

Top 7 Foreplay Ideas That Will Give Her Mind Blowing Orgasm.

It all starts with the brain and foreplay. The brain is the largest and most important sexual organ. Foreplay makes a deep connection between partners and is the greatest aphrodisiac you need.

For men who want to please their partners, foreplay is not optional.



You might have heard that women fake orgasms because men fake foreplay.

If you rush, are not gentle or slow enough and excessively stimulate your woman, her clitoris or G-spot will most probably get excessively excited. It's a strange, not pleasurable feeling for her, and it will prevent her from the relaxation necessary for the deepest levels of orgasms.

So remember to relax, take your time and get her juices flowing more than ever, we'll show you how...

And no, we are not saying that hot impromptu sexual encounters without foreplay can't be some of the best sexual experiences when they happen.

But in general, most women agree that they need good foreplay to fully enjoy their partner, sex and achieve orgasm.

So why is foreplay so important?

Most couples engage in sex before the women are physically ready, which makes it nearly impossible for them to reach orgasm, especially through vaginal intercourse.



Men are physically able and ready to have sex almost as soon as they are aroused.

Women are easy to excite but their bodies need help and time to conjure the lubrication and lust required for intercourse and orgasm.

Their brains dictate through their emotions if they feel a sense of closeness, respect and trust with their partner. That will ultimately affect if they reach orgasm or not.

Foreplay not only makes sex better for women, but it greatly enhances male orgasm as well.

The longer you hold off from sex, the more expectation and sexual tension build in your body. The more tension you release, the stronger and better orgasm you experience.

Foreplay facts

Foreplay needs to be slow and gradually increase sexual arousal and tension. If done right, women become so aroused that they actually beg for penetration. Imagine that!

Don't touch that vagina! Good foreplay doesn't involve genital touching. Keep your hands off her vagina and if she tries to touch your penis, gently pull her hand away. And no oral sex either. Keep your tongue off her vagina for now.

Don't worry, all that holding off will greatly increase sexual build up.

That said, here are seven foreplay tips that will have any women you seduce begging for satisfaction.

1. Touchless Foreplay

The power of suggestion (remember brain is largest and the most powerful sexual organ) can be for many women as great as the sex itself.

Describe to her how you want to touch her, what you want to do to her, where and with which parts of your body. She'll visualize it in great details and get all ready for you.

Use some dirty talk (just make sure you know where her limits are):

"I want to get naked with you right now"

"You are so damn gorgeous, I can't take it anymore"

"I was thinking about kissing your breasts all day"

"It drives me crazy when you look at me that way"

"Tell me what you want"

"I want to feel those sweet lips all over me"

"You taste so good"

"Want to see what I really want? Come closer..."

"Your wish is my command"

"I'm going to slowly lick all those places you like"

Can't see each other? No problem. Get frisky using text messaging.

Start things light and work your way up. Don't be shy about going into details and describe what kind of sex you want to have, what you will do to her.... get her imagination revved up. Nothing works better than a clear picture in her mind.....

Compliment Her

This is yet another very powerful touchless foreplay tip that always gets results. Remember, women are generally more self-conscious about their bodies than men are.

Even that your lady enjoys being touched, in the back of her mind, she's wondering how she looks at that moment. Relax her by softly whispering in her ear how perfect her breasts are and how you love to touch them, how sexy her butt is and how baby soft her skin looks.....

Just be honest. Women have usually very keen sense about somebody pretending something to them.

2. Soft Touch

Many women complain about men not being gentle or slow enough. According to women, men simply don't know how to touch them and what turns them on.

So take your time, and always remember to start with light touching, kissing or licking. As excitement grows, more pressure, faster or different movement can be applied – again very gently.

It's good to ask for feedback from your partner. She will appreciate that you want to learn how to please her better.

Unexpected Touch

A light touch, even in non-sexual places can have tremendous effect. Moving your hands lightly over her back or her cheek can send shivery tingles through her body.

Can you imagine what light touching in inappropriate places can do?

