

Romantic At Heart

TOP

Sex Secrets

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DO NOT READ ANYTHING ELSE UNTIL YOU READ THIS:

Some of the techniques described in this book call for you or your partner to have cough drops, mints, ice cubes and other objects in your mouth. Be very careful not to swallow these objects while performing these techniques. If you think there is even the slightest possibility that you could accidentally swallow one these of these objects, **STOP PERFORMING THE TECHNIQUE IMMEDIATELY.** There are plenty of other ones that you can do instead. Do not attempt these techniques under the influence of alcohol or any other controlled substance.

Please remember to exercise extreme caution and common sense when performing any of the techniques described in this book. Neither the author, publisher, nor anyone associated with the printing, promotion, sale or distribution of this book are liable for any injuries or damage to personal property resulting from actions associated with the material presented within.
Use at your own risk.

Preface

If you don't have a sense of humor, GET ONE before you continue reading this book.

We know you're anxious to dive into "the good stuff," but there are probably a few things we should go over first. This will only take a minute:

1. More than any earth-shattering physical technique, the most important thing you can give your partner in the bedroom is respect. Nothing does more to create a sense of trust, security and, ultimately, an environment where they feel comfortable enough to try new things. If there's something in this book that you want to try, but your partner doesn't, respect their wishes. Guilt trips will get you nowhere. Also, when your partner feels they've been treated with respect, they're much more likely to honor your request sometime in the future. Be patient and everybody wins.
2. These techniques are meant to serve as guides. Use your imagination to come up with your own variations. There is no "right" or "wrong" way to do anything when it comes to matters of personal preference.
3. Always remember to show your partner you love them outside the bedroom. While sex is best with someone you love, it should never become the only time you express it. Showing love for your partner in non-sexual ways takes a great deal of the pressure off your intimate encounters and allows you both to relax, let down your guard and have FUN.

And that's exactly what this book is all about!

Techniques For Her Pleasure

#1 The Menthol Marinade

This technique really packs a huge payoff for very little prep work. Some women claim that different cough drops provide varying degrees of stimulation. It seems to be purely a matter of personal preference, so don't be afraid to experiment with a variety of brands and flavors.

Here's What You Need:

One mentholated cough drop, any flavor.

Here's How You Do It:

Get your woman naked.

Unwrap the cough drop and put it in your mouth. You need to give it a couple of minutes to partially dissolve; so use this time to pepper her belly, bikini line and inner thighs with little kisses.

Swirl the cough drop around in your mouth, making sure to rub the tip of your tongue against it. Now, keeping the cough drop in your mouth, gently begin to lick around the vagina, paying special attention to the clitoris. In a few moments your woman will begin to feel both the hot and cool sensation of the menthol penetrating her body.

For added stimulation, pause every minute or so and gently blow on the clitoris (the air reactivates the cooling properties of the menthol and provides a sensation most women find immensely pleasurable).

Women all over the world have gone absolutely crazy for this little ditty. Done properly, it will have her yodeling, "Ree-colaaaaaaaaa!"

#2 The Sicilian Corkscrew

Here's a great hand technique that will drive your woman wild.

Here's What You Need:

Just the two of you.

Here's How You Do It:

Get your woman naked. Have her lie on her back with her knees bent and her legs open wide.

Sit "Indian-style" between your woman's legs.

Cross the index and middle fingers of one of your hands (you know, the traditional "keep your fingers crossed" gesture).

Slowly insert your crossed fingers into your woman's vagina. As you do this, rotate your forearm back and forth. Insert your fingers deep enough so that your thumb is now brushing her clitoris from side to side as your forearm rotates.

Continue until you pop your woman's cork.

#3 The Cotton Spritzer

This is a very romantic technique that not only pleases your woman -- it gives you a little bit of a buzz, too.

Here's What You Need:

One pair of cotton panties.
One bottle of wine.

Here's How You Do It:

Have your woman strip down to nothing but her cotton panties (make sure the panties are cotton; nylon just doesn't cut it for this one).

With your woman standing, kneel down in front of her.

Pull the waistline of her panties toward you, creating an opening about two inches wide.

Pour a small amount of wine into the panties and release. Let the wine soak the crotch of the panties as well as your woman's vagina.

Now place your mouth against the crotch of her panties and suck the wine through the fabric and into your mouth. Don't be surprised as your woman presses her hips against your face -- this is extremely erotic.

Do this three or four times, then set down the bottle of wine.

Gather the crotch of your woman's panties together in one hand. Position your open mouth underneath and squeeze hard. This should wring out a small trickle of wine from her panties onto your tongue.

Keep holding the crotch of her panties in your hand and pull them to one side. Now pleasure your woman orally until she explodes in a delicious orgasm.

#4 The Standing Wrap

If you can manage it, this is a position she'll never forget.

Here's What You Need:

Just the two of you.

Here's How You Do It:

Get your woman naked. You, too.

