

7 Steps to More Robust Orgasms

The guide to increasing your orgasmic pleasure

1. Know Your Body

Spend time learning about your body as well as touching and stroking yourself to get more open and comfortable with pleasurable sensations in your vulva area.

2. Relax

In order to be highly aroused and orgasmic, you actually need to be relaxed. Slow down and have a balanced life. If you are working all day long and taking care of children at night, you need to find a way to pamper yourself. Also, throughout the day, you need to breathe rhythmically and relax your body.

3. Blood Flow - a necessary ingredient

Make sure your partner understands that in order for you to have good orgasms, you need to have good blood flow in your clitoris and vulva area. The word is engorgement. Just like a man needs to have blood flowing in his corpora cavernosa of his penis to be aroused and erect, you need to be engorged as well.

4. Tell/Show Your Partner What Turns You On

Your partner needs to know that he (or she) needs to give you the necessary attention and touch to help you get that blood flowing. Your partner needs to learn what turns you on to give you that blood flow.

Your solo practice will give you helpful information to teach your partner where and how you need to be touched.

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5. Stimulation

Many women do not have vaginal orgasms and that is normal. It is important for you or your partner to stimulate the clitoris. It is often helpful for you or your partner to use oils on the hands and fingers to increase arousal and sensation.

6. Stroke The G-Spot

Some women who have not had vaginal orgasms can learn how to have them by having the partner learn about the G spot (which is actually a G- area) and practice stroking that area in different ways to discover what is most arousing for you.

7. It's Perfectly OK to Use Physical Aids

Physical aids can be extremely helpful including vibrators, the Eros Clitoral Therapy Device, Zestra (which is a topical application that when rubbed into the labia and clitoris encourages blood flow and for a small percentage of woman - Viagra).

Bonus tip:

Especially for women, having a close relationship with your partner is absolutely essential for robust orgasms. When you feel safe and when you feel that you can express yourself no matter what you feel with your partner and your partner stays present with you, that is when you can more easily surrender both emotionally and physically.