 8 inches long, it's a nice hefty size that's sure to please. But don't be afraid to go smaller or even bigger if you want.

For the ultimate sensory experience, try combining vaginal and clitoral techniques. You can use one hand to caress your clit, while using the other hand for finger play inside your vagina. This dual combo technique can help

create a stronger orgasm. It's also why rabbit vibrators are so good at what they do. Rabbits stimulate your vagina (and sometimes your G-Spot too) with their shaft, while their vibrating bunny ears work their magic on your clit.

The [Greedy Girl G-Spot Rabbit](#) is Adam & Eve's most popular bunny. This sleek and elegant rabbit packs a ton of power for intense thrills and maximum stimulation. The G-Spot tip has its own motor with 12 vibration speeds and patterns from which to choose. There's a second motor in the bunny ears, allowing for diverse sensations on the more sensitive clit.



Another great rabbit is the [Silicone G-Gasm](#). This vibe is a lot easier on the wallet than the premium Greedy Girl, and it still delivers tons of fun. The Silicone G-Gasm also has two motors – one in the G-Spot tip and one in the clitoral stimulator – for targeted vibrations. It doesn't have quite as many vibration modes as the Greedy Girl, but you'll be too busy playing with this bunny to care about anything else!

In summary, masturbation is a great way for you to explore your body and your sexuality. There are so many methods with which to experiment, mix, and match. Do you like a teasing, soft and gentle touch? Or perhaps something firmer and more powerful? Do you like it fast and hard? I suggest trying them all to see what feels best for you.

Great Ways to Spice Up Masturbation

Even masturbation masters and mistresses need a helping hand now and then. These fun ideas are just what you need to take your next self-care session from good to great!

Work ALL your erogenous zones

Most people just focus on one erogenous zones (usually the clit or penis) when they masturbate. But you can greatly enhance your pleasure by opening the party to include other erogenous zones. Including a secondary erogenous zone like the nipples or inner thighs can dramatically enhance your masturbation experience. Men can enjoy hotter and more intense orgasms by teasing their prostate while masturbating. Some women require dual stimulation of their clit and G-Spot before they can have an orgasm.

Use both hands



Most people masturbate with their dominant hand, while their other hand doesn't do much. Simply switching hands can create a whole new mood. Your non-dominant hand doesn't have the hardwired muscles or reflexes as your regular hand, so it can make masturbation feel surprisingly different. At the very least, you should use your other hand to tease your nipples or play with your balls while working those other erogenous zones.

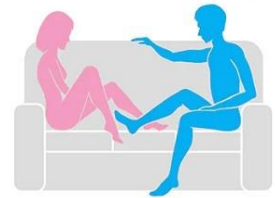
Switch things up

If you usually masturbate while lying in bed, then it's time to branch out. Next time, get your groove on while in the shower or sitting in your favorite chair. If you usually use pictures or videos for

inspiration, look up some erotic stories to go with your favorite fantasies or listen to short, sexy stories on a phone app.

Find a masturbation buddy

Most people think of masturbation as something you do by yourself, but it doesn't have to be. Many couples masturbate next to or in front of each other. It's a fun way to tease your partner and set the mood for more. If you're single, you could find a masturbation buddy online and use video chats to put on sexy shows for each other. If you've already got a partner, then you're ready to roll! Masturbation shows can even make great foreplay!



Try edging for stronger orgasms

If you've never heard of it, edging is all about delaying your orgasm to luxuriate in the pleasure and/or cultivate a stronger orgasm. You can do this by bringing yourself to the very brink and then slowing down or stopping altogether before you climax. Wait for a little bit to cool yourself off (and reset your orgasm countdown clock) before starting all over again. Do this several times in a row before finally letting yourself hit the Big O. When you finally finish, the delayed gratification makes your orgasm much stronger and more intense than usual.

Go Shopping

If you've never used a toy, we've got you covered. It's what we do best here at Adam & Eve!

Chapter 5

An Introduction to Sex Toys



It's Playtime! I thought I knew a lot about sex toys, but that was before I started working with the folks at Adam & Eve. They've got decades of experience dealing with everything from anal toys to vibrators. I could write an entire book about their comprehensive collection! Instead, we've curated the "best of" for you in this chapter so you can get started on your sexual journey.

What Are Sex Toys?

Loosely speaking, sex toys are any object used for sexual pleasure. That includes things created, marketed, and sold as sex toys like rabbit vibrators, dildos, butt plugs, and all the other goodies available at Adam & Eve. It also includes things you have lying around your house like that bedroom pillow you can grind your clit on or that sock you can wrap around your penis as you masturbate.

With enough arousal and creativity, you can turn pretty much anything into a sex toy. Just look at the handheld showerhead in your bathroom. Yep, it has pulsating massage functions and can offer plenty of pleasure during a long steamy shower.

Many couples have perfectly happy sex lives without ever picking up a sex toy. But if you've been curious about them, sex toys can turn good sex into great sex. They can play a pivotal role in keeping your sex life new and exciting year after year – especially for people in long-term relationships.

Sex toys are great at bettering what you already do in bed. Position aids like sex furniture or swings let you experiment with new positions. Penis rings have been known to help men last longer and stay harder for more enjoyable sex. Clitoral vibrators help women orgasm faster and easier, whether they're having partner sex or masturbating.



Sex toys also encourage experimentation. A slim little butt plug one day could lead to an anal vibe down the road, and maybe even a strap-on harness and dildo in the future. A pair of fur-lined handcuffs one night could lead to a paddle and then a set of bed restraints. As you start trying new things, you'll learn more about your body and yourself – leading you to experiment with the diversity of options available!

Different Types of Sex Toys

There are so many different sex toys at Adam & Eve that it would take me days to cover them all. So, I'm just going to give you some quick highlights about their most popular types of toys. If you want some additional information, you can check with the sex toy experts at Adam & Eve to get the inside scoop directly from the source.

[Anal & Prostate Toys](#)



Like their name suggests, these toys are ideal for backdoor fun. They're made from anal-friendly materials that are easy to clean. They also include special safety features like flared bases for quick and easy removal when you're all finished.

[Bondage Gear](#)



These toys let you get kinky with restraints, whips, blindfolds, and more! Adam & Eve offers beginner-friendly bondage gear for curious couples. Their Velcro restraints will keep you tied down, but you can still escape in case it's not your cup of tea. Check out their great selection of [bondage kits](#) for a wide assortment of gear.

[Clit Vibes & Stimulators](#)



Focus directly on your clit and let the magic happen with one of these O-mazing stimulators. Many clit vibrators are discreetly sized, making them easy to hide around the house and even in your luggage if you spend a lot of time traveling.

[Dildos](#)



Dildos are one of the oldest sex toys and still one of the best! These dildos come in a wide range of shapes & sizes for seriously "full-fill-ing" fun. Plus, they don't need batteries or charging either, so they'll never leave you high and dry!

G-Spot Vibes



With their specially shaped shafts, these vibes are made to find and please your G-Spot! The vibrating motor is almost always located inside the tip for maximum stimulation.

Male Masturbators



When your hand needs a break, these sex toys pick up the slack. Male masturbators are lined with ticklers and teasers for all kinds of stimulation. Many of them feature a realistic look and feel so they practically come to life in your hand.

Penis Pumps



Most guys secretly wish they were a little longer or a little thicker. Enter penis pumps! These toys pump and pull blood into your penis so you can reach your full potential. They're also great for making you extra hard!

Penis Rings & Enhancers



Many toy experts consider penis rings the ultimate couples sex toy. Guys love them for their ability to boost size and staying power. Partners love them for those same reasons! An extra bonus is that many rings come with vibrators for extra stimulation.

Rabbit Vibrators



Known for their distinctive bunny ears, rabbits are some of the most popular vibrators in the world for their almost-magical orgasm abilities. This is due to their dual- and even triple-stimulation abilities. By focusing powerful vibrations on multiple erogenous zones at the same time, rabbits are more likely to help women have an orgasm than any other sex toy or vibe.

Wand Massagers



When it comes to pure power, it's pretty hard to beat a wand! These are some of the strongest hand-held vibrators you can buy. Wands are made for external stimulation, so they work best on your clitoris and nipples (not to mention stiff backs and sore muscles). Adam & Eve also sells accessories for wands so you can use them for vaginal & G-Spot play.

Shopping for a New Adult Toy

When you're looking for a new sex toy, it's easy to become overwhelmed by the sheer amount for sale. There are thousands of products loaded with all kinds of special features. Finding the best toy for your needs out of all those options seems almost impossible – especially if you're a beginner. So, I interviewed some of Adam & Eve's own toy experts to see what they had to say about shopping for a new sex toy.

Mike, who's been working with sex toys for over 30 years, told me that there's no such thing as the perfect sex toy. "If you're expecting to find the perfect sex toy, you're gonna be disappointed," he said. "This is because your "perfect" toy changes as your needs change. One week it might be a little travel-friendly toy you pack in your luggage for a business trip or vacation. Another week, it might be a set of bondage restraints, or it could be a vibrator that makes you climax harder than you've ever done before."



Mike and his co-worker Julie, who's been a vibrator merchandiser for over a decade, shared some of their expertise when it comes to buying a new sex toy. Their advice boils down to five simple steps:

1. Focus on your needs

Julie recommended asking yourself exactly what you want to do with a toy – the more specific you can get, the better. "Saying you want a vibrator isn't good enough," she said. "We've got hundreds of them. You need to figure out what you want that vibrator to do – whether it's for anal, dual stimulation or your G-Spot. That's something we can work with."

Julie added that most sex toys are self-descriptive, which makes shopping a little easier. "They're either named for their general shape like a rabbit, or they're named for the erogenous zone they stimulate like clit vibes and G-Spot vibes," she explained.

If you're not sure what you want in a vibrator, she recommended trying [Adam & Eve's Vibrator Wizard](#). This cool little tool asks a few simple questions to help you find the vibe of your dreams.

2. Decide your size

After narrowing down your options to a specific type of sex toy, Julie recommended looking closely at the available sizes. "A lot of people only look at the size last, and that's a huge mistake," she said. "The last thing you want is to get your heart set on a particular vibe, only to open up the box and find out that it's too big for you to use."

Julie recommended that sex toy beginners start with something average sized, around 4-7 inches long by 1-1.5 inches wide. (If you're looking for an anal toy, you should go much smaller – around 3-4 inches long by 1 inch wide.) You can bump those numbers up or down depending on your personal

experience. “If you enjoyed the size of a larger partner, then you’ll obviously want something a little larger,” she added.

3. Pick a material

“A little thing like the material your sex toy is made from plays a major role in how you use it, how long it lasts, and how much it costs,” Mike said. Harder materials like plastic or glass last longer and are better at transmitting vibrations than softer materials like silicone or TPR. But hard toys are also rigid, so they don’t feel as comfortable as a softer one that can bend or flex. When it comes to anal toys, you need a non-porous material like silicone, plastic, or glass for hygienic purposes.

4. Set a price range

Next, Mike suggested determining your budget. “We’ve got toys at all price levels,” Mike explained. “But there’s a world of difference between something that costs \$20 and something that costs \$100.” Setting your price range allows you to compare similar toys, ensuring you get the biggest bang for your buck.

5. Select your features

Julie emphasized that sex toys come fully loaded with all kinds of special features, but there are a few key ones that she looks for every time. “If at all possible, I like getting something that’s waterproof because it makes cleaning so much easier,” she said. “Next, I like something with multiple vibration modes. The more stimulation options there are, the more likely you’re going to find something you like. Last, but not least, I like to go rechargeable if possible. Rechargeable toys tend to be stronger and more durable than ones that use regular old AA or AAA batteries. As long as you remember to keep them charged up, you’re golden.”

In addition to their expert advice, I’d like to throw in one more tip myself: customer reviews. I’m a big fan of customer reviews when it comes to making any online purchase. I was tickled pink to learn that Adam & Eve has about 100,000 verified reviews from real customers. These reviews are a great way to get a little inside perspective from someone who’s bought a toy and actually used it. Just read them with an open mind. One person might think a vibrator’s too powerful, while someone else might think it’s not powerful enough!

If you’re still struggling to find a new sex toy after all that, I’ve taken the liberty of picking out some fun items that you’re sure to love. Just keep reading to check them out!

Top Sex Toys for Women

When it comes to sex toys, it’s definitely a woman’s world. We’ve got a lot more toys and vibes than guys could ever dream of!



Leading the pack is the infamous rabbit vibrator. I’ve never met a bad bunny, but I’m particularly fond of the [Silicone G-Gasm](#). This soft and sensual vibe features a pair of powerful motors – one in the curved G-Spot-friendly tip and a second in the clit-tickling rabbit ears. It keeps your erogenous zones purring with multiple stimulation modes. It’s also fully waterproof so you can use it in the shower or tub. Best of all, it comes at a great price (especially with a coupon), so it won’t break the bank either!

Next up is a classic dildo. The [True Feel Dildo](#) is made using a special layered process that makes it feel incredibly lifelike. The inner core is firm and hard for easy penetration, while the outside is soft and flexible for comfort. It's one of the most realistic dildos you can find! The penis-shaped tip and raised veins stimulate your vagina and G-Spot, while the balls rub against your clit for even more fun!



For the strongest handheld vibrations around, you can't beat the [Magic Wand Original](#). When it came out over a decade ago, this wand massager became an instant hit for its unbelievable power. Years later, it's still going strong! If this one's a little out of your price range, Adam & Eve actually makes their own versions – the [Magic Massager](#) and the [Magic Massager Deluxe](#). The Deluxe comes with more vibration modes!

Next up is the [Satisfyer Breathless by Adam & Eve](#). The Breathless combines Satisfyer's air-powered stimulation technology with Adam & Eve's vibrator expertise to create a mind-blowing sex toy! The main stimulator blows on your clit, so it feels like oral sex. It has a second motor that vibrates for even more orgasmic sensations. Did I mention that it's waterproof and rechargeable too?



Probably the cutest of the bunch is the [Pink Gem Anal Plug](#). This hefty butt plug is made from a special aluminum alloy, so you can warm it up or cool it down for thrilling temperature play. It also features a sparkling gem in the base to give your backdoor some seriously sexy bling.

If you think the best part of a rabbit are the bunny ears, then you'll love the [Greedy Girl Clit Rabbit](#). This vibe does away with the big, bulky shaft and enlarges the bunny ears. That leaves you with a bullet-sized vibrator that's perfect for your clit. This rabbit comes with 10 powerful vibration modes, including a variety of speeds and patterns. It's waterproof too, so you can use it almost anywhere... even the shower!



The [G-Gasm Delight](#) lacks the glitz and glamour of more expensive vibrators, but its special shape makes it one of the best G-Spot vibes around! The enlarged tip and angled shaft make your G-Spot incredibly easy to find. Once you've tracked it down, the G-Gasm's powerful motor in the tip goes to work – focusing all its power directly on your G-Spot. It won't take long for you to learn why this vibe's named the G-Gasm!

Top Sex Toys for Men

You know what they say about boys and their toys... and that applies to sex toys too!

My top recommendation for men is the [Fleshlight Go: Surge](#). This heavy-duty stroker comes in a discreet plastic case for easy storage. Inside is a soft, lifelike sleeve lined with all kinds of ticklers and teasers for a mind-blowing penis massage. But that's not all! Fleshlights are famous for the blowjob-like suction, and you can even adjust the suction power on this one!





Next up on the hit toy parade is the [3-Point Prostate Massager](#) – perfect for guys who like to score (and orgasm) big! The anal vibrator features an ergonomic shaft carefully designed to maximize your prostate stimulation. Its powerful motor delivers 10 intense vibration modes directly to your prostate, while a second motor works your perineum at the same time!

Last, but definitely not least, is the [Max Results Penis Pump](#). This heavy-duty toy will pump you up. And by you, I mean your penis. Simply slip your shaft inside the long tube, press it firmly against your body, and start squeezing the user-friendly handle. This creates a vacuum inside the tube to suck extra blood into the penis – making you bigger and harder. It's great for older guys who need a little help with obtaining an erection, but younger guys can benefit from it too!



Top Sex Toys for Couples



Couples that play together, stay together!

Topping my list of great toys for couples is the [Under The Bed Restraint System](#). This kinky bondage item features four restraints that fit underneath your mattress. The softly padded restraints Velcro around your wrists and ankles to restrain you or your lover to the bed. When you're done, you can simply tuck them away between your mattress and box spring without anyone knowing. It's one of Adam & Eve's most popular and most discreet bondage toys.

Another great toy for couples is the [Enhancer Ring](#). This penis ring slips snugly around a man's shaft and balls, boosting his erection and staying power for more enjoyable sex. This ring increases your fun even more by including a bullet vibrator to tickle his partner with every thrust. It's a fantastic and easy way to spice up your love life!

I also recommend checking out the [Liberator Ramp & Wedge Combo](#). This has been one of Adam & Eve's highest-rated products for over a decade. The ramp and wedge are extremely versatile position aids, allowing you and your lover to experiment with all kinds of adventurous and innovative sex positions that you couldn't do otherwise. They're great for young and wild couples, older couples who aren't as flexible as they used to be, or couples with mobility challenges.

There are even more great options from which to choose. One is the [We-Vibe Match Couples Massager](#). This vibrator is made to be worn during sex allowing it to stimulate two heterosexual partners at the same time! It's shaped like the letter 'C.' One arm goes inside to stimulate her vagina and his penis. The other arm presses against her clit for additional stimulation and to help hold the vibe in place. It even comes with a remote control so you can try its 10 vibration modes without taking it out!



Another innovative option is [The Strap-On Play Set](#). Designed for lesbian couples and hetero couples who want to try pegging, this set comes with an adjustable harness and three dildos with different sizes and shapes. Beginners can start out with the smallest one, and gradually work their way up. More experienced users can jump straight to the big dildo for that fuller feeling.

How to Use Your New Sex Toy

Now that you've got a sex toy, it's time to play!

It might seem tedious, but the very first thing you should do is carefully read your toy's instructions or owner guide.

After learning how your toy works, make sure it's super clean before putting it inside your body. Generally speaking, I like to use soap and warm water or a [sex toy cleaner](#). The benefit of the sex toy cleaners is that they are specifically designed and compatible to work with all types of sex toy materials. Simply apply the cleaner onto a lint-free cloth, then thoroughly wipe your toy down. You can use a separate, clean cloth to dry it off. Some toy cleaners might have different steps, so make sure you read the directions.