Sit on the edge of the bed and have your woman stand in front of you.

Tell your woman to place one leg on the bed, then the other, and sit on your lap as you enter her.

Now that she's sitting on your lap with you inside of her, have her place her arms around your neck and wrap her legs around your waist. After she's done this, stand up. Put your arms under her buttocks to help stabilize her.

Walk to the nearest wall and let your woman's back rest against it. Now you're ready to thrust in and out of your woman as you hold her pinned against the wall.

Continue until she reaches an indescribable orgasm, or the neighbors start banging on the wall. In that case, switch walls and keep going!

#5 Parad-ice

Here's another classic technique that's become a standard today thanks to the movie "9 1/2 Weeks." If your woman is somewhat shy, it's a great way to introduce some new things in the bedroom. Even if she's not shy, it still feels terrific.

Here's What You Need:

One ice cube.

Here's How You Do It:

Get your woman naked. Have her lie on her back.

Put the ice cube in your mouth. Open your mouth slightly and use your tongue to push the cube to the front of your mouth. A small portion of the cube should be sticking out beyond your lips.

Slowly glide the cube over your woman's neck, breasts, stomach, thighs and legs.

Hold your head about six inches above one of your woman's nipples. Let a few drops of melted ice fall onto and trickle down her nipple. If it's not already, her nipple will become fully erect.

Do the same thing with the other nipple.

Take the ice cube back into your mouth completely. Rub the tip of your tongue over the cube so that it becomes cold.

Pleasure your woman orally, pausing to rub the tip of your tongue back over the cube whenever necessary.

#6 Walking The Wall

This is a great way to find just the right angle to stimulate her G-spot.

Here's What You Need:

Just the two of you.

Here's How You Do It:

Get your woman naked. You, too.

Have her sit on the edge of the bed with her legs apart.

With you standing, enter your woman.

Have her bend her knees, letting her feet rest on your stomach.

As you continue thrusting, tell your woman to "walk" up your chest, placing one foot in front of the other.

As she does this, you'll stimulate different areas of her vagina. It's up to your woman to determine exactly where she should be on "the wall" to achieve an indescribable orgasm.

#7 Mint Two-lip

The cooling sensation of peppermint has never been put to better use than in this technique. Your woman will love it.

Here's What You Need:

One glass of peppermint schnapps.

Here's How You Do It:

Get your woman naked. Have her lie on her back with her knees bent and legs slightly apart.

Pour a small amount of schnapps into your woman's navel.

Dip the tip of your tongue into the schnapps and trace small circles around one of your woman's nipples. Blow on it to accentuate the cool feeling.

Do the same thing to her other nipple.

Again, dip your tongue into the pool of schnapps you've poured into her navel. Run your tongue along both sides of her vagina and gently blow.

Pleasure your woman orally, pausing to reapply the schnapps to your tongue.

#8 The Sensual Summons

Here's a great way to stimulate a sensitive, but often neglected, area of your woman's vagina. You may even run across the elusive and controversial "G-spot."

Here's What You Need:

One bottle of water-based lubricant.

Here's How You Do It:

Get your woman naked. Have her lie on her back with her knees bent and legs slightly apart.

Apply a small amount of lubricant to your hands.

Gently caress your woman's thighs, stomach and bikini line, gradually increasing the pressure.

Delicately squeeze the outer lips of her vagina, one at a time, between your thumb and index finger. Slowly slide up and down the entire length of each lip.

Carefully insert your index finger into your woman's vagina.

With your palm facing up, draw your index finger up and toward you as if you are summoning a person (you know: the "come here" gesture). Repeat the move at a steady pace, letting your fingertip constantly stimulate the upper wall of her vagina.

While continuing to do that with one hand, use the thumb or index finger of your other hand to trace small circles around your woman's clitoris.

Keep these two motions going until your woman explodes in a mind-numbing orgasm.

#9 The Steaming Diamond

Sports trainers and athletes have always known about the magical qualities of moist heat. Nothing soothes and relaxes the muscles faster and more efficiently. One of them may have even come up with this technique.

Here's What You Need:

Two washcloths.
One bowl of hot water.
One pair of scissors.

Here's How You Do It:

Before you're going to make love, cut a three to four inch diagonal slit in the middle of each washcloth. Fill a bowl with hot water and place both of the washcloths in it to soak.

Get your woman naked. Have her lie on her back with her knees bent and legs slightly apart.

Wring out one of the washcloths. Turn it forty-five degrees so that it looks like a diamond instead of a square.

Lay the washcloth over your woman's pubic area. The top of the diamond should be touching her pubic hair. The bottom will be at her anus and both sides will be against her inner thighs. Line the slit up with her vagina and use your hands to press and hold the washcloth in place.

Insert your tongue in between the slit and preform your finest oral pleasuring moves.

After a couple of minutes the washcloth will have cooled down. No problem. Just put it back in the bowl, wring out the other washcloth, lay it over the same area and continue until your woman achieves one of the "hottest" orgasms she's ever experienced.