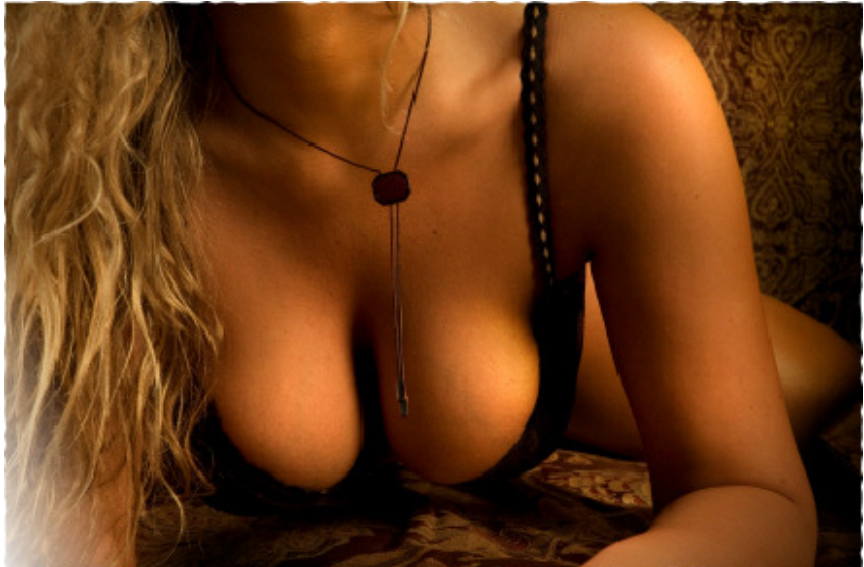
Let her feel your warm hand gently touching inside of her thighs while watching a movie. Or gently move your hand over her shoulders lightly brushing her breast while complimenting how hot and sexy she looks tonight.

Keep her wanting more. Ignite her desires and pull back. Reverse psychology should be your best friend - women always want what they can't have.

3. Kissing and Licking

Take your time and go slow, tease her....

Gently kiss her hands, fingers, earlobes, breasts, inner thighs, toes. Brush your lips over her lips. You can kiss every part of her body...



As she becomes more aroused, kiss more passionately, softly lick her nipples, earlobes, her thighs.....

Don't forget that most women don't like a lot of tongue while kissing or licking, especially at the beginning.

4. Butt Massage

If you want to give a good, erotic massage the trick is to keep it sensuous. Involve her entire body, take breaks between massaging to kiss and lick her. Use long strokes while massaging and arousing her. Massage her entire body all the way down to her feet.

It's good idea to use a small amount of oil or great smelling cream.

Once she tells you with her moaning that she is ready to step it up, move to massage her butt. It's the absolute best.

To intensify arousal from butt massage, occasionally include her inner thighs, skate close to her vaginal lips and anus while gently brushing them with your fingers.

This butt teasing will drive her wild, and she'll be begging for more of you before you know it.

5. Undress Her and Give Her a Sensual Bath or Shower

Set the mood in your bathroom by making it nice and warm with dimmed lights or candles. Have a glass of her favorite wine or beverage ready as well as a nice fluffy towel to dry her up.

Bring her in and take the time to undress her. Many have found that slow undressing increases arousal and eroticism. Kiss and gently touch her breast, shoulder, top of vagina, butt, legs.... as you slowly taking her clothes off.

When she gets into the tub, take soft sponge or cloth and begin to gently caress her entire body with soapy water and sponge.

When she gets into the right mood, start to move around and between her nipples and breasts, her vagina, stroke her inner thighs moving up and close to her vaginal lips.

Start rinsing her off and drying every part of her body yourself.
Or just stay in the tub or shower and continue with more erotic foreplay.

6. Neck Kissing

It's really easy to arouse her if you kiss her neck. It works like a magic. Her neck is far more sensitive than yours.

Approach her from behind slowly touching and kissing her shoulders and the back of her neck. Women also love feeling strong man hands around them. So wrap her tightly with your hands and move your body close to her while slowly kissing her neck from behind and sides. Use a sexy combination of soft and firm kisses.

Kiss all sides of her neck, move up to ears, working your way around to the front. Lurch her into outer space by licking her throat (without slobbering all over her) and giving her open-mouthed kisses. She will moan a lot when you do this.

7. Partial Penetration

When women are highly aroused, they feel a yearning to be penetrated. That's why they use fingers, vibrators or dildo's when masturbating.

After good foreplay, you know she's ready, when she starts to beg you to give it to her. You can tease her a bit more by penetrating her vagina with the tip of your penis only.

Move slowly deeper and deeper with each stroke of your penis. When you'll finally give it to her completely she'll be moaning with great pleasure and satisfaction.

Try these techniques and experiment with your own. Don't be shy and find the way to openly communicate with her about sex and lovemaking. Ask for her feedback and give her your own.

Without disturbing the intensity of the moment, ask her, how can you make her feel even better, especially when you see she's really enjoying something. You hit the point – so keep going....

Both of you will greatly benefit from open communication and experimentation.

Best of Luck

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