Once your sex toy is clean, you'll need to power it up (unless it doesn't vibrate). This could mean adding a [fresh set of batteries](#) or charging it up. While skipping this step and jumping directly to playtime might be tempting, I strongly discourage it. If you want your new toy to perform at its best, you need to make sure it's got the power it needs.



Next, take some time to get to know your new sex toy. Hold it in your hand, and maybe even stroke it a little to say hello and experience its feel and flexibility. Make sure you know how it works, including how to turn it on and off. (Some vibrators, especially the more expensive ones, can be surprisingly complicated.) If it comes with multiple stimulation modes, play around with the different settings.

If you bought this toy intending to use it with your partner, then take some time to explore it together. This helps both partners feel comfortable and familiar versus intimidated by the new sex toy. Some couples may even want to develop a plan about how to use the toy, involving when and how they will incorporate it.

Once you've got most things figured out, it's time to lube up your toy or vibrator. I strongly suggest using a [water-based lubricant](#). Water-based lubes are safe to use with all types of sex toy materials. Apply a generous coating of lube over the toy as well as any body parts it might contact. In addition to keeping everything moving smoothly, lube also provides a protective barrier between you and your toy.

Now, it's finally time for the fun part to begin. Touch the toy to your body, insert it, or insert yourself inside the toy. Start off with slow and sensual motions as you and the toy become familiar with each

other. As your body warms up, you can start moving faster and/or deeper. If you're using a vibrator, now's a good time to turn it on.

Continue exploring the toy and your body at the same time. See how different erogenous zones respond to your toy or vibrator. If it has multiple stimulation modes, make sure to try them all out to see which feels best on a particular spot. If you're using the toy with a partner, encourage them to tease you all over with the toy. If something feels good, then keep doing it by all means. Keep playing until you're worn out, hopefully after having an orgasm or two!

Cleaning & Storing Your Toy

Once you've finished using your sex toy, it's important to clean it as soon as possible. (It's a lot easier to do it now than the next morning.) Grab your handy [sex toy cleaner](#) again, squirt a little onto a lint-free cloth, and then wipe down your toy thoroughly. Dry it off with a clean cloth.

If your toy's rechargeable, now's a good time to plug it in and top it off. If it uses batteries, I recommend removing them – especially if it might be a few days before you use your toy again. This helps your batteries last longer so you can get the most out of them. (You might need to modify these steps depending on the type of toy you have and the material it's made from. That's why it's important to always read the directions!)



Once your sex toy's all cleaned up and squared away, you'll need to put it away. Keep your toy in a cool, dark spot – preferably away from prying eyes. It might be cliché, but your nightstand or under your bed are both good spots for storing sex toys. I recommend my clients keep theirs in a [small box or bag](#). You can find some with built-in combination locks if you're worried about privacy.

If you've got multiple sex toys, you'll also need a storage bag for each of them. Sex toy materials can sometimes interact with each other, potentially damaging your toys. A dedicated storage bag prevents this from happening, allowing you to keep using and enjoying your sex toys for many nights to come.

Chapter 6

Foreplay 101: Tips & Advice for Couples



Foreplay is arguably the most important part of a couple's erotic experience. No matter the type of sex you are having, setting the mood ahead of time with foreplay can almost guarantee a good time. This is because mood is about set and setting—creating an intention for connection and sensuality as well as the right space to better help partners drop into their bodies and each other.

What *is* Foreplay?

I like to define foreplay as the creation of sexual anticipation and excitement in the mind and/or body. Put more simply — anything intended to spark desire or arousal. This could include sexting your partner while sitting in a boring meeting at work. It could be sharing a candlelit dinner or a glass of wine in front of a roaring fire. Foreplay could mean French kisses and silent eye contact or light pecks and a good conversation. Foreplay can include undressing for each other, engaging in oral sex, or playing with your favorite sex toy. On the other hand, it could also include helping with chores around the house to give your partner a much-needed break. Foreplay really boils down to anything mental, physical, sensual, and/or even spiritual that puts you and your partner in the mood for erotic connection.



Don't get me wrong. Foreplay is fun and enjoyable all by itself. Regular foreplay without a main dish is perfect for increasing intimacy and closeness between people. It's the little romantic gestures that remind partners that they matter to one another. These micro-moments make relationships meaningful.

For many people, however, foreplay is, and always will be, tied to sexual intercourse. That's because foreplay is vital for preparing the body for sex. Foreplay releases feel-good hormones like serotonin and dopamine to make intercourse more enjoyable. It increases blood flow to the genitals and helps lubricate the vagina in preparation for sexual penetration and intercourse. Sure, you can skip foreplay

and jump right to intercourse. But that's like cooking without warming up the oven. It will take you longer to finish and the results won't be nearly as good.

When it comes to foreplay, I recommend focusing on a few key elements. Learning these will help everything else fall naturally into place.

Building Anticipation with Foreplay

The first element in great foreplay is having an intention and plan to cultivate excitement and anticipation. There are lots of ways to do this. A very easy go-to is sexting your partner in the middle of the afternoon, especially if one or both of you are at work. You can start by sending a flirty message or two filled with sexual innuendo and maybe a racy pic. (Reminder: "racy" is relative to each couple). Sexting encourages a response, typically engendering a fun back and forth exchange. As you trade increasingly explicit texts, you can tell each other about all the naughty things you want to do together. By the time you both get home, you'll be ready to put some of those ideas into practice!



Another great way to build anticipation is by creating a romantic environment. An easy go-to here includes playing sensual music in the background. Because sensual music means different things to different people, pick a song or an artist with special meaning for both of you. It might be something that was playing when you shared your first kiss or danced to at your wedding (or someone's fun wedding). Turn the lights down low or, if possible, have no lights except candles around the room. Depending on the weather and where you live, you might even start a fire. Fireplace cuddles on a cozy couch with big blankets are notorious for being super romantic. This is because it invites a deep sense of relaxation and close connection.

Cooking for your lover is another easy go-to. The act of cooking is a gift to your lover, while eating the delicacy can be shared, sensual foreplay. You could make a simple dinner with classic aphrodisiacs such as a burger with a side of asparagus and a strawberry dipped in dark chocolate for dessert. If you are a great cook and want to get super creative with the aphrodisiacs, you could do an oyster appetizer and pistachio-crust cod. If you are cooking disabled, like me, sticking to one of your partner's favorite dishes might be the way to go. Whatever you cook up, serve it on a candlelit table with sensual music playing in the background. Remember, it's the intention that counts (if you really don't trust the meal to taste too good, just leave a few layers of clothing off!) And on that note...

Feeling Confident in Clothes & Lingerie

Many humans are very visual. This is partially why we like to look our best before a big date or special occasion. Remember, foreplay is about excitement and anticipation. Therefore, adding a **visual element** to your date or special occasion adds the sensual intention of foreplay.

So, what is a “visual element” when it comes to foreplay? For a lot of people, this is an effort in wardrobe, like a sexy outfit. It might be a dress that clings to your curves just right or a stylish suit that screams seduction. Don’t forget, it’s just as important to put the same thought and effort into what goes on your body as what goes underneath your clothes.



That said, I invite you to abandon the social scripts of what you think you “should” wear. Rather, can you find a visual element that works uniquely for you? For example, this might be a tight tee-shirt or a flowy skirt; a freshly shaved face or a five-o-clock shadow; red lipstick or messy beach hair; form-fitting boxer briefs or a push-up bra. Yes, you want to up the stakes and use the visual as an invitation. You also want to be authentic to who you are, so you feel comfortable and confident in how you present yourself. I typically go by the mantra that you need to look in the mirror and turn yourself on before you step out into the world. Feeling sexy starts with yourself. It’s less about what you choose to wear versus feeling confident in that choice.

Now, if you need some shopping suggestions, we at Adam & Eve are here to cover you at any size and shape!



If you’re shopping for sexy women’s lingerie, it’s hard to beat a [classic lingerie set with matching bra, panty and stockings](#). If you prefer something with a little more coverage, then Adam & Eve also offers plenty of sexy [teddies](#), [babydolls](#) and [chemises](#). They’ve also got a wide variety of [plus-size lingerie](#) for curvier ladies.

One of their best-selling (and sexiest) lingerie pieces is the [Erotica Teddy!](#) This risqué number shows off your assets up top and down below. Wet-look fabric and silver-colored studs give it a kinky flair.

The [Crotchless Beaded Lovers Thong](#) is another revealing favorite. This stretchy lace panty features a string of soft pearls that press against your bits for a stimulating massage during sex.



If those two aren’t quite your speed, there are plenty of other [cupless and crotchless lingerie pieces](#) sure to make your lover’s jaw drop and eyes pop!

While most lingerie is made for women, Adam & Eve carries some for men too. [Male lingerie](#) typically consists of thongs and posing pouches designed to enhance their package and buns. Some of them are even “tear away” so you can put on a sexy show for your lover before ripping them off! A sexy piece of men’s lingerie can be a great way to surprise and tease your lover.

How to Give a Great Massage



A massage can be an incredibly intimate experience that helps couples relax and feel closer to one another. It's also the perfect excuse for running your hands all over your lover's body, which makes massages prime foreplay material.

Here are a few massage tips to help make your fingers feel like magic.

To start, pick the top or bottom of your lover. Never start in the middle. We don't want to jump to the genitals too prematurely. Foreplay massage is all about building anticipation. By starting at the top of the shoulders and neck or at the bottom of the feet, you can focus your efforts on relaxing the tension after a long day. This soothing start helps your partner relax so they can open themselves to arousal. Remember, if we are stressed and/or tense, it's very difficult to get aroused. Therefore, cultivating a set and setting of relaxation is the first step in foreplay.

Try using long, light strokes moving along the surface of their shoulders and neck to warm up their muscles. Apply a little more pressure with your fingertips and thumbs while moving them in a gentle circular motion. If you want to start at the bottom with feet, hold one foot in your hands and gently rub the heel and their Achilles' tendon. Move your thumbs in a circular motion around their ankle. Press your fingers along the bottom of their feet and then the top, paying particular attention to their toes.

After a nice warm-up, the second step is to invite your lover to a new position where you have access to more or all parts of their body. This can also switch the mood from relaxation to arousal. For example, you can invite them to sit down on the floor or bed while you kneel behind them. You can grab some fragranced massage oil at this point and continue rubbing their arms, legs, and hips in the same manner. It's important to pay close attention to your partner's body language throughout the massage. If they moan heavily or lean into your touch, then continue focusing your efforts on that spot. You can verbally check in with your partner to make sure you're applying the right amount of pressure. Remember, every person's body is different. You may like hard pressure while your partner likes medium or light pressure. Or the neck and shoulders want hard pressure while the inner thighs want a more sensual caress.



As I mentioned above, massage oil is a great way to take things to the next level. [Adam & Eve Pheromone Massage Oil](#) is lightly scented with strawberries and citrus to help you both relax. It's also loaded with sexually stimulating pheromones to help put you both in the mood for more. Their [Warming Lube](#) heats up on contact to soothe stiff muscles, and you can use it as a lube later!

Lastly, allow your partner to set the pace. If they need more time to relax and drop into the massage to relieve tension, it will be worth it in the end. If they're ready for more sensual contact, they'll let you know!

Kissing Class

Kissing is a quintessential element of foreplay. When it comes to kissing, there are all kinds of approaches. You could opt for something light and gentle or firm and dominating. You might like something short and sweet or long and intense. Maybe you prefer kissing on the lips or nibbling on your partner's neck. How you kiss can say a lot about your personality and even what you enjoy in bed.



Regardless of your personal style, a good kiss should make your partner feel special. It should be an experience that you both can share and enjoy together. Here's how you can make that happen.

If the two of you have never kissed before, it's important to obtain their consent. Body language can easily be misread, so you don't want to initiate a kiss with a potentially unwilling partner.

As you lean in for a kiss, tilt your face to the side, so you don't bang noses or foreheads. Gently press your lips together, making that first kiss soft and sweet.

When you're ready to increase the sizzle to make things more sensual and passionate, introduce a little tongue with an open-mouth kiss. Open your lips just slightly and explore their mouth and lips with your tongue. If they're interested, your partner will open their lips as well. Just remember to focus on the front of the mouth. Pushing your whole tongue towards their throat can be uncomfortable and feel like too much.

If your partner responds positively to your kissing, you could vary your pressure and technique. You may want to apply some pressure to make it feel passionate. Be careful though. Too much pressure can come seem overly aggressive or cause teeth to bump together. On the other hand, too little pressure can make your kiss feel lifeless. It might take you a few tries to find that happy medium, especially in a new relationship.

As you continue kissing your partner, you could slip one arm around their neck and another around their body, pulling them in close. You might try running your hands through their hair to create a feeling of intimacy. You could also try gently stroking their lower back as some people find that incredibly arousing.

You may also try kissing other areas, such as the jawline, neck, collarbone, and even the ear lobe. Some people like to nibble a little as they kiss. Just don't suck on one spot too long unless you want to give your lover a hickey! There are plenty of other places on the body to kiss, but we'll talk about those in the oral sex chapter.

Remember, everyone likes to be kissed in different ways. What worked great on your last partner might not work at all on your current one. People generally offer kisses the way they like to be kissed. Taking turns mirroring each other's style helps find compatibility and good chemistry.

Most important of all, take your time and enjoy it. When it comes to kissing, slow and sensual is generally better than fast and messy. It takes time and practice to become compatible. So, have fun experimenting and learning from one another.

Touch Tutorial

Another crucial element of foreplay is touch. Touching each other can include G-rated touch to X-rated touch. I like to encourage G-rated touch first, so your partner isn't caught off guard. G-rated touch also insinuates "I love you" and "you matter." These touches can include hugs and holding each other's hand. PG-rated touch may mean cuddling together. PG-13 increases the sensuality where lovers might lightly stroke each other's skin. R-rated touch might be totally naked sensual caressing, whereas X-rated touch might be the same with the inclusion of the genitals. When it comes to touch, don't rush the X-rated game. Foreplay is about building the anticipation and excitement. G- and PG-rated touch can go a long way to make the R- and X-rated touch really pop!



Most people have a good sense of G- and PG-rated touch. This is touch that can happen easily in public, like holding hands or offering a sweet kiss. Knowing how to offer sensual touch, however, is the most important art form most of us miss out on as we grow up. So, let's get learning.

When you begin entering PG-13 touch zones, try caressing your lover from head to toe with their clothes on. This may seem weird, but you will both be itching to take off those clothes soon enough. As clothes come off, you can move your focus onto the erogenous zones. You remember

those, right? Those are the super-sensitive areas we talked about all the way back in Chapter 2.

Here are some basic touching tips to keep in mind as things start heating up.

Shed your shirts first. This leaves you and your lover in the prime position for breast and nipple play. If you have a partner with more enhanced breasts, you can lightly cup them while continuing to kiss the skin and nipples. For those with less enhanced breasts, lightly stroke the tops, sides, and bottoms. Gently squeeze the breasts but try not to bounce or jiggle them too much. (It might be fun for you, but it can feel uncomfortable for your partner.) Some people, on the other hand, love kinkier breast play, including pinching and biting. Check in with your partner before trying this out.

From a media and social media perspective, women's nipples get all the love and attention. However, nipples don't know gender, and nipple play can be equally fun for women, men, and people with nonbinary gender identities. The most important thing to remember when it comes to nipple play is that the nipple itself isn't what you should focus on. The darker circle surrounding the nipple, known as the areola, is much more sensitive and responsive. Start by gently stroking the areola with your finger or thumb in a circular motion while sometimes lightly brushing the nipple itself. If your partner responds positively to that, use your tongue to lightly draw circles around their areola and nipple until it's fully erect. Then, alternate between sucking on their areola and nipple and using the circular technique. Be careful not to use your teeth... unless, of course, they ask you to!



If you like kinkier and more enhanced breast and nipple play, try some clamps from Adam & Eve. The [First Time Fetish Nipple Teasers](#) offer a playful and adjustable way to pinch the nipples. These kinky clamps come on a chain so you can give them a gentle tug for even more stimulation. Don't worry about them pinching too much. The clamps are adjustable, so you can control just how tight they squeeze. The tips are covered in rubber to make them softer too.

As you move to R-rated play below the waist, there are plenty of exciting things you can do during foreplay.

Since everyone has a butt, let's start there. During foreplay, the butt can be regarded like the breasts. Use a light stroking motion at first before giving the cheeks a gentle squeeze. If your partner enjoys that, try a kneading motion, peppering in some light, tickling strokes. If you discussed it beforehand, some light spanking might be fun as well. The [Tantric Satin Pleasure Whip](#) adds a fun and kinky element to foreplay.



Stimulating the penis tends to be straightforward. Yet we don't want to neglect the perineum and testicles, as those are the parts that really charge up foreplay. You can gently cup the testicles, pulling down ever so slightly. Then run your finger along the perineum — the soft spot between the testes and the anus. From here, the penis should be throbbing and begging to be touched. It's been waiting with anticipation long enough! Just don't jump in too fast. Start with long, slow strokes before gradually altering your pace. You can also vary your grip by squeezing the shaft and holding it loosely. There are several spots that deserve special attention. The tip is the most sensitive part of the penis, but the frenulum (located on the bottom where the tip meets the shaft) comes in a solid second. Concentrate on those areas to really make your lover moan. While you're stroking away with one hand, maintain a light grip on the balls or continue massaging the perineum.



A stroker can be a great foreplay tool, especially if your hand needs a break. Adam & Eve carries dozens of male masturbators, from ones that fit conveniently in the palm of your hand to life-sized love dolls. When it comes to hand-held strokers, check out the [Super Head Honcho](#). This best-selling male masturbator is lined with ticklers and teasers for super-thrilling stimulation. [Belladonna's Pocket Stoker](#) is a budget-friendly option with a realistic look and feel. If you can splurge, the [Fleshlight Go: Surge](#) combines a stimulating interior with oral-like suction that will knock anyone's socks off!

Teasing the vulva, which includes the clitoris, labia, and vagina, can feel intimidating to beginners. Even if you are not a beginner, every vulva may desire a different type of touch. So, like kissing, don't assume what works for one lover works for the next. Be willing to be humble and check in as you go. I recommend gently stroking and rubbing the top area (called the mons pubes) just above the clitoris before shifting to the inner thighs. Gradually move closer and closer to the vulva before proceeding to the labia (the outer and inner lips). Make sure your finger is wet or lubed up before teasing the area around the clitoris. (This is why keeping lube by your bedside at all times is a key component of being a good lover.) Then move to the clitoris itself using soft, subtle, and slow motions. As your partner becomes more aroused, vary your pace and pressure to enhance their stimulation.

