

# 4 Orgasms Every Woman Should Have

If you're used to taking a sure-thing route to climax, maybe it's time to shake it up. Try these fresh, pleasure-boosting moves.

By Faye Brennan

You gotta love routines. They get you out of the house in the morning or into the gym at the end of the day. But relying on a routine to get off in bed? Not so sweet. Here's why: There's more than one blissed-out, body-tingling way to a happy ending, and the more paths you travel, the more exciting sex will be (and stay). According to a recent study published in the journal *NeuroQuantology*, women have four distinct routes to climaxing (through clitoral, vaginal, blended, or multiple orgasms). You should try them all—starting tonight.

## Clitoral Orgasm

You know the external sweet spot is highly sensitive, thanks to the 8,000 nerve endings that congregate there. And if you're like most women, it's the go-to point of stimulation to send you over the edge. But according to Sari Cooper, a certified sex therapist in New York City and a columnist for *Psychology Today*, heading straight to the clitoris gives you a less pleasurable orgasm than if your partner touches, caresses, or massages other parts of your genitals before he homes in on that hot spot. **Techniques to try:** "Have him make big circles with his fingers that include the shaft, labia, and upper part of the clitoral hood," says Cooper. He can do this as foreplay or while you're in a spooning position during intercourse. If you feel

like switching to oral, have him approach your clitoris indirectly by lying perpendicular to you.

**Increase your chances:** Try having him use a fingertip vibrator like the Hello Touch Wearable Fingertip Vibrator (\$65, jimmyjane.com). The more vocal you are about the speed, intensity, and pressure you prefer, the better the end result will be.

## Vaginal Orgasm

Though there is still some debate as to whether the G-spot exists, 30 percent of women claim they can have a big O from having the famous erogenous zone stimulated through penetration alone. **Techniques to try:** First, locate the hot zone. On a solo night, explore the front wall of your vagina with your finger until you feel an area

that's rippled and spongy in texture. Touching it directly should feel pretty darn good. Then, during intercourse, have your man target his thrusting there. Try lying on your sides while facing each other, with your legs intertwined comfortably—think of two pairs of crisscrossed scissors. Keep your parts aligned and make sure his rubs against the front wall of your vagina. "This position allows for deeper thrusts that further stimulate the G-spot," says Cooper. **Increase your chances:** Achieving vaginal orgasm

is more likely the longer the sex lasts, according to a study in *The Journal of Sexual Medicine*. Aim for about 15 minutes and, if it works for you, switch positions often. "This reduces the chance of your man 'closing the deal' too soon and helps your body experience new and fresh sensations," says Michael Alvear, author of *Not Tonight Dear, I Feel Fat*. A warming lubricant can also help; try glycerin-free, water-based Pink Hot Pink Warming Lubricant for Women (\$14.36, pinkapple.com).

**QUICK TIP**  
Have your partner massage other parts of your genitals before focusing on your hot button.





## Blended Orgasm

Experts say a combined clitoral and vaginal orgasm is the most powerful finale (it can be twice as strong and intense as either orgasm is by itself). “You’re getting the best of both worlds,” explains Cynthia Lief Ruberg, a certified sex therapist in Columbus, Ohio.

**Techniques to try:** The girl-on-top position is popular for a reason—it’s perfect for the double-whammy finish. But you can also try sitting on your partner’s lap facing away from him (he can stimulate your clitoris while you control the thrusting). Or, for a twist on missionary, have your guy inch his body up so your hips are aligned, and tilt your pelvis upward so that the base of his penis is on your clitoris but the rest of him is inside you. “In this position, he’s not really thrusting up and down, but rather grinding against your pelvic bone,” says Ruberg. **Increase your chances:** “A blended orgasm is easier if the woman becomes very aroused

## ALLOVER ECSTASY

Tantric sex sounds intimidating (or best left to Sean Diddy Combs, who has been known to tweet about his 10-hour sex marathons), but taking some tips from the ancient practice sets you up for electrifying full-body orgasms that you can feel from your fingertips down to your toes. And who wouldn’t want that?

