

Quick Guide To Cunnilingus



Cunnilingus can be super enjoyable for both partners, especially when everyone's feeling comfy and confident. This guide's here to level up your oral skills, diving into techniques like sucking, licking, and nibbling. Basically, it's all about using your mouth and tongue to make magic happen.

How To Get Started

Just like with penetrative sex, foreplay really sets the mood. Starting with a neck or lip kiss, then working your way down their body? nipples, belly button, lower belly, and inner thighs. Here's a top tip! Take your time getting to the oral part, say around three times longer than you think, the build up is key to getting her arousal to peak!

Many women are insecure about their vulvas, their scent or the way they look. A compliment before sex can really boost their confidence and comfort. If you think her vulva is gorgeous and your excited to get closer? let her know that!



Quick Guide To Cunnilingus



Some women find it harder to climax with a partner than when having some alone time. So instead of focusing solely on making her orgasm, avoid promising one, just tell her to relax and take her time, reassure her you want to give her pleasure, this approach lets her enjoy the pleasure without the pressure to climax.

Lets Get Started ...


Start off slow, then finally, it's time to dive in, so let's get started!

First off, stick your tongue out. Let it hang down over your chin and stay relaxed. Now, spread it wide and flat. Keep it like that.


Begin with your tongue just under her vaginal opening. Ensure your tongue is wet and warm, then slowly glide up from the bottom of her vagina to the top, letting your tongue move up and over her clitoris, when you reach the top, stop, step back to break contact, and then start again from the bottom.

Don't move your tongue around. Just let it stay relaxed, spread out and stay. Instead, let your head do all the moving. When you tilt your head up, your tongue will naturally go along for the ride.

Quick Guide To Cunnilingus



Focus on keeping your tongue relaxed, this prevents your tongue from tiring quickly, enabling longer sessions and for more pressure when needed. Pop a pillow under her hips to elevate her, avoiding any unnecessary strain on your neck.



Start with minimal pressure and observe her reaction. Focus on that if it works for her. If there's no reaction, like moaning, or tensing, gradually increase pressure until it's clear she enjoys it.

Start off slow. Again keeping an eye on her reaction, if she's not into it, speed things up a bit. Some love a gentle, slow touch others are all about quicker moves. To get the pressure and speed just right, watch how she reacts and what her body's saying. And don't forget, you can always just ask her how she feels about your technique.

Once you're warmed up, you can start focusing on her clitoris. But remember not everyone's into direct stimulation so you may find yourself playing close but not exactly on it. Tongue techniques to try include, up and down, clockwise and anticlockwise circles, moving side to side, pulsating right in one spot and finally gently wrapping your mouth around her clitoris and giving a light suck, but whatever you do, if you find the technique she enjoys the most do not change a thing, consistency is key for her orgasm.

Quick Guide To Cunnilingus

How to suck her clitoris to finish. This really can rock her world during her climax. Just make a small 'O' shape with your **wet lips**, this 'O' should be just a bit bigger than her clitoris, think putting your lips around a straw. Gently start to slowly rhythmically suck, this gentle suck will draw her clitoris up into your mouth and will feel very pleasurable for her as she rides the waves of her release.


If she climaxes, that doesn't mean it's time to stop. Many women can experience multiple orgasms during oral sex. If she is sensitive just take 30 seconds to two minutes to focus on other enjoyable things that won't lead her to orgasm, like teasing kisses all around her vulva, kissing her inner thighs, or giving her breasts some love and attention.

Bonus Tips To Amp It Up

Bring her to the edge then back. This is an great way to really boost her orgasms as long as she doesn't have difficulty reaching climaxing.

Include your fingers. Stimulate her more, both internally think G-spot and externally, it adds a variety and even blended climaxes.

Play with her ass while focusing your mouth on her clitoris. No need for penetration, simply tease by rubbing outside, applying light, rhythmic pressure, or if she's into it, gentle in and out movements.



Finally make some noise. Moans of pleasure against her vulva can make things hot. It creates a deep rumbling sensation that's just amazing for her and lets her know your into it too!