Vibrators are fantastic when it comes to clitoral stimulation. A basic bullet like the rechargeable [Eve's Copper Cutie](#) can focus vibrations directly on your clitoris for intense stimulation without breaking the bank either! Or you can combine vibrations with oral-like suction with the [Satisfyer Breathless by Adam & Eve](#). If it's pure power you want, the [Magic Massager Deluxe 8x](#) delivers bed-rocking vibrations!



By now, the vagina should be ready to play. Wet one of your fingers before slowly and gently inserting it. Give your lover a few seconds to adjust to the feeling before moving your finger. Alternate between slow and steady thrusts and a stirring or swirling motion for a little variety. As your partner becomes more aroused, you can pick up the pace – going faster and deeper or even adding another finger or two. Remember, check in if you change things up. Sometimes the best sensation is the same, consistent one.



If you want extra support for foreplay penetration, try [Adam's True Feel Dildo](#). It uses a special molding technique that makes it look and feel amazingly lifelike. It has a firm inner core for easy penetration with a soft outer layer for comfort. This realistic dildo has veins rippling up and down the shaft for extra stimulation and a suction cup for hands-free play. [Eve's Slim Pink Pleaser](#) combines a soft, flexible design with stimulating vibrations for extra thrills. The [Blue Dolphin](#) is a fully waterproof vibrator for getting wet and wild in the shower or tub.

Fingering the inside of your partner's vagina can lead to a little G-Spot exploration. If you explore this little hot spot, try curling your finger upward in a "come hither" motion. The tip of your finger should be inserted about two inches inside the vagina, pointing toward their belly. Move your fingertip in a slowly expanding circle until you find a spot that feels a little firmer and rougher than the rest of the vagina. After finding the G-Spot, using a gentle stroking or tapping motion to stimulate it.

For the best G-Spot stimulation, vibrators are a must. With over 300,000 sold, Adam & Eve's [G-Gasm Delight](#) is a budget-friendly classic. The motor inside the tip rocks your spot for body-shaking G-Gasms! The [OhMiBod Lovelife Cuddle G-Spot Massager](#) features multiple vibration modes for a wide range of sensations plus a soft flexible shaft for a more comfortable fit.



Stimulating all those different erogenous zones during foreplay can be challenging. You only have so many hands after all! That's why Adam & Eve offers several dual and even triple stimulators. These special sex toys target multiple erogenous zones at the same time, so they're great at facilitating foreplay. The [Wet Wabbit](#) makes a great starter rabbit vibrator for anyone new to sex toys. It features a rotating tip and moving massage beads to work your vagina, while a pair of playful rabbit ears tease your clitoris at the same time. Plus, it's waterproof for fun in the shower and easy cleaning.



If you're looking to upgrade, the [Silicone G-Gasm Rabbit Vibrator](#) is sure to please. This powerful vibe packs two different motors. There's one in the curved tip to focus on your G-Spot, while the second in the bunny ears drives your clitoris wild. [Eve's Rechargeable Thrusting Rabbit](#) has a moving shaft as well as a G-Spot tip and bunny ears, so it practically does all the work for you.

If you want a top-of-the-line rabbit, there's the [Greedy Girl](#), one of Adam &

Eve's highest-rated vibrators. Customers keep raving about how great it is. One wrote in a review: "Bought this as a surprise gift. Wow. And were we surprised! I had totally forgotten that my wife was once (and apparently still is) multi-orgasmic. This brought things to a whole new level."

Another noted: "I had never hit the big O until I got this in the mail last month. It has so many different settings between the two different motors that I believe pretty much every woman could find what works for them with this awesome toy!"

Adding Variety to Foreplay

Couples in long-term relationships sometimes find themselves in a foreplay rut. They operate on autopilot doing the same things repeatedly. After a few years of this, even the hottest activities can grow old and stale. Thankfully, there are a lot of fun and simple ways you can add some variety to foreplay.



Probably the easiest method is a simple pair of dice. When you roll the [Spicy Dice](#), one comes up with a sexy action, a second picks a body part, and the third lands on a location. You could end up nibbling on your lover's earlobes in the bedroom, licking their nipples in the kitchen or having oral sex in the bathroom! Since the dice are completely random, there's no telling what combination might pop up next, so you'll never get stuck in a rut again.

Another great foreplay game is [Monogamy: A Hot Affair With Your Partner](#). This board game is filled with racy questions, naughty fantasies, and steamy dares. No two games are ever the same. As you move around the board, things get hotter and hotter until you're both ready to explode. In the words of one Adam & Eve customer, "It was hard to make it through the last round because we couldn't keep our hands off of each other!"

Sex Dates

One of my colleagues, Dr. Ian Kerner, once wrote that "spontaneous sex is the best sex you'll never have."

This is especially true when we have kids and/or busy lives. Spontaneous sex gets a lot of airtime from a media and social media perspective as if lovers just passionately land in each other's laps. If you've been with another human past the honeymoon stage, you know this is not true. It takes effort to create anticipation and excitement. Therefore, setting up a sex date can be a fun way to prep your mind and body for a fun time.

Treat your sex dates as if you were dating each other for the first time. Crank that music in the shower as you prep yourself and then find that outfit that screams, "I want you!" Don't forget, you've got to turn yourself on when you look in the mirror. This may mean having a little foreplay with yourself first!

How Long Should Foreplay Last?

If I had a nickel for every time someone's asked me this, then I'd be cruising on my private yacht right now! This is one of those questions that doesn't have a hard and fast answer. When you get down to it, foreplay is so diverse that it can last a few minutes to a few weeks. When it comes to touch, the basic rule to follow is that it should last as long as it needs to. That said, I typically advise touching and kissing longer than you think. Once you are in the PG-13 touch zone, spending **at least** 20 minutes here can make a huge difference.

For some couples, especially long-distance ones, foreplay might be a week or more. They can sext during the day and solo sex on-screen with each other until they can physically be together. Other couples usually have circumstances, like children, overwhelming jobs, or just busy lives, that preclude having sex at the drop of a hat. Emotional foreplay and micro-moments of connection during the week can go a long way for that Saturday sex date or be just what is needed for that five-minute quickie bent over the bathroom sink. Some lovers just need a few moments of eye contact at a party to say, "you are sexy; let's go get a room."

The higher the stress and fatigue one or both of you have, the longer the foreplay should last. The first part is just helping you relax so arousal is possible. This might take you 30 minutes or more. You may also notice as you age that hormones don't work like they did in your teen years, so you'll need to spend more time on foreplay to wake up your body.

As a fun aside, Adam & Eve surveyed American couples asking them just how much time they spent on foreplay. The most popular answer ended up being 5-10 minutes. The next most popular was 10-20 minutes. And the average time ended up around 12 minutes. If your foreplay session is somewhere in that ballpark, you are in the normal range. However, I'm not a fan of trying to "Keep up with the neighbors." Just because most Americans short-change their foreplay doesn't mean you need to. Spending more time gets more bang for your buck. So go ahead and use our tips to add some sizzle to your sex.

Chapter 7

Playing Safer with Condoms



Adam & Eve started in 1971 selling condoms by mail, and they remain an important part of the company's business even 50 years later. According to their records, Adam & Eve has sold 14 million condoms over the years... and probably given away even more! Since the average American couple has sex 54 times a year, that's enough condoms to keep everyone in Las Vegas rocking for an entire year.

Condoms themselves have been around for a lot longer than 50 years. Historians can trace them all the way back to 3,000 BC. Those early condoms were originally made from a wide variety of materials, including animal intestines, leather, and linen. Rubber condoms started appearing in the mid-1800s and quickly became popular around the world as a reliable method for safer sex.

What Does Safer Sex Mean?

Aside from masturbation, there's no such thing as completely safe sex. Even when you do everything correctly, there's always a certain amount of risk associated with having sex. That risk might be becoming pregnant if a condom breaks during sex or running into a problem with birth control pills. It could be contracting a sexually transmitted infection (STI) from unprotected oral sex or a cheating partner.

Safer sex involves reducing your chances of becoming pregnant or contracting a STI while still allowing you to enjoy sex. Many people practice safer sex every day simply by choosing sexual exclusivity with their committed partner. Others might rely on outercourse (body grinding), masturbation, or abstinence to protect themselves. If those aren't options for you, then the best thing you can do is minimize the transfer of body fluids as much as possible. The most effective way to do that is with a condom.

How Do Condoms Work?



Condoms are thin tubes that fit over the penis (in the case of male condoms) or inside the vagina (for female condoms). This creates a barrier preventing the two partners from exchanging body fluids, including vaginal secretions, pre-ejaculate, semen, and even blood.

It's important to note that condoms aren't foolproof by any means. According to Planned Parenthood, condoms are 98% effective at preventing pregnancy – but only when used

perfectly. Since real life is anything but perfect, condoms are around 85% effective.

Where condoms really shine is protecting you from STIs. No other birth control method provides protection against HIV, chlamydia, gonorrhea, and other infections. The effectiveness of condoms depends on accurate use and avoiding user error. Condoms are less effective when it comes to herpes and HPV, which can be spread from skin-to-skin contact.

Common Condom Myths

Condoms aren't something that people talk about a lot, which leads to all kinds of misconceptions and flat-out incorrect information. Here are some of the more common condom myths I've heard from my patients:

It's the man's/woman's responsibility to carry condoms.

I've heard both sides over the years, and they're both wrong! Condoms (and birth control in general) are the responsibility of BOTH partners. The entire burden shouldn't fall on one person's shoulders. If you're thinking about having sex, then it's your responsibility (regardless of your gender identity) to pick up some condoms.

Wearing two (or more condoms) makes you even safer.

This actually makes you less safe! If you wear multiple condoms at the same time, they're more likely to rip during sex.

I don't need to use condoms for oral sex.

While you won't get pregnant from oral sex, there are several STIs (including gonorrhea and chlamydia) that can still be spread orally. Condoms can help protect you from those. Adam & Eve even offers flavored condoms specifically for oral sex. Their [Flavored Condom Sampler](#) comes with 50 different condoms and a wide assortment of tasty flavors like grape, mint, strawberry, and more to make your oral experience even sweeter.

We're on the pill, so we don't need condoms.

There are actually two things wrong with this statement. First, the pill doesn't provide any protection from STIs. Secondly, no single method of birth control is 100% effective. I strongly recommend using at least two methods, preferably a condom and another method such as birth control pills.

Guys should always carry a condom in their wallet.

Carrying a condom with you is smart advice. The problem is that your wallet is one of the worst places to keep it. Condoms need to be stored at room temperature. Your wallet presses against your body all day long. All that body heat weakens the condom, especially after carrying it around for a few months. This makes the condom much more likely to break during sex.

I always use condoms – I just wash them after every use.

This was a pretty common practice... a hundred years ago. Modern condoms, however, are disposable. You should throw them away after each use. You should also never use the same condom with multiple partners. And, just to cover all the bases, you shouldn't turn the condom inside out and use it again.

Shopping for Condoms

Adam & Eve once asked people if they were comfortable with buying condoms. A shocking 38% of men and 15% of women said they were embarrassed to buy them. Let me state emphatically that there shouldn't be anything embarrassing about condoms. They represent smart and responsible decision-making. They're something that almost everyone buys at one point or another.



you can try different types!

That being said, we can't control our feelings. If buying condoms makes you feel embarrassed or uncomfortable, there are some things you can do to minimize those feelings while still making the responsible choice to use condoms. Many stores today have self-checkout lanes, so you can ring up the condoms without having to make eye contact or small talk with anyone else. You can also buy condoms online at Adam & Eve without anyone knowing. They've got a terrific selection of male condoms, including samplers so

When shopping for condoms, it's important to keep a few things in mind:

Material – Latex or Non-Latex

Most condoms are made from latex rubber. While this works fine for many people, it doesn't work very well for people with latex sensitivities and allergies. Even if you don't have any problems with latex, your partner might. If so, you'll need to use non-latex condoms. These condoms are typically made from polyurethane, lambskin, or polyisoprene. While lambskin protects against pregnancy, it doesn't protect you from STIs. That requires polyurethane or polyisoprene.

Sizing

The average condom is made for the average-sized penis. If you or your partner is bigger than average, then it will take a larger-sized condom to provide the protection you both need. Don't buy larger condoms unless you really do need them. If the condom's too big, it can slip off easily during sex.

Pre-Lubed

Most condoms today come pre-lubed. If you're trying to decide between lubed and non-lubed, then definitely go with the lubed. It's just easier to use and works better.

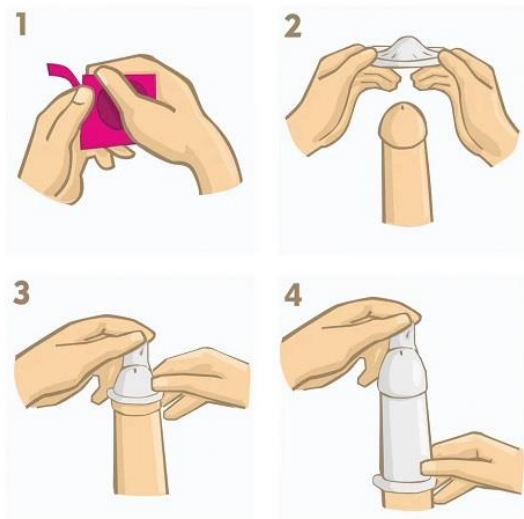
Stimulation Options

Modern condoms do a lot more than just provide protection. With the right options, you can use them to enhance your sex life too. In addition to the [flavored condoms](#) for oral sex I talked about earlier, you can find others with ticklers and teasers for extra stimulation. Some condoms use warming or stimulating lubes for extra pleasure. Many condom brands offer a special thin version to feel more natural.

If you don't like using condoms, you probably just haven't found the right one for you. Adam & Eve offers a lot of [different condom options](#) that you can't find anywhere else.

How to Use a Male Condom

To maximize your protection while using a condom, you need to put it on correctly. Thankfully, condoms are pretty user friendly (even with 90% of your brain focusing on your sexy partner) if you follow these four basic steps:



1. Carefully open the foil package – without tearing or stressing the condom itself. Don't use your teeth or scissors. It might look cool, but you're much more likely to damage the condom. It also pays to double-check the expiration date.
2. Position the condom so that the rim is on the outside with the tip pointing up. (It should look like a little beanie.) Pinch the tip of the condom with your fingers and center it over the tip of the penis. This creates some extra space to collect semen and prevents any air bubbles from forming.
3. If your condom isn't pre-lubed, you should apply a few drops of either water-based or silicone-based lube to the penis tip and upper shaft. Be careful not to use too much or the condom could slip off.
4. Slowly unroll the condom down the shaft to the base of the penis. Then let the sex begin!

It's important for the partner wearing the condom to occasionally check it during intercourse. Condoms can slip off or tear, and this can help prevent any problems before they occur.

After you're done having sex, you'll need to remove the condom – without spilling anything. This part of the operation is just as important as putting a condom on. It's generally easier for the person wearing the condom to remove it. Here are some tips for taking the condom off:

1. After you ejaculate, grab the rim of the condom at the base of your penis. Some men quickly lose their erection after climaxing. This prevents the condom from slipping off.
2. Pull out of your partner slowly and steadily while continuing to hold the rim of the condom.
3. Once your penis is all the way out, point your shaft downward and start sliding the condom off. Pinch the condom below the semen reservoir to prevent spilling and continue removing the condom.
4. Once the condom's off, tie it in a tight knot and throw it away. (Condoms are not biodegradable so you shouldn't flush them down the toilet.)
5. Wash your penis with warm, soapy water to clean off any remaining lube or semen.

Other Popular Birth Control Methods

Male condoms are just one of many birth control methods available. Some of them are even better at preventing pregnancy. Most of those alternatives, however, don't provide protection against sexually transmitted infections. Here's a brief overview highlighting some of the most common birth control methods.

IUDs

An intrauterine device is inserted into the uterus. It physically blocks sperm cells from reaching the egg. When inserted correctly, IUDs are 99% effective, and they can be used safely for years at a time. If you want to become pregnant, you can simply remove it.

Birth Control Pill

Pills are one of the most used birth control methods. According to data, they're 91% effective at preventing pregnancy. They do require a doctor's prescription and depend on you taking them on a regular basis.

Diaphragm

A diaphragm is a small, shallow cup that fits inside the vagina and covers the cervix. According to Planned Parenthood, they're 88% effective at preventing pregnancy. They work best when used with a spermicide, a special cream that kills sperm.

Internal Condom

Also known as female condoms, these are small pouches that fit inside the vagina to create a barrier. Female condoms aren't quite as effective as male ones, but they do protect against STIs.

Withdrawal Method

This requires pulling the penis out of the vagina before ejaculating. It's not nearly as effective as a condom and requires the male partner to know his orgasm cues so he doesn't accidentally ejaculate inside his partner.

Tubal Ligation or Vasectomy

These surgical procedures are intended to permanently prevent pregnancy.

Chapter 8

Expert Advice on Oral Sex



No matter your gender or sexual orientation, oral sex is the ultimate present for your partner! Some people love receiving presents, and some love giving. Regardless of which camp you fall in, the helpful tips and tricks I've outlined below are just what you need for mind-blowing oral.

What is Oral Sex?

When it comes down to it, oral sex is all about tongue play. Essentially, it involves stimulating a person's genitals with your tongue as well as your mouth. It can also include sucking or blowing on the genitals. But the tongue is definitely the heavy lifter when it comes to oral sex.

There are several different forms of oral sex. Oral pleasure given to a penis is called fellatio and more commonly referred to as a blowjob. Oral pleasure given to a vulva is known as cunnilingus, or vernacularly, eating someone out. Anilingus is a third type of oral pleasure for the anus. It's also known as rimming.

Many couples engage in oral before moving on to other sexual activities. This causes some people to claim that oral isn't the real deal, especially heterosexual couples who have learned that penetration is the only "real sex." While oral doesn't involve penile penetration, rest assured that it is indeed real sex. For some couples, oral sex is the meat and potatoes of their sexual relationship as it can be a surefire method to increase arousal and access orgasm. Although oral is known for its focus on tongue and mouth pleasure, it can easily be paired with creative forms of simultaneous penetration, including fingers, toys, or even a third person!