**1/ THINK BIG.** Stop focusing only on what you’re feeling below the belt. “Imagine all that energy running up your spine, down your arms into your hands, and up into the top of your head,” says Barbara Carrellas, author of *Urban Tantra: Sacred Sex for the Twenty-First Century*. “Once you learn to open yourself up, you can let more sexual energy flow through you.”

**2/ BREATHE.** It’s natural to hold your breath when you’re on the brink of climax, but Carrellas says you’ll feel a deeper pleasure if you fully inhale and exhale. “Practice while you masturbate,” she says.

**3/ SCREAM AND SHOUT.** Or grunt or sigh. Your partner will feel appreciated, but it’s not just for his enjoyment. “In tantra, there are seven different energy centers (or chakras) in the body: perineum, lower belly, upper abdomen, heart, throat, forehead, and top of the head,” says Carrellas. “Making higher-pitched sounds brings your sexual energy up to these higher centers, while making lower sounds brings it down.”

**4/ DO YOUR KEGELS.** Squeezing and releasing the pubococcygeus muscle (the same one you use to stop the flow of urine) in a slow, deep rhythm as intercourse gets more intense will help you orgasm longer and more powerfully.

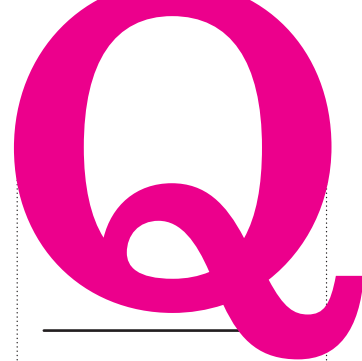
before she has intercourse,” says Ruberg. Go full throttle with foreplay—lots of kissing, touching, licking, and massaging all over your bodies—and if you feel your enthusiasm waning during intercourse, go back to the heavy petting.

## Multiple Orgasms

To be clear, multiple orgasms happen one right after the next, not at different times in one session (although those are great too). Studies show that multiple orgasms are possible for some women if they can withstand being continuously stimulated after their first (and second and...) “finishes.”

**Techniques to try:** Starting in foreplay, have your guy get you to your first clitoral climax using his hands or mouth (or a vibrator). Immediately afterward, he should continue to stimulate your C-spot in a slower manner for about 30 seconds, and then resume a normal pace to get you to a repeat performance. “He’s playing with your level of arousal from a heightened orgasmic state by giving your erogenous area a rest, as it may be overly sensitive to stimulation, and then increasing arousal again,” says Amy Levine, a sex coach in New York City and founder of [IgniteYourPleasure.com](http://IgniteYourPleasure.com). From there, begin intercourse, which can lead to multiple vaginal or blended orgasms, using the same technique of slowing down and speeding up, as long as you keep the stimulation going and your arousal high.

**Increase your chances:** If you’re feeling too sensitive, ask him to continue stroking your clitoris over a buffer like a soft silk camisole or panties, or have him switch his focus to your breasts and nipples. Cooper says touching these after climax can push some women to yet another O. (A nipplegasm? Nothing routine about that.) ■



## KISS & TELL

### My boyfriend cheated on me, but I don’t want to break up with him. Can we get past this?

—Leanna, Columbia, SC

It’s hard work, but your relationship can survive. He needs to tell you the truth about any infidelities and recommit to monogamy. But you should also talk about any relationship issues that may have contributed to his being with someone else. In the short term, you’re probably also going to need more accountability from him. And if you find your relationship isn’t exactly where it once was, be patient. It takes time to rebuild trust.

### I like to shower before sex, but my guy wishes I were more spontaneous. Should I just give in?

—Macaile, Mesa, AZ

You may want everything to be perfect every time you have sex, but he’s clearly into you even when you’re not just showered. There may also be a selfish reason he wants you to be more spontaneous: A time-out can cost him his erection. Why not skip the shower a few times and see how you feel? Or, for a fun compromise, take your partner under the spray with you. Start there—and finish by heading back into the bedroom...or staying put.

**Michelle Callahan, Ph.D.**  
DrMichelle.com; author of *Ms. Typed: Stop Sabotaging Your Relationships and Find Dating Success*. Go to [WomensHealthMag.com/Experts](http://WomensHealthMag.com/Experts) to ask your questions.

