

## 5 Steps To Get Her To Try And Enjoy Anal Sex



The anal pleasure subject is rarely spoken about. More than likely it's because anything anal tends to bring out feelings of embarrassment in most of the people, especially women.

But there's no reason to feel embarrassed. Anal pleasure has been enjoyed by over third of Americans and there's a growing interest to learn more about the topic of anal pleasure.

Some women might want to try it, but feel uneasy to suggest it to their partners. Likewise, a lot of men extremely eager to try anal sex, remain convinced that their partners would never consider it.

Communicate! Bring it up while **your partner is in very relaxed, feel good state.**

You might have more in common than you think.

Follow our simple steps to make her want and enjoy all there is about anal pleasure:

## 1. Talk to your partner about anal sex and anal play

If you want your partner to consider trying any type of anal stimulation, first you need to find out her feelings on this subject. Bring it up when she's relaxed and open to talk and discuss things with you.

If she's adamantly against trying it, you need to back off for a while. Later, try to give her some article or book to learn more. You might want to share some video (if you watch porn together) where couples enjoy vaginal and anal sex.... Bring the topic gently back again.

### Remember:

- Always approach this subject carefully
- Don't ever be pushy or put any pressure on your partner
- Be very aware and considerate of your partner's feelings
- Assure your partner that you consider anal penetration exciting, something new to try and tell her that you absolutely don't mind or care about all not so sexy things that might come with it.
- If you want to stick it there, make sure you are ready to deal with that sort of thing some time. Don't make big deal out of it.

Even better, deal with it as best as you can without letting her ever know. She would be mortified and possibly not willing to participate again.

- Stop immediately if she feels discomfort or pain. This should be enjoyable experience, so stop if it's not.



Even though your partner may enjoy the anal pleasure later, you have to be ready to give her a lot of time and patience.

It will take some time to warm up to the idea and even more time to get use to it and actually enjoy it.

**Never try to have anal sex or play without prior discussion with your partner. She would most probably feel upset and uneasy about the entire thing and this would hurt the trust she has in you.**

## 2. Oral Sex and Anal Stimulation

Once you are both comfortable with the idea, start by slowly introducing anal play. You need to consider playing around a little, instead of just jumping straight to the actual act.

Oral sex is an excellent opportunity to show her how pleasurable an anal stimulation can be. As you stimulate her clitoris with your tongue, gently rub with your fingers around the outer rim of her anus.

If you're going to lick her anus, spend time to glide your tongue across and around the hole. It will loosen up and open up the anus and show her how to be relaxed during anal stimulation.

Many people enjoy having finger slowly inserted into their anus. Ask your partner to tell you what feels and doesn't feel good. Start with very gentle motion in and out of the anus. Allow your partner to set pace and depth.

### 3. Anal Stimulation and Vaginal Intercourse

Another good way to introduce anal play is when you have vaginal intercourse. While thrusting in and out of her with your penis, very gently slide the tip of your finger into her anus.

Use only small tip of your finger, otherwise she might scream with pain not pleasure. You want to make sure it feels pleasurable to her, so she wants more. Ask her feedback later.

### 4. Anal Toys



If you don't want to use your fingers or you just want to make things even more exciting and new, consider adding some vibrating [anal toys, dildos and beads with good anal lubricants](#).

Give her extra anal stimulation while having vaginal sex. Use them to finish giving her a butt massage or show her how pleasurable anal play can be.

Make it an unforgettable experience for her....

## 5. Anal Intercourse

When having an anal sex with your partner, remember to be very gently and start extremely slowly. No matter how many times you tried it with your partner in the past, you still need to be gentle.

When you are trying it for the first time, forget all those porn movies.

**You need to be patient and work your way deep in slowly, you can't just start off moving fast or going too deep.**

Do everything to help your partner relax. Otherwise, it's going to hurt a lot if she's tense. Start with good foreplay, build up the mood and get her very excited.

Use your tongue or sex toys to glide around her anus, which will help to relax it and open up. Don't let all the concentration build up around the anus and how the penetration feels or hurts.

- If you notice that your partner can't relax, play with her breasts or vagina to take her mind off a little bit. Try to have her relax, breathe and communicate. Slowly return back and start to play all over again.
- If she doesn't want to continue anymore, stop completely. Don't forget to thank her and tell her how great she is. She'll be little more comfortable next time.

When ready, gradually start to penetrate the opening with your tongue, finger or anal vibrator. If you're moving slowly and gently she might start to enjoy it. The rectum and the rim of the anus are all rich sources of nerve endings and gentle stimulation can be very pleasurable.

**Never attempt anal intercourse without good lubricant because this area doesn't create its own lubrication.**

Try different types of anal lubricants and find one you both like.

If it's the first time for your partner, then expect it to be quite painful for her. Be very slow and careful how you penetrate her with your penis.

You can move in once your partner relaxed and begun to feel aroused. Let your partner guide you and move deeper in only if she's ready.

Once inside, you might even have to stay still so she can adjust feeling your penis in her anus. You won't be able to move in and out right away, so be ready for it.

But after trying few times, making things comfortable and exciting and stopping when she says so, she might tell you that she'd like you to try to move in and out as you please.

Both of you should experience great deal of pleasure. Pleasure that will pay off for all the time, patience and effort you put in to get to this point. Enjoy it!

### **Positions for easy anal entry:**

You might want to try these positions to make the anal entry easier.

In the first position, have your partner to get into "doggy style" on the bed. Your partner can put a pillow or a blanket under her chest to make her more comfortable and relaxed. Once her anus is relaxed it's easy for you to penetrate it and less painful for her as well.

In the second position, ask your partner to lay on her back with knees up and pillow under her butt. Use the extra height to penetrate her anus more easily.



## Very Important Anal Cleanliness

There are hundreds types of bacteria in the rectum, and they need to stay there.

**With that in mind, never go from the anus to mouth, or anus to the vagina, without washing and cleansing carefully in between.**

It's good to leave anal play and intercourse for the end. If you would enter the vagina after penetrating her anus, you could give her yeast or other infection, which would be very unpleasant for her and can be transferred to you as well.

It's recommended that your partner has a bowel movement and of course, she should clean her anus before and after anal sex or play.

If she complains about yeast infections that might have many different causes, ask her to supplement with good probiotic bacteria.

A healthy vagina is a self regulating system and is cleaner than our mouths and much much cleaner than our rectums. Her vagina is full of life in the form of bacteria. Healthy vagina should have plenty of good bacteria fighting the good battle to keep bad bacteria out.

These good bacteria are called lactobacilli, which are the same organisms found in yoghurt or you can purchase encapsulated probiotic bacteria containing lactobacilli to help her heal and stay completely healthy down there.

Just remember to take your time, communicate, be very patient and sensitive and things should work out well.

Best of Luck

*PenisExtenders101*

#### **Disclaimer and Legal Notice**

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