No matter who you are and what type of relationship you are in, learning how to master making love with your mouth is a key sexual skill.

Fundamental Tips for Great Oral Sex

While different types of oral sex require different techniques, there are some core fundamentals that everyone should keep in mind. That said, you might read some of the tips below and think, "that's not

me.” That’s fine! Everyone has different things that turn them on, and I’m a big fan of letting your unique flag fly!

Freshen Up Beforehand

Cleanliness is super important to most couples when it comes to oral sex, especially when you’re on the receiving end. It’s super easy too. Just wash your genitals with some warm water and soap before drying them off with a towel. It only takes a few minutes. It leaves you feeling and tasting fresh and clean! (Keep in mind, there are some people who do like that sweaty, back-from-the-gym taste and feel. If that’s you, just make sure you communicate that to your partner).

Make Sure Your Partner’s Aroused

Offering oral is much easier when your lover’s arousal is already activated. If you or your partner need a little extra teasing to warm up, check out touching tips in Chapter 6. On the other hand, jumping into oral sex can be the gateway into arousal. For example, you might surprise your lover in the shower, slide down to your knees, say hello with your mouth and tongue for a few minutes, then pop out and tell them to join you on the bed when they are ready. This is a great way to activate that arousal and practice your flirting skills.

Sweeten Things Up with Flavored Lube



No matter what you’re sucking, blowing, or licking, [flavored lube](#) makes a tasty treat. Adam & Eve offers a wide assortment of yummy flavors. My clients have told me great things about [A&E Flavored Lubricant](#), which currently comes in three different flavors: cherry, cotton candy, or strawberry. One client said they liked it so much that they dribbled a little on their ice cream! If those aren’t your flavors of choice, you could go with [Wet Dessert](#) instead, which offers frosted cupcake and whipped cream. The flavored lubes are sugar-free, making them safe to use. Just imagine how much fun you’ll have licking up every lip-smacking drop!

Enthusiasm, Excitement & Energy

Being with a partner who treats oral like it’s a boring chore is no fun at all. You’ll want to keep these three E’s in mind whether you’re receiving or offering oral play. When you’re on the receiving end, this shows your partner how much you appreciate their endeavors. It can even encourage them to put in a little extra effort too. When you are the giver, the three E’s can help your partner enjoy receiving even more. The fun secret here is that arousal is contagious! When we offer Enthusiasm, Excitement and Energy, we can turn on our partner and even ourselves.

Get Handsy

Just because your tongue and mouth are busy, doesn’t mean your hands have to lay around lazily. If your partner has a vulva, you could finger the inside of her vagina, play with her breasts, or tease her backdoor. If your partner has a penis, then you could gently tug on his balls, stroke his inner thigh, and pump the bottom of his shaft. The extra stimulation can make the oral experience that much more enjoyable for both of you.

Make Eye Contact

Eye contact is the most under-used arousal tactic because it puts us in a vulnerable place. However, some eye contact can really amp up your oral pleasure. No need for a staring contest here, but a little

gazing into your lover's eyes can go a long way. Your eyes can say many things. Think about the energy you want to convey. The eyes can say: "I love you," "I want you," or even "let's f*%k." Know your audience so that you convey the desired message.

Reading Body Language

Reading the landscape of your lover's body is a key component to mastering the art of oral. Ask your lover to be direct with their non-verbal cues. Non-verbal cues can be moans and groans for "yes," or pressing your hips upward to indicate "more." If things don't feel so good, your partner's more likely to be unresponsive, push you away, or even tell you to stop. That's your cue to stop and check in! They might need a break to check in with their body, or they might need a different type of stimulation. Many people have survived sexual violations in their past, and these memories can haunt us during any point in the sexual experience. Slowing down and stopping to check with your partner can be really healing and ultimately help you move forward with more pleasure.

Verbal Cues

I typically joke with my clients that it's easier to have sex than talk about it. This is true in the moment too. Yet, when we use our voice to indicate our wants and needs, it really helps facilitate a great time. You can pair your verbal cues with the non-verbal ones. Use a few moans or groans, then offer some simple directions such as: "Please slide to the left a little bit," or "Can you slow it down just a tad?," or "I'd love if you could suck a little tighter." If you are more hesitant to speak, the giver can check in every so often and ask how's it going and what changes you need. Remember, no one is a mind-reader. Though the tips in this chapter are helpful for building your skill set, different people like different kinds of stimulation.

How to Give a Great Blowjob

If you're a movie buff, you might have heard the famous line: "You just put your lips together and blow." While Lauren Bacall was talking about whistling, this is a good start to understanding the art of fellatio — i.e., the blowjob.

First off, it's important to help your partner get hard. You can do this with your mouth, your hands, your words, or a combo of all the above. In this teasing phase you have many options. You can shower him with gentle kisses around the crotch and groin. You can lightly run the tips of your fingernails along his butt cheeks. You can stroke the shaft, breathing gently on the tip of the penis, and cupping the balls. You can make eye contact for a moment or two, then return to the penis. The intention here is teasing — giving off hints of the fun that's about to come.

Next, it's time to put your tongue to work. Give the bottom of their shaft a long, slow lick — starting down at the balls and working your way all the way up to the tip. Concentrate on the frenulum — the super-sensitive spot where the tip meets the shaft. Keep licking as if you would an ice cream cone. If you don't typically lick ice cream cones, imagine being curious about the flavor, licking from different angles, and licking at different speeds. The same goes for the penis. If you want an alternative taste, consider applying one of our [flavored Adam & Eve Lubes](#) at this point. They taste sweet, so it can make your licking experience even more tantalizing.



Keep your ear out for moans of pleasure. This is a good time to apply your three E's: enthusiasm, excitement, and energy. As you bring your energy level up, you may notice his arousal building. As this shift occurs, you can transition to the next phase: blowing.

Blowing is a colloquial term for using your mouth to make magic. It involves more of a sucking motion than blowing air. For sucking on a penis, it's important to use your lips to cover your teeth. This prevents your pearly whites from scraping against the super-

sensitive nerves in the tip of the penis. Then, take the penis in your mouth. If you're relatively new to giving blowjobs, focus on the tip and don't try to take the whole thing at once. You can use your lubed up hand as an extension of your mouth, so you don't have to take too much penis all at once. From here, apply a gentle sucking motion while rubbing your tongue all over the penis. As you become used to the sensation, you can play with taking the shaft deeper. Just be careful not to go too deep too soon, or you might trigger your gag reflex.

As you play with techniques, imagine yourself having magic lover's lips. You can move your lips up and down the shaft, while gently sucking. Maintain this for a minute or two to create a consistent rhythm before changing things. If you notice arousal building very quickly, you could pull back to focus on the tip and give it a few kisses. If arousal is building a little slowly, you could take a deep breath and see just how deep you can go. It can be fun to play with speed and make his toes curl or slow it down to make sure he doesn't finish too fast. You might even stop sucking on the penis altogether and try licking it instead or sucking on his balls. You can also break up the sucking with some blowing. When blowing, think of blowing out birthday candles. This creates a gentle sensation on the tip of the penis. Then return to the sucking and licking technique.

Remember, if your mouth or jaw get tired, transition to your lubed-up hand to give yourself a break. Don't forget your three E's here. You can even try offering some salacious sexy words while you stroke the shaft with your hand. Or use your other hand for some backdoor play on the taint or prostate. Many men love having a butt plug or finger inside the backdoor while getting a blowjob because it can make the orgasm even more explosive.

And if your mouth is totally tired or rendered out of commission (like if you have a cold sore), don't fret – we've got you covered in the toy department. You know the folks at Adam & Eve love their toys! There are several of them that you can use while giving a blowjob or in substitute of a blowjob. One of my favorites is the [Copper Cutie Rechargeable Vibrator](#). This little bullet buzzes the balls and shaft while you suck on the tip for more intense oral. [Fleshlight masturbators](#) make great oral toys too. These strokers are specially designed to create a natural sucking sensation – making them the perfect blowjob backup. The [GoodHead Kit for Him](#) is a veritable smorgasbord of pleasure, with everything you need to give a great blowjob. Flavored gel and lip balm add a yummy



sensation that will leave you licking your lips... and other parts. Tingling mints offer a tasty zing. And a vibrating ring tickles you and your lover in all the right places.

If you're paying close attention to body language, you'll be able to tell when he is about to ejaculate. You have four main options here. The first option is to enjoy the orgasm in your mouth, then swallow. The second is to enjoy the orgasm in your mouth, then spit into a tissue or the sink. Third, you can point his penis onto a body part of yours or his, like the chest or belly, and enjoy the visual show. Or lastly, you can bring a tissue or small towel close by and have him ejaculate into that. What you do is all up to your comfort level. If you're comfortable with swallowing, then go for it. If you're not comfortable doing that, use one of the other options offered. Never make yourself uncomfortable. Giving needs to feel just as good as receiving.

Blowjob Extra: How to Deep Throat

If you've already got some serious blowjob credentials, then you have the option of starting off your blowjob with a bang! This can throw off your lover — in a good way. Basically, you begin with a deep swallow as far as you can, while humming a little tune in the back of your throat. The vibrations of humming create a unique sensation that only a deep blowjob can offer. If you have a strong gag reflex, this may not be for you — yet!

Most blowjobs only work the first few inches of the penis. Deep throating involves swallowing the entire length of the penis down your throat. It's one of those tasks for those over-achievers who want it all.

The biggest roadblock to deep throating is the sensitive nerve endings at the back of your throat. Those nerves trigger the gag reflex to help prevent you from choking. Unfortunately, they also kick in whenever you try deep throating someone.

If it's important to you, this reaction can be overcome with practice. Slowly insert a long, thin object, such as a toothbrush, in your mouth and move it toward the back of your throat. When you begin gagging, stop and take a few breaths to suppress your gag reflex while holding the object in place for as long as possible.

As you do this over time, you'll be able to hold the object in place longer and longer without gagging. When you can reach 10 seconds, start moving the object back and forth like you were giving a blowjob. As you continue building up experience, you can switch to a larger object like a small dildo. (Do not use a banana. Banana blowjobs might look funny on social media and in the movies, but they can be dangerous. The banana could easily break off in your throat and create a choking hazard.)

If you're still keen on doing deep throat but continue to struggle with your gag reflex, you can check out [GoodHead Deep Throat Spray](#). This spray lives up to its name by gently numbing the nerves in the back of your throat so you can deep throat even the biggest guys.

Once you've conquered the gag reflex challenge, breath control is the next important lesson. Deep throating seals off your throat, so you'll need to take a big breath beforehand. Most people have their best results by inhaling as the object goes in and exhaling as it comes out.

After a few more practice sessions, you'll be able to try out your new deep throating skills on the real thing. Good luck and most importantly, have fun! If it doesn't ever work out, don't stress. Most men are just happy to have their penis licked and loved by the mouth.

The Craft of Cunnilingus: How to Go Down on a Woman



Before diving face-first into your lover, you need to make sure they are open to your gift and at least slightly turned on. If you need a foreplay refresher, go back to Chapter 6. While the gift of oral pleasure can be helpful to eliciting arousal, putting some full body touching time in can help generate excitement, and ultimately, orgasm. If she orgasms during oral sex, she'll be begging, and maybe even bragging, for a long time to come!

Before you start, make sure your hands are clean and your fingernails clipped if you plan to do some digital play along with your tongue teasing. If you have a beard or mustache, make sure it's long and soft or trimmed back to prevent irritation. If you are the receiver, you may want to shower or wash off. It's not required, unless it helps you relax a little more or it's requested by your giver.

Next, slowly kiss the whole body, moving in towards the vulva. You can kiss and nibble the outer labia, the inner labia, and tease the clit. Pay close attention to her body language and other signals. You can gauge arousal based on moans and rotating hips. At this point, you can introduce your tongue and let the magic begin.

When it comes to oral magic on the clit, there are dozens of different techniques you can use. Whatever technique you employ, the main thing is to never, ever forget the Three S's: Slow, Subtle, Soft. The clit is sensitive. If you overwhelm it with speed or pressure, you will have to do a lot of backtracking. It's better to start off gently and build momentum.

Technique one is the alphabet method where your tongue traces out letters over the clit and the entrance to the vagina. (Don't forget that the introitus, or entrance to the vagina, can be very sensitive. If the clit gets a little overwhelmed, you can take a break and come here).

Another technique is what I call the Snake Lick. This is similar to licking an ice cream cone, as I mentioned in the section on blowjobs, except with way less vigor and intensity. This is why it's called the Snake Lick. Imagine your tongue like a little snake, licking gently but with enthusiasm and curiosity. As arousal builds, your little garter snake can grow into a larger boa or even an anaconda. But make sure your lover is ready for that intensity.

A third technique involves sucking on the clit. Give your own lips a good lick to make sure they're nice and wet. Then shape them into a small "O" just slightly larger than their clit. Press your lips around their clit and start gently sucking on it. You can suck on it steadily or create a gentle rhythm where you suck and release pressure. You could even alternate between sucking and blowing on their clit. What you don't want to do is blow into their vagina. Blowing into the vaginal canal can cause an air embolism. It's not common, but it can occur, especially if your lover is pregnant.

Some women enjoy a finger inside their vagina or anus while getting their clit sucked on. This can highly enhance the pleasure of oral sex and accelerate the orgasm. This is because more nerve endings are engaged, and more sensation is offered to the body.

Remember, some clits like consistency of sensation, while others prefer a variety of methods and technique. You will have to ask to make sure you know your course of action. If your tongue is out of commission from fatigue or oral herpes, don't stress — you can always use a toy to help you out.



When it comes to oral sex toys for women, Adam & Eve has several different options to keep your lover moaning. A basic vibrator like the [Rechargeable Finger Vibe](#) or [First Time Mini Vibrator](#) is great for working their clit while your tongue explores other areas. If you're looking for something a little more comprehensive, the [GoodHead Kit for Her](#) definitely delivers. Loaded with yummy-tasting gel and lip balm as well as tingly mints, this kit delivers all kinds of lip-smacking goodness. It even comes with a tongue-shaped vibrator for when your tongue needs a break!

For the ultimate oral experience, you've got to try the [Satisfyer Breathless](#). This innovative stimulator blows on your clit just like someone eating you out. But that's not all. This bad boy vibrates too for even more fun. It's so good that I've been giving them away to all my friends!



How to Give a Moan-Worthy Rimjob



While not everyone is interested in this last type of oral sex (and that's perfectly okay), rimming can be surprisingly fun. Rimming excites all the super-sensitive nerves in the anus that border the genitals. This makes it extremely pleasurable — especially when you factor in the taboo thrills associated with anal play. I definitely recommend trying rimming a few times on both the giving and receiving ends. Otherwise, you'll never know what you're missing out on!

A good rimjob starts with proper hygiene. The person getting rimmed should carefully wash their backdoor with warm, soapy water. Since rimming doesn't go very deep, it doesn't require the same extensive preparation work that anal sex does.

After everything's clean, the person getting rimmed should get comfortable. That might mean lying flat face down on a bed or getting down on the hands and knees. The actual position doesn't matter as much as making sure your partner has easy access to your backdoor.

Once the recipient's ready, it's a relatively simple matter for the giver to start licking. In many ways, rimming someone is like jumping into a swimming pool. It's much better to just go ahead and do it, rather than overthink things. This is because the biggest obstacle is the psychological one. Once you try it and realize it's downright enjoyable, you can focus on pleasing your partner and having fun together.



Rimming is all about the licking. Beginners can start on the outside and slowly move their way in using a circular motion. For variety, you could flick the tongue across the backdoor and vary the speed. More experienced rimmers can incorporate advanced techniques that you use for giving blowjobs or performing cunnilingus.

You can spice up your rimjob by adding a few sex toys – just make sure they’re anal friendly ones! The [Booty Bliss Beads](#) feature a graduated design that starts small at the tip before gradually growing bigger and bigger. That makes them great for everyone from anal beginners to experts! The [Bump Rechargeable Anal Vibe](#) features a stronger motor as well as 10 vibration modes for more intense thrills. The [Waterproof](#)

[Prostate Massager](#) features an extra-long shaft with curved tip to work your prostate or perineum.



Classic Oral Sex Positions

Oral sex naturally lends itself to a wide variety of sex positions. Here are just a few classic ones that everyone should know. With these fantastic positions, you’re only a few licks away from a squealing orgasm!

The Head Bobber



This oral sex position involves the man sitting or lying down, while his partner lies down between his legs. This position allows the person offering oral sex to take charge and control the pace. It also leaves the giver free to play with his balls, taint, or backdoor for extra stimulation. If you feel like you are craning your neck, switch your lover to a seated position, like a couch or the edge of the bed. This way you can still be in-between his legs to control speed and depth, but it’s much easier on your neck. Alternatively, you can invite him to stand up while kneeling in front of him. This can be a super sexy position for those engaging in power play and dom/sub kink. It also allows for the man to do some thrusting himself, should his lover be ok with this. If you have cranky knees,

just grab a soft pillow for the floor!

The Tongue Licker



This classic oral sex position features the woman sitting or lying down. She should spread her legs apart while her lover kneels between them with shoulders touching her thighs. Some women clench their legs tightly during oral, which can make things uncomfortable for the giver. Positioning your shoulders between the legs prevents your head from being squeezed and gives plenty of breathing room. While offering oral in this position, it's important to tease other erogenous zones such as the nipples. Other popular cunnilingus positions include the woman bending over as her partner eats her out from behind or sitting on her lover's face with her arms braced against the headboard for support.

Classic 69



This ultimate oral sex position allows both partners to go down on each other at the same time – combining the joys of getting with giving. One partner can lie down flat, while the other person straddles them in reverse. One of the best things about the Classic 69 position is the pleasure feedback connecting you and your lover. Remember how I said arousal is contagious?! As you perform oral sex on each other, the stimulating sensations naturally increase your passion and energy, making the experience hotter and more exciting for both of you!

There are several variants on this ultimate oral sex position. The most common variant is a play on spooning. It features both partners lying on their sides while offering one another oral sex. If gymnastics or handstands are your thing, an advanced version includes one partner standing or kneeling upright while holding their other partner upside down. As you can imagine, the head-rush from being held upside down creates a different kind of short-term thrill.

Chapter 9

Penetration for Pros: Expert Tips & Positions



Let's get it on! We've already discussed several kinds of sex — oral, anal, and masturbation (aka: solo sex). Now it's time to talk about penetration.

Most of us learn that "Real Sex" is vaginal penetration or intercourse. When we lose our virginity, this is what the social script is referencing. While this social understanding of sex may be popular, in my professional opinion, it couldn't be more incorrect.

When we define "sex" as just vaginal penetration, it leaves out countless couples who cannot engage in this activity because they don't have a heterosexual, man/woman, able-bodied configuration. Or perhaps you are a hetero, able-bodied couple, but simply don't find penetration to be the gold standard of sexual stimulation. Whoever you are, and whatever your relationship configuration, the current sexual script is, and always has been, all about "**performing intercourse.**" This narrative minimizes sex to just genital act, versus a whole body, pleasure-forward experience.



So, rather than define "Real Sex" as the act of penetration where **genitals enter an orifice for the end result of orgasm**, let's try on a different definition.

I like to define "Real Sex" as **any erotic activity that results in sensual or sexual pleasure**. Real sex can include manual play, oral sex, anal sex, solo sex, tribadism, frotting, and yes, vaginal intercourse as well. Sometimes we have an orgasm; sometimes we don't. Sometimes we have penetration; sometimes we don't. Sometimes we are alone; sometimes we are with another. There is so much space and permission to explore the diversity of what turns us on when we change the definition of "Real Sex" to be inclusive and comprehensive.

Cheesecake of Pleasure



Changing the definition of “Real Sex” is a change in mindset. Therefore, I want to introduce you to my favorite sex therapy invention: The Cheesecake of Pleasure. Imagine having “sex” like you might eat cheesecake from the grocery store. Have you seen those cheesecake platters that have a diversity of flavors? Each flavor can symbolize a different sensual or sexual activity — from kissing or sexy showers to oral sex and anal sex. Flavors can include naked cuddling, light bondage, vaginal intercourse, and mutual masturbation with sex toys. Every couple’s cheesecake will be unique to them based

on the activities to which they both agree.

However, my number one ground-rule is the same no matter the flavors you choose: The Goal is Pleasure. (I did not say the goal was vaginal intercourse or even orgasm.) **The Goal is Pleasure.** If you have vaginal intercourse as a flavor, then have a good time! If you have an orgasm because the flavor you choose is so delectable and pleasurable, then congratulations! But these are by-products of the goal. When we take the performance out of sex and make pleasure the goal instead, everything opens up, making “sex” liberating, inclusive, and exciting.

There is one more suggestion around this concept. Some flavors may generate a high dose of pleasure for one person in the relationship, while the other person may experience a medium or lower dose of pleasure. We don’t need to be experiencing the same amount of pleasure at the same time. We just need to agree that we like all flavors we mutually choose, and therefore, they get to go on the Cheesecake List.

Also, as a side note on virginity — rather than “lose our virginity” as if this treasured part of us must be inevitably and permanently “lost” to feel successful in the world, perhaps we could consider this an opportunity to “share our virginity!”

Communication is Lubrication

“Communication is lubrication” is a common cliché in the sex therapy arena, but that’s because the metaphor could not be more apt. Communication can ensure an exciting and safe experience. When we can express our needs and wants, as well as fears and boundaries, then sex isn’t carried out mysteriously. When things are a mystery, we make up a story in the absence of knowledge. Typically, the story is usually worse than the truth! “I think she liked the way I touched her.” “I think that was enough foreplay before I penetrated.” “I think he wants the lights off with sex.” And so it goes!

Talking in bed is easier when we practice talking about sex (and about all our fav cheesecake flavors) outside the bedroom. When that feels comfortable, bringing the conversation into the bedroom is the next step. Though so many young people are eager to have penetration (and “share virginity”), my professional advice is typically that if you can talk about sex in and out of the bedroom – your wants, needs, fears, and boundaries — then you are emotionally ready for penetration.

So, what does this discussion look like? Ideally there is enough safety to express whatever you need, openly and honestly.

“I need you to know that I really like to be tied up and spanked to get me turned on.”

“I want you to understand that I need to go slow with penetration because I have a history of pain with intercourse.”



“I’d like for us to both use condoms until we get tested for STIs.”

“I want to share my fantasy about threesomes with you. I don’t need to have one, but just sharing is exciting and turns me on.”

“I like to be kissed on my neck and have my earlobes nibbled.”

“Because of menopause, I need to use extra lube and have extra foreplay.”

“Because of cancer, I need to use extra lube and have extra foreplay.”

“Because I’m human, I need to use extra lube and have extra foreplay.”

Learning to map your partner’s body and their non-verbal cues will also score you big points in the bedroom (or wherever you play). Some people moan, groan, or even wince in pleasure. Others gyrate their hips or rock their pelvis in pleasure. Some people don’t have a lot of movement or sound and can always be given permission for that freedom of expression. If you are unsure or confused by the non-verbal cues you are receiving, just ask your lover, “How is this feeling?” and “Any changes you’d like me to make?” Just because we are mapping the body and learning non-verbal cues doesn’t mean we are meant to be mind-readers. Verbal communication to clear up any assumptions will ultimately cultivate the most clarity and success for your sex life and general relationship.

Expert Tips on Vaginal Penetration



When it comes to vaginal penetration, the media makes it seem straightforward. Genital A (typically a penis) inserts into Genital B (typically a vagina). Some thrusting occurs. The hips rock and roll. After a little bit of time, the friction of the two genitals manifests in an orgasmic climax!

Sorry folks, this is a gross simplification, on so many levels.

As we've learned from the "Cheesecake of Pleasure," sex is not just penetration. It's a whole category of sensual and sexual activities that generate pleasure for both partners.

When "sex" is just simplified to the dance of the genitals, we leave out the whole body and mind connection, aka the intimacy and/or eroticism.

When it comes to penetration, we need so much more behind the scenes to ensure an enjoyable time, for the long run. Yes, I said the long run. Penetration can be super easy for new couples who are lubricated with all the new relationship energy hormones, like dopamine and adrenaline. When the newness fades, we must ensure we have enough real lubrication and extraordinary foreplay. We should also have some effective sex toys on hand to support a clitoral orgasm as 75% of women cannot have an orgasm from penetration alone.

Let's not forget that as humans, some women might have pain during penetration at some point due to childbirth and/or a drier vaginal canal after menopause. Men might have an elusive erection where the penis decides not to be part of the party or decides to ejaculate more quickly than desired. We might encounter an illness or a huge life stressor, either of which leaves "the penetration narrative" dull and lifeless.

Penetration for Pros is about being flexible to abandon the narrative you see in the media and find a flow with your words and your body that works for you. You might look like the movies. But you might not! You might thrust deep and hard, or your partner may feel more comfortable with shallow and slow. You might change positions four times, or you might defer to your tried-and-true place because it feels the most intimate and offers the most sensation and pleasure.

If you are totally new to penetration or feel like the movements you've engaged in just don't work, I want to introduce a new method I call Vulva Painting. Yes, penetration is about painting first. Imagine the vulva as a canvas and the penis as a paintbrush. If you are a same-sex relationship, or a trans-relationship, the configuration changes just slightly. The canvas and paintbrush for penis-on-penis (also known as frotting), or vulva-on-vulva (also known as tribadism), can be interchangeably exchanged in this exercise. For intersex, trans, and/or gender-fluid genital configurations, partners can play around with canvas and paintbrush roles.

For the sake of explaining this exercise, I'll use a penis-vulva configuration. After full-body foreplay (see Chapter 6 as a reminder), it's time for a focus on the genitals. The penis can be flaccid or erect, but flaccid is softer for painting. Apply lube to the tip of the penis and begin softly painting the outer and inner lips of the vulva. The vulva should be aroused from foreplay, but if not, this exercise can most certainly include some clit painting too! Once the vulva canvas is super excited, and I mean aroused at a high level like 7 out of 10, then penetration can begin. I don't recommend penetration before the vulva is at an aroused level of 7 because it can be internally uncomfortable and unprepared. A prepared and excited vulva makes for a more open and receiving vagina.

From here, penetrate one inch. Just. One. Inch. Check in. Is she begging for more or is she tense? You get to tease her while also making sure she wants the whole member. Then a second inch. Check in. A third inch. Until the vagina has capacity and excitement to take in the whole penis. Go slow at first. Remember those three Ss? Slow, soft, subtle. You can always go harder and faster as you build momentum. Rushing in and immediately thrusting fast is not going to accomplish the desired results for either partner. The penis may ejaculate too quickly that way, and the vagina may be overwhelmed.

Some partners may want to stay in the slow zone the whole time. Others may want to play with speed, depth, angles, and positions. Some partners stop and change activities because there is a loss of erection, pain with penetration, or to hold off on ejaculation. Think about that cheesecake again. You can go to the fridge and eat a different flavor, then come back to penetration if you want. No, this won't look like the Hollywood or Netflix script of sex, but we aren't measuring ourselves by that barometer anyway. It's just a set-up for failure.

If you return to penetration after a slice of another cheesecake, you can apply the same modality above, or if both partners are strongly aroused, slide your penis fully inside the vagina with slightly more speed. Again, check in with your partner. Immediate speed and depth are not always the desired effect. You have plenty of time to build towards that. Unless, of course, this is a quickie. In which case, try Penetration for Pros with the **best sex toy** you have to ensure you get that vaginal arousal up to a level 7 or more!

Popular Sex Positions & Your Pleasure

The guidelines above can be mastered in any sexual position. That said, sexual mastery is not about how many positions you do or how complicated and advanced you can get with your positions. Many couples tell me they just wish for more positions to spice things up. Then, they add more positions and still feel in a rut. The rut is not broken by more positions. It's broken by more pleasure. As we learned about in the Cheesecake Model — pleasure is subjective and unique to each person and couple.

Of course, it can be very fun to have a portfolio of positions from which to draw. Some positions might be great for accessing and stimulating the clit and/or G-Spot. Other positions might be good for deeper penetration. Some are great for controlling speed and depth to support more comfortable penetration and/or lasting longer. All the positions can be accessed whether you have a penis-vagina combinations, penis-anus, dildo-vagina, vulva-to-vulva rubbing, or penis-penis rubbing. No matter your genital configuration or gender identity, these positions work for all of us.

Missionary



Sometimes we just love the time-tested classic missionary position. This one provides plenty of full-body contact and eye gazing should you desire. There is space to nibble on the neck of your lover, as well as relax into the pleasure experienced. If this is your go-to, and it works, don't feel like you need to accomplish crazy feats of physicality and gymnastics to "perform" all the other positions.

Cowgirl

This woman-on-top position is the ultimate position for any couple. The woman (or top partner) straddles the man (or bottom partner) who is lying down. Here, she can maintain control of speed and depth of penetration, while also having her clit touched and tickled by herself or her partner. As she stretches her



torso or arms to the ceiling, she can access a goddess type energy. This can be arousing for her, as well as for the partner lying down and gazing up at her. Yes, this position is amazing for intimate and/or lusty eye contact. Best of all, cowgirl can be accomplished with a penis, a dildo, or even two vulvas rubbing together without the penetration component.

Doggystyle



The media has given this position a lot of airtime, making it one of the most popular. This is because the man (or partner) from behind can look down at his partner's sexy behind, while also penetrating with far more depth and speed – if the couple wishes this. The woman (or kneeling partner) can really surrender to the pleasure she is experiencing, while also enjoying breast play or spanking, should she like either of these. This position is also great for penis-vagina combinations, penis-anus, dildo-vagina, or vulva-to-vulva rubbing.

For the woman bent over, consider hugging a pillow for extra support and/or having a pillow under the knees to prevent joint pain. The partner who is penetrating can kneel (again on a pillow if he wishes), or even stand up if his partner is bent over a bed or countertop. I really like this position in front of a full-length mirror (like in a closet or bathroom), so that the receiving partner can gaze in the mirror at the full body of her penetrating partner and make intimate and/or lusty eye contact. Then again, she might just want to wear a fun blindfold!

Spooning

This position is perfect for the couple that loves to cuddle! With its large amount of skin contact, spooning is another sex position that can offer a lot of intimacy. This is also great for anyone who needs a more relaxed position when supporting injuries or managing illness. Both partners can lie down on their sides, with knees slightly bent. The person penetrating is behind and can wrap their arms around their partner's waist. This position gives access to two key erogenous zones — the neck for nibbling and the breasts for stimulation. The shallower aspect of penetration here allows this position to be slow and sensual.



Advanced Sex Positions

The following positions are slightly more complex and physical. They are still easily accessible for many people but do require more flexibility and strength than the positions in the previous section.

Eagle



If you are the receiving partner, lay on your back, legs toward the ceiling. You can wrap your legs around your lover's neck or rest them on their shoulders. If your lover has a smaller penis, you can cross your ankles around your lover's neck, tightening the vagina (or anus) around the penis (or dildo). If you are the penetrating partner, you can kneel or stand at the edge of the bed. This position is great for depth of penetration or G-Spot access.

Straddling Tree

Lack of sufficient clitoral stimulation is one of the biggest challenges of cowgirl and reverse cowgirl. This version addresses that with a little old-fashioned grinding. The man, or penetrating partner, begins by lying flat on his back and one leg bent at the knee. The woman then climbs on top and straddles his bent leg, leaving their legs locked together. This allows her to rock back and forth in his lap while grinding her clit against his leg for additional stimulation. If she gets tired, she can lean against his leg for some extra support. This is also an excellent position for two women or partners with two vulvas.



Bended Knees



This is the passion position that comes straight from the pages of the Kama Sutra. Partners basically embrace in “leg-locking” by kneeling as they face each other. The penetrating partner lifts his right leg up and bends his knee, leaving him kneeling on his left knee. The receiving partner mirrors his actions, arching her left leg over his right one. This allows both of you to have eye contact and embrace each other while engaging in penetration or just good old grinding. If knees are cranky, drop a pillow for comfort. Again, this one is good for all combinations of couples.

Crouching Lion

Hear the roar with this progressive partner-on-top position! It starts with the penetrating partner lying on his back, with knees bent at a 90-degree angle. The receiving partner slips between him, positioning her torso between his legs. By planting her feet on the outside of his hips, she has leverage for her ideal speed and depth of thrusting. This position is also great for grinding as well as anal penetration.



The Dome



This gymnastic, yoga-style position will leave you and your lover seeing stars — literally! The receiving partner basically engages in a backbend (also known as a full bridge yoga pose), while her lover slides between her legs on his knees to penetrate. If a backbend is too aggressive, then she can do a hip thrust or yoga half bridge. He can grab

her by the hips or butt for support. The backbend nature of this pose may create a head rush, which can accelerate arousal for some lovers.

Yab Yum

This is the ultimate position for all lovers — no matter your age, size, ability, sexual orientation, or gender. Though this position doesn't allow for intense and fast thrusting, it's the go-to for sensuality. The penetrating partner sits on the floor or bed, legs either straight out or crossed. The receiving partner sits on top, straddling the bottom person and wrapping her legs around his abdomen. The receiving partner can place a pillow under her butt for extra elevation and support. She can lean back on her hands or reach forward and wrap her arms around his neck. Lovers can have eye contact and place hands on hearts or move their energy and stimulation in multiple directions by moving their torsos toward and away from one another.



Remember, sex is not a performance. It's an activity of pleasure. If you want to try out some other positions for fun, go for it. If you want this position, just remember to include **at least** 20 minutes of excellent foreplay and perhaps a capable collection of sex toys!

Penetration & Genital Connection for Queer Couples

When it comes to queer sex for LGBTQI couples, the mechanics of genital contact and penetration are sometimes the same and sometimes different.

Vulva-to-vulva contact for lesbian, bisexual, and/or genderqueer couples is often marked by oral sex, fingering, tribbing, and use of strap-on toys. When it comes to penetration, strap-on harnesses and dildos are excellent options for the queer couple looking for thicker and deeper vaginal penetration. (Hetero woman can and do use them as well, typically for pegging their male partner. Some strap-ons are even hollow so they can be used by men with erectile dysfunction.) Strap-on harnesses feature a sturdy belt along with some extra straps for support. The harness typically features a rubber O-ring in the front that can be used to hold a special, strap-on dildo in place. This allows anyone wearing the harness to “use” the dildo on their partner like it was a penis.



[Eve's Strap On Playset](#) is particularly popular. This playset comes with a fully adjustable harness to fit a wide range of body types as well as three different dildos. The dildos vary in size and shape, so you can experiment with multiple sensations depending on your experience and comfort levels.

Face Sitting for Oral Pleasure



This position is a favorite among many lesbian and bisexual couples but can be enjoyed by absolutely anyone. One woman simply lies down, while the other literally sits on her face. The bottom partner can then lick and kiss the genitals, as the top partner sits back and enjoys!

Tribbing

This is a woman-on-woman version of scissoring whereby the couple rubs their clits together for mutual stimulation. Start by sitting down, facing your partner with your legs spread slightly open. Slide closer to your lover, interlocking your legs with hers and enjoy the grinding. For extra sensation, you can add a finger, a clit vibe, or a double dildo into the works. The [Crystal Jellies 12" Double Dildo](#) features an extra-long and super-flexible shaft that makes it easy to share. Both ends feature a tapered tip for easy insertion. For clit stimulation, try the [Joystick Rechargeable Wand](#)!



Penis-to-penis contact for gay, bisexual, and gender queer couples includes handjobs, blowjobs, frotting, and penetration. The penetration positions are similar to those for hetero couples, with the main difference being the exclusive use of the anus and some name changes. For instance, the Cowgirl position turns into the Cowboy. If you're interested in learning more about anal sex, then feel free to skip ahead to the next chapter, which is all about the backdoor.

Frotting

Frotting is the rubbing of two (or more) penises together for stimulation. Both men can kneel down while facing each other. From here, press your penises together and start stroking them simultaneously. Since the tip is the most sensitive part of the penis, make sure to rub your tip with your partner's. You can mix it up by rubbing your own penis, then your partner's, and then back to yours.

Penetration for transgender people or intersex people, as well as for their partners, typically requires a good deal of communication to know how to navigate the body. Some trans folks have had surgery, some have not. For example, a trans-woman who has elected not to have surgery or is waiting to do so may have a penis and may love to penetrate a vagina or anus with her penis. A different trans-woman may have complicated feelings about her penis and may prefer to receive anal penetration or do other erotic activities instead. Some pre-op trans-men have a lot of sensation in their breasts and want it part of their sexual play, even if they bind their breasts in public. Others bind almost all the time and prefer not to include the breasts. Advocating for your body is key to discovering the pleasure possible.

As for those who are intersex, the genitals can vary greatly. Sometimes the vagina is too shallow for comfortable penetration, or it might be larger but not large enough to fully penetrate. There is no need to change or modify the genitals! The genitals of an intersex person can enjoy just as much pleasure as anyone else's genitals. If you or your partner want to explore options that seem beyond reach, sex toys can be fabulous for filling in any gaps.

Never forget — penetration need not be the gold standard of sex. No matter what our genitals look like; no matter how they function; no matter the gender we feel aligns with our genitals — we are still humans with an abundance of delicious and erotically capable nerve endings capable and deserving of pleasure.

Adult Toys for Everyone

Adam & Eve offers a wide range of sex toys and other items for hetero & LGBTQI couples that love playing together.



With over 375,000 sold, the [Big O Multi-Stage Vibrating Penis Ring](#) is one of their most popular vibrators for couples. This ring fits snugly around the shaft of his penis, keeping blood in his shaft. This has the dual benefit of slightly boosting his size and making it easier to maintain his erection. A small, powerful vibrator rubs against her clit or his taint with every thrust to help enhance their pleasure too. No wonder penis rings are often called the ultimate sex toy for hetero and gay couples!

Another great option is the [Couple's Enhancer Ring](#). This sex toy features two loops – one that hugs his shaft, while the other fits around his balls to help him last longer. It's also covered with dozens of soft, flexible ticklers for added pleasure.

If your partner's a little too sensitive for vibrations, Adam & Eve has plenty of non-vibrating rings from which to choose. I recommend getting a multi-pack like the [Triple Erection System](#) or the [Ultra Sweller Penis Rings](#). Each comes with multiple rings in different sizes so you can experiment to see which works best for you.

While penis rings are intended primarily for men, it's possible for two women to use them as well. Simply slip the ring around your favorite dildo (strap on or regular) to turn it into a rabbit vibe!

Another great vibrator for couples is the [We-Vibe Match Couples Massager](#). The Match is shaped like the letter 'C.' One arm presses against her clit, while the other slips inside her vagina. It's specially shaped so she can wear it while having sex to stimulate her and her partner at the same time. If the We-Vibe version is a little too pricey for your budget, the [Satisfyer Partner Plus](#) works the same way. It just has fewer bells and whistles, so it's much more affordable.



Sex furniture is incredible for couples with physical limitations, and/or for the more adventurous couple. These pieces provide the extra support for tackling the more complex positions that we mentioned above.



With an average rating of 4.7 out of 5, the [Liberator Ramp & Wedge Combo](#) is one of the highest rated items on AdamEve.com. This versatile position aid consists of two pieces, a large ramp and smaller wedge. This makes it extremely easy to experiment with deeper penetration and new angles of entry. It also allows extra comfort while you try out a variety of new positions.

The [Fetish Fantasy Spinning Swing](#) is for the daring couple that desires to dangle in mid-air for a weightless feeling. It's just as much fun during foreplay or oral.

Chapter 10

An Expert Guide to Anal Sex



Anal sex was a huge taboo back in the 1970s, but it's become more accepted over the last decade. While there are still some lingering stigmas around it, anal has finally come into its own as something that (almost) everyone is interested in trying at least once. As I often say in my Savvy Sex video series, "Sometimes the taboo of anal is exactly what makes it the forbidden fruit of ultimate sexiness."

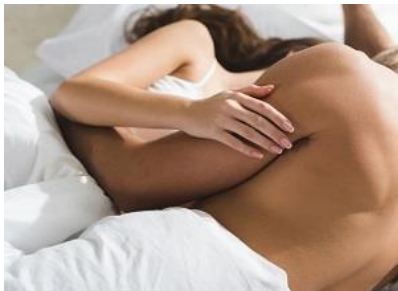
What is Anal Sex?

Anal sex includes all erotic activities that pleurably stimulate the anus – light touching, licking (also known as rimming), and penetration with a finger, toy, or penis.

Anal sex has numerous benefits. The nerves in the anus are connected to the pelvic floor muscles and border the genitals. This makes them particularly sensitive for more thrilling stimulation – sensitive enough that some people can orgasm from anal play, especially men if it includes the prostate. Plus, the taboo nature of anal play can provide its own special thrill.



Talking About Anal



Anal play and penetration can be safe and fun if you're willing to take a risk and try it.

Like all other aspects of sex, communication is crucial for good anal. Sit down with your partner for a candid discussion. Tell them that you're curious about anal sex and would like to try it. They might want to experiment just as much as you but feel too shy to talk about it.

Your partner's likely to have plenty of questions, and you'll probably have a few of your own too. Finding the answers together can be a good bonding exercise. It helps ensure that you and your partner are both fully informed about what anal entails and ready to try it.

There are a lot of common myths and misconceptions surrounding anal sex. Here are a few of the most egregious rumors I've heard over the years.

Only gay men like anal sex. This is completely false. There are many people of all sexual orientations and genders who enjoy anal play. And, just for the record, anal sex doesn't make you gay either.

Anal sex is dangerous. If you take proper precautions (as discussed in the next section on preparations), anal sex is completely safe. There is one caveat, however. The anus contains certain germs and bacteria that can be transferred to the vagina, so you shouldn't use the same toy, finger, or penis for vaginal and anal play unless you clean it thoroughly between sessions or wrap it up with a condom beforehand.

Anal sex is less intimate, which makes it better for attachment-free hookups. This is also false. Anal releases the same hormones and endorphins as vaginal sex, which help create those feelings of intimacy and attachment between partners. I would argue that anal is actually the most intimate of all activities because the amount of surrender required to execute anal comfortably and pleasurably means sharing a deep level of trust and connection. Engaging in a sexual act with someone you care for can feel quite intimate. Likewise, engaging in a sexual act performed with someone you don't really care about will lack intimacy.

When learning about anal, make sure you get your information from a trusted and reliable source. [Adam & Eve's Guide to Sex](#) has a ton of educational articles about anal sex and plenty of other topics too.

How to Prepare for Anal Sex



After you've finished learning all about anal, you'll need to develop a game plan. While backdoor play is something that more experienced partners can do in the spur of the moment, beginners should take it slow and steady for the most enjoyable and comfortable experience.

Here's my recommended checklist.

Practice relaxation. The most important thing to remember is that anal requires **Relaxation**. Safely receiving anal intercourse requires an ability to relax both the external and internal sphincter muscles for comfortable penetration. It may be uncomfortable in the beginning; however, deep breathing to allow time for the muscles to relax is essential. Solo practice with a finger or anal toy can acclimate the anus to penetration. Many people practice in the shower or bathtub to help soften the anal tissues and explore without the pressure of a partner.

Keep it clean. For many people, feeling clean is an important step before partner exploration. Cleaning can be as simple as using the bathroom and wiping extra-thoroughly, preferably with a wet wipe. The anus is surprisingly clean on its own provided you practice good hygiene. If you or your lover are still concerned, you can use a disposable enema. Though enemas are not needed, it can offer the psychological support of extra cleanliness for extra clean and worry-free fun.

Use anal lube. Unlike a vagina, the anus doesn't naturally produce any lube, so you'll need to stock up on some before engaging in any form of anal play. [Anal lubes](#) are specially formulated to handle the rigors of backdoor play. They are generally thicker than regular lubes, so they stay in place and provide a protective barrier. Anal lubes also last longer, so you don't need to re-apply them nearly as often.

Communicate & ask for consent. Lastly, keep talking with your partner throughout the process. You might have a great game plan, but also be prepared to back off if it becomes too much in the moment. Checking in during each stage is essential to keep both partners on the same page.

Having Anal Sex

If you are going for anal penetration, start with plenty of foreplay. This can include sensual massage, genital stimulation, oral sex, and of course some backdoor teasing.

Foreplay is a good time to start applying the anal lube... and don't be stingy! Squirt a generous amount on the backdoor before spreading it around in a slow and steady circular motion. This helps the anal muscles relax and makes it less likely for them to clench up during penetration. (Sphincter clenching is one of the common causes for discomfort during anal sex.) Add some more anal lube and start working it inside the rear with a finger or two. Remember, that might be all the stimulation you or your lover can handle at first.



If you chose to keep going, apply some more lube to an anal toy of your choice. While you could use a regular sex toy for anal play, I do not recommend this at all. Anal toys come with special safety features, such as flared bases or finger rings, that limit just how deep you can insert them. The flared base also prevents the toy from getting sucked up and stuck in

the anal canal. Anal toys are also made from special non-porous materials that won't trap germs or bacteria, which makes them more hygienic as well. Gently tease the tip of the toy in and around the backdoor to make sure it's relaxed. Slowly ease the tip in and hold it in place for a few seconds to give the body time to adjust. If everything still feels fine, you can slowly insert more of the toy.

Sometimes, just inserting a toy is enough for anal beginners. As you both gain experience with anal play, you could try thrusting the toy in and out. Some partners enjoy using an anal vibrator. The vibrations can make the toy easier to insert and, for some, more stimulating.

If you are aiming for anal penetration with your penis, strap-on, or dildo, lube up the member and your partner's backdoor. You can never have too much lube. Once your tip is inside, check with your partner to make sure they're feeling okay. Give them a few seconds to adjust to the potentially unusual sensations. From here, slowly pump your shaft in a shallow fashion. If your lover is comfortable with continuing, you can move slightly deeper. The receiver needs to control the pace and depth to prevent injury or clenching. Once comfortable with a steady pace and depth, partners can move to faster and deeper.

When you've finished having anal sex, make sure to throw away the condom immediately (if you used one) before washing off the shaft thoroughly in warm, soapy water. Washing your lover off with a warm, wet cloth can help ease any lingering soreness they might feel.

Recapping Best Tips & Tricks for Anal

If you use an enema, do so in the shower. Enemas can get messy fast – especially if you've never used one before. Cleanup is much easier if you use them in the shower.

Maintain stimulation. Make sure you continue stimulating the receiving partner, even during anal sex. For women, that may mean playing with their breasts and/or clit. For men, the prostate stimulation from anal sex can be enough, but they're sure to appreciate some stroking now and then too!

Limit depth and speed. Beginners need to get acclimated to receiving anal penetration. Whether finger, toy, or penis, go slow and shallow until the receiver says "more." If your partner's a little longer than average, or you are worried about him getting carried away, you can grab the lower half of his shaft. This allows you to control just how far he can go. Some couples opt for a penis ring instead, but these can slip on his shaft due to all the lube you're using.

Spanking and anal can make a great match! While the butt cheeks aren't nearly as sensitive as the clit, prostate, or G-Spot, they still contain a good number of nerves. If your partner already enjoys spanking, they might love a few extra smacks during anal sex.

Call a "time out" if it doesn't feel good or you think your partner isn't enjoying it. Anal isn't right for everyone. Doing something you and your lover both enjoy is much more fun in the long run. You can always try anal again later!

Grab some wet wipes. They make preparing for anal sex and cleaning up afterwards a breeze.

Don't switch from anal to vaginal sex. The anus contains certain bacteria and microbes that could be potentially harmful if they're transferred to the vagina. Note that this precaution also includes sex toys. It's one of the reasons why Adam & Eve has a special category devoted entirely to anal sex toys.

Top 3 Anal-Friendly Positions

Anal sex, from soft stimulation to full penetration, can be done in many positions. Here are our top three favorites. These positions allow the person who's getting penetrated to take control and set the pace, which usually makes the experience more comfortable and enjoyable.

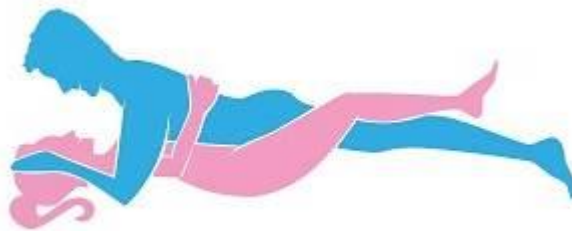
Anal Cowgirl or Reverse Cowgirl



If you want to take it slow and steady, nothing beats this anal sex position! Anal cowgirl and reverse cowgirl have the dual benefit of allowing the partner on top to set the pace and control the depth of penetration – making it ideal if they're worried about taking it too far too fast. It's also a great sex position if you need to stop mid sex because you're no longer enjoying yourself.

Anal Missionary

This position is great for mutual stimulation and teasing other body parts during anal contact. You can change the angle of penetration easily with just a pillow or two. The bottom person can also place their legs in the air or wrap them around their lover as they are penetrated. Lastly, this position also allows for the most eye contact.



Anal Doggy



This position was practically made for anal! It offers a fantastic view of the action for the top, while allowing them to tease their lover easily. In this position, the bottom can even hug a pillow to help relax into the position and activity. Bending over on the bed allows the receiver to melt into the mattress or pillow, enhancing the potential for relaxation, comfort, and ultimate arousal. Because the top is generally setting the pace in this position, it's important for them to pay close attention to the bottom and respond to their needs. A similar position is for the receiver to bend over something such as a table or countertop. If you pick a bathroom countertop, both people can look into the mirror for extra erotic eye contact.

Shopping for Anal Toys: Things to Consider



If you've never used an [anal toy](#) before, sorting through all the different options can be difficult. After talking with the toy experts at Adam & Eve, I do have a few take-aways for you to think about.

Look for a body-safe, non-porous material. This promotes better hygiene and helps prevent bacterial infection, which is especially important for anal toys. Silicone is my personal preference. It's completely hypoallergenic, making it safe for people with sensitive skin or severe allergies. Most silicone toys are soft, smooth, and flexible for comfort. They're extremely durable too for long-lasting fun. Those reasons are exactly why I recommend the [Booty Bliss Vibrating Beads](#) to my clients. It even comes with a multi-function vibrating bullet for a little extra pleasure.

A flared base is important. Not entirely sure what a flared base is? It refers

to the bottom of the toy being much wider than the insertable portion, creating a cone-like shape. The anus has amazing suction capacity to essentially suck up anything inserted into it. A flared base prevents this from happening. The [Naughty Silicone Butt Plug](#) is a great example of an anal toy with a flared base.



Shape & size are even more important than usual. The anus generally isn't as stretchy as the vagina. Most anal toys are smaller than their vaginal counterparts to account for this. That being said, there are plenty of people who enjoy using long and thick anal toys. It really comes down to personal preference if an anal toy is the right size for you. If it's for your partner, you should definitely talk about it with them before ordering anything. According to one of my Adam & Eve friends, they get a lot of returns from people ordering toys that are much larger than they can handle. That's why I'm a big fan of the [Booty Boot Camp Training Kit](#). This kit comes with three different butt plugs in a variety of sizes, so you can experiment with them.



Carefully read the specs and details. Buying a toy is like buying shoes. Everyone has a different style, preference, and size, so intuition is a big part of the buying process. Think about the different circumstances in which you might use a particular toy. If you can imagine yourself using it and enjoying it, then that toy will likely work just as well in real life.

Go with the crowd. There's something to be said for popularity. And the [Booty Sparks Gem Anal Plug](#) is Adam & Eve's most popular anal toy. They've sold over 175,000 of these with hundreds of positive customer reviews raving about the sparkling gem in the base and the cool, stimulating feel of the metal.



Chapter 11

An Expert Guide to Kinky Sex



Ever since *Fifty Shades of Grey* ignited bookstores and bedrooms, there has been a huge surge in couples wanting to explore kinky sex. What is it? Why do it? How can we make the most of it? This chapter answers all these questions.

The term “kinky” refers to acts that bend away from the straight and narrow path. So sexually speaking, “kinky” refers to less traditional sexual acts, often known as BDSM. BDSM is an acronym for Bondage, Discipline, Submission, Masochism. It can include rope or handcuff bondage, blindfolding, role play, power play, temperature play, fetish play, spanking, and more.

For those unfamiliar with BDSM, it can feel a little overwhelming or scary. This may be because it involves experimenting with sensation, pain and/or power. When it comes to sensation and pain, we must remember that arousal in the human being exists on a pleasure-pain continuum. Sometimes, it is through the portal of pain and release of subsequent endorphins that pleasure can be experienced. It’s like that endorphin high you get after exercising hard. This is why so many couples thoroughly enjoy pushing the edges of sensation and/or pain.

Power play, on the other hand, can be very psychologically sexy. Don’t forget that the mightiest sex organ is between the ears – aka the brain. Role play and/or exploring submissive and dominant dynamics in (and out of) the bedroom can give an erotic boost to the couple.

If you play safely, and we will cover how, there’s nothing wrong with following the beat of a different drummer — especially when it can expand your sexual edges to spice up your erotic connection.



Getting Started: Boundaries, Safe Words & Sobriety

Before experimenting with any type of BDSM, it's very important to discuss the ground rules with your partner. The kink community utilizes the concept of "safe, safe, consensual" to emphasize that both partners are safely signing up to engage together. There is certainly risk if you play hard. There may be intentional, short-term "hurt" involved, but there should be no long-term "harm."



To see what your interests, edges, and boundaries are, it's good to talk in depth about which activities or scenes you'd like to experiment with. I've developed a special quiz that you and your lover can take together to help jumpstart this conversation. Check out the [kinky sex resource here](#).

Establishing limits on what you want to try is just as important. For example, your partner might want to try spanking. However, there is a lot involved with that decision. Are they okay with getting their feet or thighs spanked, as well as their butt? Do they want you to do

it bare-handed, with a paddle, with a riding crop, or with a flogger? How hard do they want to be spanked?

You can't foresee every possible situation. And there are always a few things that sound fun in theory but turn out not to be once you actually try them. Situations like those are what safe words are for.

If you're not familiar with the term, safe words are a single word or short phrase that you or your lover can use during sex when you need to stop. You might be wondering why you need a special word when you can just say "no" or "stop." Well, sometimes saying "no" or "stop" is part of the kinky sex experience. For example, your partner could be tied up in bed begging you to release them. In reality though, the last thing they want is for you to untie them. Begging to be let go is part of their bondage fantasy. A safe word is useful in cases like that, so both you and your lover know when playtime ceases to be fantasy, and when real stopping needs to happen.

When deciding on a safe word or phrase, it's important to agree on something memorable and off-the-wall, so it stands out no matter what you're doing. Many couples choose a food, animal, place, sport, or creature. In the past, I've had couples pick words like "unicorn," "pineapple," and even "Hawaii."

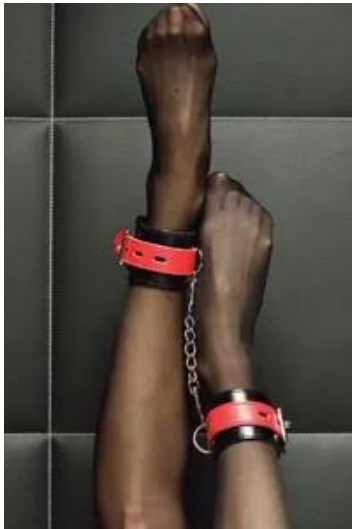
Though a single safe word is typically enough for seasoned kinksters, I suggest beginners use a back-up color system. Think about three colors used in stoplights. Yellow means caution — slow down whatever you're doing and check in with your partner. Red means stop. This is a good time to check in as well. Green means it's safe to resume play. The stoplight system is a much more versatile approach that's better suited for handling the myriad of emotions and feelings you can experience



during kinky sex. Be prepared for a lot of “yellow” situations whenever you try something new as you and your lover figure out what does and doesn’t work.

Lastly, stay sober. It can be seductive to drink or do drugs before or during sex. Many couples who engage in vanilla sex do this because the altered state of mind creates a sense of floating pleasure, and it can take away inhibitions one might otherwise have. However, the sense of floating will naturally come from the endorphin high created from the kinky play. If you are intoxicated, you might push past boundaries without realizing it and cause harm to yourself or your partner. Being cognizant and aware is essential to ensuring safety.

The Best of Bondage: Tips on Getting Tied Up



When most people hear the term kinky sex, bondage is often the first thing that pops into their mind. Did you know that Dr. Justin Lehmiller, the foremost researcher on sexual fantasies, has found that bondage is the second most popular fantasy among all Americans?!

To understand this popularity, it’s important to think about how we can go from scary to sexy. It can feel scary to think about being tied up for real. When we fantasize about it or play it out in a mutually consensual manner, we gain mastery over our fear. Playing with this edge is what makes bondage so exciting to so many people.

Bondage, whether with ropes, handcuffs, or other means, is all about control and power. The person getting tied up (the bottom) surrenders their power to the person restraining them (the top). This leaves the top completely in control, with the bottom at their mercy.

At least that’s the illusion! If you’ve followed my advice about setting boundaries and safe words, then you know that the bottom can exercise just as much power as the top. It’s a different form of power to control the scene if it needs to be slowed down or stop.

Bondage typically centers around physical restraints. Some couples like using things they have around the house, such as an old shirt or necktie. I typically recommend against doing this. Both of those items can become uncomfortably tight as the bottom wiggles and squirms. They can also be hard to untie as well, which can make them somewhat dangerous. Instead, I tell all my clients to use specialized bondage restraints. These restraints are much safer and more effective, which makes them more fun for both you and your partner.



Bondage beginners could start with a simple pair of restraints like the [Bound To Surrender Cuffs](#). These faux leather handcuffs feature a safe Velcro closure, so they’re easy to slip on and off. They’re also lightly padded for a more comfortable fit that won’t leave any marks behind. You can use the handcuffs to restrain your partner’s hands behind their back to limit



their ability to move. Or you can attach one cuff to a heavy object like a bedpost, while using the other on their wrist.

If you really need to tie someone down, then the [Under The Bed Restraint System](#) is the way to go. The set fits underneath your mattress – even king-sized ones. It comes with two pairs of restraints, one pair for the wrists and another pair for the ankles. This lets you tie your lover in a spread-eagle position across the bed and a variety of other bondage positions depending on your imagination. When you're done, you can simply tuck the restraints under the mattress where no one can see them... until your next bondage adventure! Adam & Eve has sold over 125,000 of these – making it one of their most popular bondage toys. It's also one of the highest-rated items on their site with an average customer review of 4.7 out of 5 stars. In other words, this bondage toy is definitely worth trying out!

If you and your lover are comfortable with bondage, nothing says kinky sex like a pair of metal handcuffs. I really like the [Fetish Fantasy Cuffs](#) because they come with a built-in safety release just in case you lose the keys!

Mastering & Surrendering to Spanking



Spanking, for many couples, is a key element of kinky sex. You can use spanking during foreplay to help set the mood or during role-play as part of the fantasy. Certain sex positions like doggy and cowgirl/cowboy provide the top partner with easy access to the buttocks for playful smacking. The sharp sting at just the right moment can be all it takes to send the bottom over the edge and into an orgasm. Even if it doesn't elicit orgasm, spanking connects us to our carnal side.

Erotic spanking, also known as consensual impact play, involves one person using their hand or toy to slap the other person's buttocks, thighs, or other soft, fleshy area. This causes the body to release pain-killing endorphins and increases blood flow to that area for increased stimulation and sensations.

As you can imagine, spanking can vary greatly. Some people prefer a light, playful tap. Others like a strong swat that turns their cheeks red and makes it hard to sit down. Then there are people who don't like spanking at all. It's important to find out what your partner likes before trying it. After talking it over, you should take a few "test spanks" on a fleshy area of the body such as the upper thighs. This gives you a much better idea for what your partner wants.



The [Fur Lined Paddle](#) is a must-have for spanking beginners. One side features soft, sensual fur, while the other is faux leather. The fur acts like a gentle cushion for playful taps. The leather side delivers a much firmer swat to lay down the law. Try alternating between the two sides to keep your partner clenching the sheets as they beg for another!



The [Beat Me Please Flogger](#) is my choice for more advanced spankers. Part of Adam & Eve's Scarlet Couture collection, the faux leather flogger features a stylish black & red checkered design. Multiple strips deliver stimulating stings with every flick of the wrist for better spanking coverage.

If you'd prefer something with more kinky options, then give [Eve's Fetish Dreams Beginner Bondage Set](#) a try! This 5-piece kit comes with a terrific faux leather paddle that delivers a satisfying smack and tingling sting – at least that's what my source at Adam & Eve says. The kit comes with two pairs of matching cuffs so you can restrain your lover while administering their spanking!



Lastly, spanking can involve a psychological sexiness involving dominance and submission. When we try to control numerous aspects of our lives, surrendering control can feel scary. But in a consensual and safe setting, that very edge creates an erotic energy. The same is true in reverse. When we feel powerless in numerous places of our lives, having full control and dominance can be sexy and thrilling.

Sensory Play Part 1: Blindfolds

The B for bondage in BDSM may “dominate” kinky sex. Sensory play, however, is a vastly underappreciated alternative. Sensory play can amplify and enhance sexual stimulation to make everything you do feel much hotter and more intense. With a little practice, you can use it to play your lover's body like a fine violin.



As the name suggests, sensory play involves any sexual activity focusing on one of the senses — sight, sound, smell, taste, and touch. Focusing on one or more of the human senses highlights the sensuality of sex. It's also one of the most accessible and easiest to use forms of kinky sex.

For beginners to sensory play, I suggest using a basic blindfold. It's one of my favorite sex toys because it's so simple to use, and yet incredibly versatile at the same time. Blindfolds have two key sexual functions. The first function is that it removes sight, thus enhancing the elements of mystery and surprise. The second function is an adjunct of the first. By removing one of our key senses, we focus on the others available to us, like sound, smell, taste, and touch.

Sight is something that so many of us take for granted. Yet, suddenly losing it can feel simultaneously surprising and exciting. Removing your lover's ability to see means they can't anticipate what you're about to do. They have no clue whether you're going to kiss their nipples, lick their thighs, or spank them until you do it. It's a great way to keep them guessing as their imagination runs wild trying to figure out what happens next!

Blindfolds also help your lover concentrate on their other senses. They can experience any music you might be playing on a visceral level as the beat stirs something in their soul. If you're using scented candles, incense, or cologne/perfume, the aroma can enhance their passion. Most importantly, blindfolds can make the slightest touch positively electrifying.

Lastly, being blindfolded means you must trust and rely on your lover. Dropping into this submissive role allows you to fully surrender to the sensation you are feeling, making the whole experience more erotic and intense.

Many couples use a variety of household objects as blindfolds, especially neckties and scarves. However, I strongly suggest using one made expressly for sexual play. Most of these sex blindfolds are lightly padded with a soft inner lining for a more comfortable fit, especially when worn for longer periods of time. They also have elastic straps to help hold them securely in place while making them easy to remove afterwards. The [Adam & Eve Scarlet Couture Obey Me Blindfold](#) is made from faux leather, which gives it an edgy look that's perfect for kinky sex.



If you prefer something with more kinky options, then give [Eve's Fetish Dreams Intermediate Bondage Set](#) a try! This kinky 6-piece kit comes with a nice blindfold plus two pairs of restraints, a paddle, and more. The blindfold is made from faux leather with a special diamond stitching for a sexy touch.

Sensory Play Part 2: Temperature Play

Temperature play involves titillating your lover with hot and cold. I admit – it may not sound very thrilling until you try it. Yet, just think how soothing a hot towel feels around your neck after getting your hair washed at the stylist or barber. Or how you feel jumping into a cold body of water after getting super-hot on the beach shore.



Temperature play, especially with a surprise element, shocks our nervous system into alert mode. Alert mode when we don't feel safe can shut down arousal. However, alert mode when we do feel safe can elevate an already excited state. This is why temperature play can be super fun and arousing!

To easily experiment with temperature play at home, you only need two small bowls. Fill one with warm water, and the other with a little cool water and some ice cubes. Drizzle a few drops of water all over your lover, alternating between warm and cool to tease them. You could dip a small towel in the warm water and use it to sensually wash your lover. Or you could use the ice cubes directly on their body. Ice cubes are quite exhilarating for both clit and nipple play!

If your lover really enjoys the towel or ice cubes, you can up your game and use a glass sex toy. Because glass naturally retains temperature, it can stay warm or cool longer than other materials. It's also super easy to use. For hot temps, run some hot water over the glass dildo. For cold temps, pop it in the freezer for a few minutes. Always test it on the back of your hand to make sure it's not too hot or too cold. Then let the fun begin!

A warm sex toy can feel extremely soothing and relaxing. The warmth can make realistic dildos feel even more lifelike. A cool sex toy, on the other hand, can leave your lover shivering in all the right spots. It offers a sexy shock that can give anyone goosebumps for added sensitivity.



The [Twisted Love Glass Dildo](#) is the perfect candidate for temperature play. Colorful blue stripes running down the shaft make it look less like a sex toy and more like a piece of art. What I really like about this dildo is its double-ended design. One end features a longer shaft that's perfect for vaginal stimulation. The other end is shaped like an anal plug for backdoor play. The stripes add texture for extra stimulation. It's a true couple's sex toy that you and your lover can share!

If you want to take temperature play to the next level, you can explore the fine line between pleasure and pain with more extreme temps. Before taking this step, it's extremely important to talk about it with your lover. Take the time to carefully explain what you'd like to try, how you plan to do it, and what it might feel like. Show any toy you plan on using to your lover and let them try it on a non-sexual part of their body, like a finger. Finally, make sure you've got a safe word or phrase in place just in case things don't work out like you planned.

Sensory Play Part 3: Teasing from Neck to Nipples

The skin is our largest sex organ. There is so much surface area to explore, especially when we all have different preferences on different body parts. One person's neck may want to be tickled with a feather, while another may want to have their lover bite them until bruised. Someone may want to have their nipples nibbled, while another wants nipple clamps. Don't know what you want? Explore gently and slowly on less sensitive places like arms and legs. Then if you are up for it, try a fun pair of nipple clamps.

The [First Time Fetish Nipple Teasers](#) are perfect for beginners. These clamps are fully adjustable so you can control just how tightly they squeeze. Soft rubber tips keep the metal clamps from biting into your skin. A weighty metal chain creates a gentle pulling sensation for extra stimulation, while adding a kinky flair as well.



The [Eve's Naughty Nipple Clamps](#) are shaped like a hair pin, which offers a gentler squeeze compared to more traditional clamps. This design also works better for anyone with larger than average nipples. A small slider moves up and down the pin, allowing you to adjust just how tightly they squeeze. These clamps also feature rubber tips for comfort and metal beads for a stimulating tugging sensation.

Nipple clamps not for you? Try out a soft feather instead. The [Fifty Shades of Grey Tease Feather Tickler](#) offers a much gentler and more playful sensation, making it ideal for anyone with more sensitive parts. It offers just the right tickle in just the right places.

Going Deeper with Domination & Submission

Role-play is at the center of the dominant-submissive dynamic. That said, the exchange of power is very real. The Dominant person, often called a Dom or Top, may like to be addressed as Sir, Madam, Master, or Mistress. They like to call the shots and keep the control. The Submissive person, often called a Sub or Bottom, may like to be addressed as a slave, student, or patient. They enjoy surrendering control. Pleasing their Dom is often all it takes to make a Sub happy and aroused. This is because doing so typically leads to being rewarded with an orgasm or two!

Common role-play scenarios include master-slave, teacher-student, nurse-patient, cop-robber, and royal-commoner. The role-play power difference highlights the erotic nature of the power inequity.

Not sure what role you like? Try on both — known as a switch dynamic. Some couples know exactly what role calls to them. For example, naturally dominating personalities outside the bedroom can find increased sexual pleasure by surrendering control and playing a submissive. And vice versa. Others like to explore each role and swap it up. Hard core players may continue well outside the bedroom, sometimes even 24/7 in their master-slave roles.



Once you decide a scene with your location and roles, the next step is to decide on boundaries. Some couples let the Dom do all the deciding, so long as they know the edges of play, while other couples will write out a full script. Again, maintaining your safe word or phrase is key for safe, sane, consensual fun.

Below are a number of common aids to consider when role-playing or acting out a Dom-Sub scene.

Dressing Up

Our clothes symbolize how we feel about ourselves and how we present in public. Picking out what you want to wear is a crucial element of human autonomy. Therefore, surrendering this right makes it perfect for power-play. In this scenario, the Dom orders their Sub to dress a certain way, usually in a manner that's out of their comfort zone. It could mean wearing a pair of tight pants that shows off his

package or bum. It could be a dress with a low-cut top or short skirt. It might be a revealing piece of lingerie. It could even mean going commando or wearing a coat with nothing underneath!

Body Worship

Make no mistake – this experience is all about the Dom. The Dom takes charge by commanding their Sub to worship them. This may leave the Sub spending the entire night focusing on pleasing their Dom. It could mean a sensual full-body massage or a relaxing foot rub. The Sub could go down on the Dom or perform other sexual acts based on the Dom’s commands. Any sexual pleasure the Sub receives comes from satisfying their Dom.

Another side feature of body worship is fetish worship. Fetishes involve the intense sexualization of body parts or objects. The Dom orders the Sub to worship the fetishized body part or object. For example, foot worship is super common, but other fetish worship can include latex, leather, and lingerie. For heavy players, fetish worship can also include wax play and fire play.

Training

This simple scenario involves the Dom giving the Sub a series of rules. The Sub is usually rewarded for following the rules and punished in some way (typically a spanking) for breaking them. The Sub often ends up breaking the rules on purpose to test the Dom’s control or because they secretly (and not so secretly) like to get punished.

Orgasm Denial

In this situation, the Dom takes control of everything about their Sub’s arousal, including their orgasm. The Dom determines when the Sub can and cannot climax. They test their partner by ordering them to masturbate, only to withhold orgasm permission as the Sub gets closer and closer to the finish. When the Dom finally allows their Sub to orgasm, the climax is more intense and powerful than usual. Sound familiar? Orgasm denial is the Dom-Sub version of edging. The power-play dynamic makes the orgasm even hotter and kinkier!

Toy Play

While sex toys aren’t crucial for Dom-Sub sex, they can help enhance the experience – especially for beginners. The [Sincerely Collar And Leash](#) is the perfect symbol of the Dom-Sub relationship. The collar slips easily around the Sub’s neck, serving as a physical reminder of their duty. The leash also allows the Dom to take control as they lead their Sub. Some more adventurous couples even wear collars and leashes in public to show off their relationship.



Ball gags are another great sex toy for the Dom-Sub couple. [Eve’s Fetish Dreams Ball Gag](#) is perfect for “mouthy” Subs who need a little help learning when to keep their lips shut... and when it’s time to put their tongue to work! This beginner-friendly ball gag is pierced with holes, allowing the sub to breathe easily.

Many other bondage toys can be used for Dom-Sub sex. Cuffs can restrain a Sub easily, leaving them completely at the mercy of their Dom. Paddles and whips are perfect for punishing disobedient Subs. Blindfolds support the Sub to surrender control to their Dom. [Eve’s](#)

[Fetish Dreams Advanced Bondage Set](#) contains all that and more. This 8-piece kit includes a leash & collar, ball gag, 2 pairs of heavy-duty cuffs, hog-tie connector, paddle, blindfold, and vibrating penis ring. Diamond-stitched faux leather and dark metal give it the edgy touch your bedroom/sex dungeon needs!

After-Play

This is a crucial component of Dom-Sub sex. After-play is where the Dom checks in with the Sub after playing together. This can be a time of deep nurturing, a time to clean up, or a time to reflect on the experience. Because the play can be hard on the Sub psychologically and/or physically, ensuring after-play allows for an integration and reset.

Chapter 12

Sexual Health & Wellness: A Lifetime of Great Sex



Physical health is a major obsession in the United States. There are books, magazines, TV shows, and podcasts exclusively dedicated to this topic. A recent runner-up has been mental and emotional health. Only on occasion do we give the spotlight to sexual health. Don't get me wrong, "sex" is not ignored. But in my professional opinion, sexual health could certainly get more accurate airtime! Sexual health is just as important as all other aspects of health when it comes to your overall well-being.

Sexual health is the ability to embrace all aspects of your sexuality throughout your life. Do you have a good sense of your sexual knowledge — including your biology, physiology, and biochemistry? How do you feel about your sexual orientation as well as your gender identity? What are your desires, fears, boundaries, beliefs, values, and attitudes towards sex, intimacy, and partnership? How comfortable do you feel expressing your eroticism? How do you feel about your body? What behaviors do you (and don't you) engage in?

Sexual health is so much about developing comfort to inhabit and express yourself as the sexual person you are – at all stages of life!

Sex in Your 20s & 30s



The Sexuality Information and Education Council of the United States (SIECUS) believes "that becoming a sexually healthy adult is a key developmental task of adolescence."

The teen years are marked by a tsunami of hormones – otherwise known as puberty! This rite of passage sets the stage for a whole new normal, and what that means for your sexual and erotic self.

By the time you hit your 20s, you've more or less adjusted to your new body and brain, likely figured out the whole masturbation thing, kissed a few people, and possibly gone a bit further. Now it's time to make the most of your sexual peak years.

Exercising your erogenous zones on a regular basis is a good idea for multiple reasons. Arousal builds up in your body and giving it an outlet – with yourself and/or another person – helps keep everything flowing well. For those with a penis, this means “flushing the pipes” from time to time. For those with a vulva, this means regularly making friends with your clitoris.

Many people at these age levels start forming long-term, monogamous relationships. A sexually exclusive relationship can function as a safe container to practice being intimate and vulnerable with another person. This is a time to explore and experiment with new sexual activities and continue learning about your body and turn-ons. All this helps create comfort in your own skin, leading to a more positive body image and increased levels of confidence.

Not everyone chooses to have sex in a loving partnership or marriage. Some people choose to engage more casually with multiple partners. Having a diversity of experiences can be enormously erotic for some people. That said, we live in a hook-up culture that often supports many casual lovers but discourages vulnerable or intimate conversation. If casual is your way, it's still important to have enough partner trust to ensure enthusiastic consent, safe practices to prevent STIs, and enough conversation to engage in what turns you on while avoiding what turns you off. When we bypass critical components like consent, body safety, and turns ons, we are left feeling disappointed and perhaps even in distress or despair. So carefully consider who you want to be with, what you want with that person, and how you want to express yourself. If your partner doesn't respect that, move on.

No matter your choice of lover, sex of any kind in your 20s can be an effective and erotic way to explore your sexuality.

Sex in Your 40s & 50s



By middle-age, many people are familiar with their body and their sexual desires. They're able to leverage this knowledge into having some of the best sex of their lives. Most people at this stage know what they want sexually, and they're not afraid to go out and get it. This can even lead to kinkier sex as many couples start experimenting with things they considered taboo when they were younger.

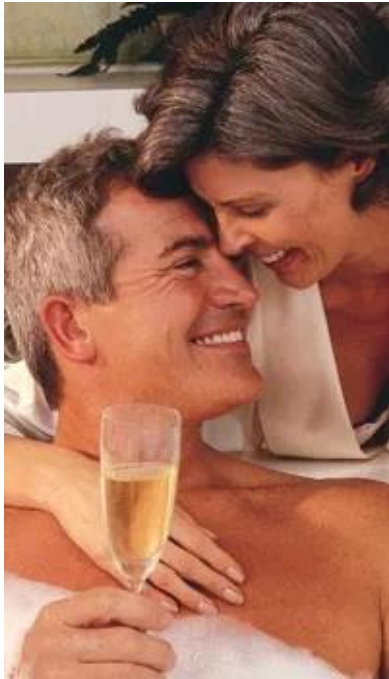
On the other hand, sex might require a little more work than it used to. Many couples find they need to spend more time on foreplay to set the mood due to decreasing hormone levels. It's also increasingly important for you to focus on your general health by exercising on a regular basis. You'll need the cardio, strength, and flexibility to handle all the wild things you may want to try in bed!

One of the biggest impacts on your sexual health during this time is age itself. Many men and women in their 50s start noticing that

their body isn't responding to sex like it used to. Men might notice that their penis seems a little shorter than they remember. It might not be as hard as it used to be, and they might need more "recovery" time between ejaculation. Women might find it difficult to get lubricated enough for comfortable penetration.

For long-term couples, the monogamy may feel monotonous. The decline in desire for either or both partners may require a creative, erotic re-charge. Need tips? Re-read some of our previous chapters!

Sex in Your 60s & Beyond



Our society de-sexualizes older folks. This is a travesty because sex in older years is rife with meaning, intimacy, and for the creative couples, enhanced eroticism. Erections, ejaculation, and orgasms may take much longer to access, but these couples have mastered the art of pleasure. They recognize that sex is not solely the dance of nimble genitals. Rather, sex is the dance of pure sensuality (yes, younger couples, take notes from your elders.)

That said, men who do need medical support to achieve and maintain an erection can use PDE5 inhibitor medications. Women who have vaginal dryness can use a variety of different lubes or oils. It goes without saying that extensive foreplay is a key player for optimum pleasure and sexual function.

Two common issues many seniors face during sex include diminished flexibility and/or chronic pain. As we get older, our body and joints don't work like they used to. If this is a situation you're dealing with, then Adam & Eve has some great [sex furniture](#) that can help support a wide variety of sex positions for ease and comfort.

The [Liberator Ramp & Wedge Combo](#) can be used together in virtually any position. With an average rating of 4.7 out of 5 stars, it's one of the highest-rated products on AdamEve.com. One reviewer noted, "(Wife) thought I was crazy till we tried it out. Now she is the one chasing me through the house wanting to try new positions all the time." Another commented, "...my wife had a complete hip replacement done. We are re-discovering some old positions and finding all kinds of new."

If you'd like something a little more affordable, then check out the [Inflatable Position Pillow](#) from Adam & Eve. As the name suggests, you do have to inflate this piece of sex furniture for playtime and deflate it afterwards. This, however, makes it much easier to store when not in use and makes it much more affordable than the Liberator set.



Dealing with Erectile Dysfunction

Men in their 60s may certainly have higher odds of experiencing erection struggles; however, all guys run into an erection problem at some point in their lives. Alcohol, stress, and countless other factors can make getting an erection difficult at times. This doesn't mean you have clinical erectile dysfunction (ED).

ED, clinically defined, is the persistent inability to get and maintain an erection firm enough for penetration. It's usually caused by medical issues, such as heart disease, high blood pressure, diabetes, and even certain prescription medications. Regular exercise, a healthy lifestyle, and carefully managing any existing health conditions can do a lot to combat ED. Your doctor is sure to have several helpful tips for you, which is why it's important to discuss this and any other sexual or health issue you might have with them.

If you're struggling with erection issues, Adam & Eve has several different options to help you out. Just to be clear, these items will not cure ED or give you an erection. They just help you use your current erection more effectively.

Let's start with [penis pumps](#). These items form a vacuum around your penis, which pulls extra blood into your shaft. This extra blood makes your shaft firmer, which can make penetration easier. The extra blood might cause your shaft to swell up for extra girth as well. This effect is most noticeable in more slender penises. Sound great so far? Well, there's a not-so-little problem here. When you remove the penis pump and try to put your erection to good use, your new-found gains can vanish quickly.

That's where [penis rings](#) come in. These snug-fitting rings fit securely around the bottom of your shaft. They act like a constrictor bandage to reduce blood flow. This helps keep the extra blood from your pumping session in your shaft, so you can maintain your newfound hardness for longer periods of time. Since they restrain blood flow, you should only wear a penis ring for a limited amount of time – roughly 15-20 minutes depending on how tight it is. Tighter-fitting rings should be worn for shorter periods of time.



Adam & Eve offers multiple options of both products from which you can pick. [The Starter Pump](#) is a great option for beginners. This budget-friendly penis pump features a smooth silicone entry for a tight vacuum seal, ergonomic pumping handle, and measurements on the side so you can track your progress. The [Max Results Pump](#) features a bigger cylinder to fit larger guys as well as a redesigned pumping handle and mechanism for superior suction. The American Pumpers Association graded it "Superior" for its quality and effectiveness.

When it comes to penis rings, there are even more options out there. The [RingO Erection Ring Set](#) contains three different-sized rings to fit guys of all sizes. If you've never used a penis ring before, the largest ring is a great way to adjust to their unique feel before trying one of the smaller rings for more effective results.

If you are curious about a penis ring, I strongly recommend getting a vibrating one like the [Big O Multi-Stage Vibrating Penis Ring](#) or the [Couple's Enhancer Ring](#). Both of these rings come with a bullet vibrator in the top. The bullet sends powerful vibrations through dozens of ticklers and teasers to tease your lover's sweet spots during



sex and your shaft too. The thrilling stimulation is just what you need to push your lover over the edge into a screaming O!

Lastly, if pumps, rings, or even medications do not support your elusive erection, reach out to a certified sex therapist. Many men know that their erection issues are more psychological and/or relational. A sex therapist can help with that anxiety and support the man towards getting his erections back on board.

Pregnancy & Sex

Many couples experience pregnancy together at some point in their lives. Pregnant women can feel a multitude of sensations and emotions that either help or hinder their sex lives. Some women love basking in the beauty of their belly and enjoy their changing form and enlarged breasts. Some women struggle with this change, especially if they are having uncomfortable nausea symptoms that can typically accompany pregnancy. Others have raging hormones, making them feel the horniest they've ever felt. These women report having the best sex of their lives when pregnant. That said, some women may experience a severe decline in sexual desire, or even have painful intercourse because the pelvic floor gets readjusted with the changes in the uterine and cervical environment. All of the above circumstances are common. If pregnancy is uncomfortable or lacks eroticism for you or your partner, then remember it's a very time-limited window in your whole lifespan.



One of the most frequent questions couples ask is, “How safe is it to have sex during pregnancy?” The answer varies based on the type of sex you are having (i.e., manual, oral, penetration, etc.), and the type of pregnancy you are having. Typically, it's perfectly safe!

Your developing child is protected by the muscles in the abdomen, uterus, and amniotic fluid. You don't have to worry about a penis, a finger, or a toy penetrating through or causing harm. Most doctors recommend regular sex during pregnancy to help keep the couples connected. There are several handbooks and guides to help you navigate comfortable positions for pregnant sex as well. Pillows will be your new best friend!

As a side note — you should not engage in penetration during pregnancy if you're at risk for preterm labor. There are a few other medical situations that require abstinence, so it's worth talking with your doctor.

After delivery, couples need to wait at least six weeks to attempt penetration. Some women need longer depending on the type and difficulty of delivery. Birth is beautiful, but can also be incredibly stressful, physically and mentally. The six-week minimum “penetration pause” gives the body time to recover so you'll be able to better enjoy it later. It also gives you some time to adjust to the joys (and stresses) of having a newborn in your life.

Postpartum stress affects our mind and body. A support system of family, friends, or even a therapist helping you through any postpartum depression, anxiety, or overwhelming emotions is essential.

Remember, sexual desire is so much about the brain getting turned on. If we are battling difficult emotions, sex might be the last thing we consider.



Because many women experience pain with intercourse during the postpartum weeks or even months, many new mamas need vaginal and pelvic floor support. Pelvic floor physical therapists can be an outstanding resource for recalibrating the pelvic floor back to normal. For those looking to do at-home healing, consider [Ben Wa balls](#). These can be useful during and after pregnancy. These small, hard balls are like mini weights for your vagina. You insert the balls inside your vagina and simply start squeezing them to help strengthen and tighten your pelvic floor. The [Scarlet Couture Glass Duo Balls](#) are made from stunning black glass with a red silicone harness for easy removal. They make a sexy and stylish addition to your toy chest.

If glass isn't your thing, then check out [Eve's Kegel Training Set](#). This kinky set comes with different weighted balls so you can give those Kegel muscles a real workout that becomes more intense as you gain experience.

Lastly, for couples who experience a scarcity of sexual activity during pregnancy or in postpartum weeks/months, it's important to keep emotionally supporting each other and maintain the flirting. Masturbation and/or mutual masturbation can come in "handy" here!

Sex During & After Menopause

Women face their own sexual challenges from aging in the form of menopause. Most women start menopause anywhere between the ages of 40 and 58, depending on their overall health and family history. On a very rare occasion, some women start super early in their 30s or much later in their 60s. The onset of menopause causes lots of changes to the body including irregular periods, vaginal dryness, hot/cold flashes, mood changes, and slowing metabolism.

As you go through menopause, you'll naturally experience widely fluctuating hormone levels. This can impact your sex life in different ways. Some women find menopause liberating since they no longer have to worry about becoming pregnant. Others report having less interest in sex and have a harder time becoming aroused. If you find your desire or arousal decreasing due to menopause, both emotional and sexual foreplay can be a huge help. You'll probably need to spend more time on it than it used to take, but the results are definitely worthwhile.

Vaginal dryness is another issue many women experience during and after menopause. While there are some prescription medications to help with this issue, a good-quality lube like [Adam & Eve Lubricant](#) can be pretty effective on its own. Adam & Eve has sold over 750,000 bottles with an average rating of 4.4 out of 5 stars, so it comes highly recommended.

Another common issue during menopause that can impact your sex life is incontinence. Your pelvic floor muscles weaken as you age, especially if you have had multiple pregnancies. These weaker muscles can impact your bladder, usually at the worst possible moments.

Kegel exercises and Ben Wa balls, which I discussed earlier, can help with this. The [Scarlet Couture Glass Duo Balls](#) and [Eve's Kegel Training Set](#) are my go-to options for their ease of use and flexibility. For other women, seeking the support of a well-trained pelvic floor physical therapist is required.

If you find yourself experiencing more intense sexual issues due to menopause, talk to your personal physician, and maybe a certified sex therapist as well. They can review all the different options available to develop a comprehensive plan to help.

Women & Discomfort During Sex

Women in menopause frequently feel pain with penetration due to a changing hormonal environment. However, just like ED for men, women of all ages may experience pain at some point.

Pain during penetration can range from mild discomfort, all the way to the vaginal canal completely closing off and not allowing entry. Dyspareunia is the general umbrella term for pain associated with intercourse. There can be either deep vaginal pain, shallow pain, or pain upon entry. This can feel like itching all the way to tearing and burning.

As many as 60% of women have suffered with some form of pain with penetration at some point in their life. The job of the pelvic floor physical therapist is to focus solely on the relief of these issues. Integrated with sex therapy, most women are able to heal and have enjoyable penetration again.

Cancer, Chronic Illness & Pain

At some point, all of us encounter the challenge of cancer, chronic illness, and/or chronic pain. Navigating how your body works, and developing a game plan to create comfortable, easeful, and maybe non-penetrative sex is key. There may be a grief period over the loss of how you used to function. This is normal. Developing a “new normal” for enhancing pleasure is the task we now encounter. There are many resources for sex with cancer or chronic pain. The cheesecake model we discussed in Chapter 9 will also help immensely. You may be surprised by how your ear can learn to have an orgasm!

Kegel Exercises For All



Kegels are popularly recommended for pregnant and older women who want to keep their vagina in shape, as well as men recovering from prostate cancer. However, Kegel exercises are something that all people of all ages can benefit from. Kegel exercises target the muscles in your pelvic floor. No matter your genitals, strengthening the pelvic floor can help with bladder issues, as well as intensifying your orgasm. For women, this can mean multiple orgasms or more vaginal sensation. For men, this might mean

lasting longer before ejaculation. Men, keep in mind that while strengthening the pelvic floor is helpful for controlling ejaculation, the key to lasting longer is learning how to **relax** the pelvic floor.

While Kegel exercises are pretty simple in theory, they can be a little challenging to do. Follow these simple steps for success:

1. Start by identifying your pelvic floor and PC (aka Kegel) muscles. This can be the most challenging part since most people aren't familiar with them. You can find your pelvic floor muscles by peeing. Simply start and stop mid-stream until you get used to the sensation.
2. Next, practice squeezing those muscles outside the bathroom, so you have a good sense of how to squeeze and release. You may need to imagine you are squeezing upward, as if you're trying to pull an object up inside your genital region. If you have a vagina, this step is much easier when you're using an actual object like a Ben Wa ball.
3. Practice squeezing for three seconds before releasing and relaxing your muscles. Remember, the release and relaxation are just as important as the squeeze. Do this 10 times in a row.
4. You can repeat this exercise three times a day, and often experience good results in a matter of three short weeks. If your pelvic floor had more injury or impact, you may need to do this consistently for a few months.

In Closing

I hope you enjoyed your journey towards better sex. My hope is that you gained some new insight into sex – from how to think about it as a pleasure-forward activity, to how to play with yourself and your partner with more ease and eroticism. There is so much rich terrain to experience in the world of sexuality. You have a whole body to explore and a whole brain rife with fantasies. Remember, when it comes to sex, you can't go wrong if you follow the path of pleasure.

Don't forget, Adam & Eve has been right there with you for the past 50 years! Yes, 50 years! When it comes to jazzing up your love life, sex toys may not solve everything, but in my opinion, they are an essential asset to have by your bedside. Don't know where to start or what to buy? This book has you covered with the best sex toys that can accompany all the possible activities for pleasure and play.

Because it's our 50th anniversary, you can help us start the celebration by **saving up to 35% and get free standard shipping** at Adam & Eve by [clicking this special link!](#)

Happy shopping as you enter the next chapter of your best sex life!

-Dr. Jenni

Meet the Author

With her strong commitment to promoting sexual health and wellness, Dr. Jenni Skyler, PhD, LMFT and CST is no stranger to the media spotlight. She has been featured in prominent publications and websites to include Oprah Magazine, Glamour, Cosmopolitan (multiple times), Women's Health, Men's Health, Shape Magazine, Playboy, Reader's Digest, HuffPost, PopSugar, BuzzFeed, and more. Dr. Jenni has served as an expert speaker on both local and national levels in addition to leading countless sexual health workshops. She has also written numerous sexual and relationship advice columns for local and specialty newspapers.



Professionally speaking, Dr. Jenni is an American Association of Sexuality Educators, Counselors and Therapists (AASECT) certified therapist and sexologist as well as a licensed marriage and family therapist. She has a doctorate in Clinical Sexology and a Master of Education in Counseling Psychology & Marriage and Family Therapy. She and her husband currently run [The Intimacy Institute](#), a clinical sex therapy private practice based in Colorado that Dr. Jenni founded in 2009 with the encouragement of Dr. David Satcher, a former U.S. Surgeon General.

She is also Adam & Eve's resident sexpert, making her an outstanding resource for the public as well as the company. She offers fun and frank answers to questions about sex and sex toys in the company's monthly email newsletter. She works closely with Adam & Eve's social media team to produce content videos with sexual tips as well as live Q&A sessions addressing your sexual concerns. And Dr. Jenni serves as an invaluable expert resource – cutting through popular myths and misinformation to provide you with the honest truth about all things related to sex.

In her limited spare time, Dr. Jenni enjoys spending time with her family, including her husband Daniel, their two sons, and their sweet dog. When not working, you can find Dr. Jenni outside either hiking, biking, or cross-country skiing.