#10 The Dutch Drawbridge

Here's a terrific position that heightens the stimulation of the top portion of your woman's vagina.

Here's What You Need:

Just the two of you.

Here's How You Do It:

Get your woman naked. You, too.

Sit up in the bed with your legs extended in front of you.

Have your woman kneel above you, straddling your lap. Then, lower her down until you are inside of her.

Now have your woman lean all the way back until her head is resting on your legs or ankles. Her knees should be bent so that her feet are underneath her buttocks.

You're not going to be able to thrust yourself into her with the same force you can achieve from, say, the missionary position. But the thrusts you do provide will be magnified in their intensity based on the angle at which you are entering her.

#11 Rescuing The Captain

What are you going to do when the Captain goes overboard? You've got to rescue him, right?

Here's What You Need:

One wintergreen or peppermint breath mint with a hole.

Here's How You Do It:

Put the mint in your mouth and give it a couple of minutes to partially dissolve. In the meantime, get you woman naked. Have her lie on her back with her knees bent and legs slightly apart.

With the mint still in your mouth, arouse your woman by gently kissing and licking her inner thighs, bikini line and vagina.

If your woman is sufficiently aroused, you should be able to spot the clitoris. That's the "Captain." It's your job to rescue him.

Move the mint to the tip of your tongue. Press the mint against your woman's clitoris and release it.

Using suction, draw the clitoris through the hole in the mint. Flick your tongue as rapidly as you can over the clitoris and mint.

Only when your woman reaches orgasm have you successfully "rescued the Captain."

If you want to create an entire "Titanic" theme, place an ice cube in your woman's navel.

#12 The Tasmanian Jack-knife

If you've ever wanted to stimulate those hard-to-reach spots inside your woman's vagina, this is the position to try.

Here's What You Need:

Just the two of you.

Here's How You Do It:

Get your woman naked. You, too.

Have her lie down on either her left or right side.

Tell your woman to take whichever leg is on top and raise it towards her chest so that her foot is resting on her other leg's knee.

Enter your woman from behind. She will be astonished at how deep you can plunge yourself inside of her.

Continue this position until she's "done-dee."

#13 Showergasm

Women have been pleasuring themselves this way for years. Now it's your turn.

Here's What You Need:

One hand-held shower massager.

Here's How You Do It:

Get your woman naked. You, too.

Adjust the water to a comfortable temperature and activate the shower massager.

Slowly run the water over your woman's legs, thighs and stomach. With your free hand, gently stroke and caress the inner thighs and bikini line.

Place the first and second fingers of your free hand on each side of her vagina. Gently push the skin up and out, exposing the clitoris.

Point the jets of water at the clitoris, making sure that the stream is not too hot or forceful. Do not hold the massager too close to your woman. Start from as far back as you can, slowly moving closer (your woman can tell you if any adjustments need to be made).

Continue until you induce a powerful and satisfying orgasm.

#14 Chinese Field Goal

The next time you order Chinese take-out, ask for the free pair of chopsticks and give this technique a try. It lets your woman feel your tongue in areas that you normally could not reach.

Here's What You Need:

One pair of chopsticks.

Here's How You Do It:

Get your woman naked. Have her lie on her back with her knees bent and legs slightly apart.

Whip out the chopsticks. If they're made of wood, make certain there are no splinters (it's amazing how one, loan splinter can ruin your entire evening).

Place each chopstick along the outer edge of your woman's vaginal lips. Use your thumb and fingers to gently roll each fold of skin around the chopstick. You need to do this before her vagina gets too moist; otherwise, her skin will not want to remain rolled up around the chopsticks.

The chopsticks will now resemble goal posts. Your tongue is going to be the football. To kick a field goal, you must place the football between the goal posts and indulge in some serious oral pleasuring.

When your woman has achieved a terrific orgasm, give yourself three points.

#15 Baby Elephant Trunks

This technique feels so good that there's actually two versions of it. Thanks to our dedicated research team, we're happy to provide you with both.

Here's What You Need:

One bottle of water-based lubricant.

Here's How You Do It:

Version One:

Get your woman naked. Have her lie on her back with her knees bent and legs slightly apart.

Apply a little lubricant to the backs of both of your hands, including your wrists and fingertips.

Extend one of your hands, palm down. Curl your fingers inward halfway to the palm. Place the wrist of that hand against the bottom portion of your woman's vagina.

Using smooth strokes, glide your entire hand, including your fingers, up and over her vagina and clitoris.

Immediately repeat using the other hand, performing the exact same motion. It kind of looks like you're painting a fence; except you're never stroking down -- always up.

Version Two:

Have your woman get on all fours and perform the same technique from behind her (this reverses the motion).

#16 Seltzer-gasm

This is a fun way to let your woman experience something she never has before: thousands of tiny bubbles swirling around her most sensitive area. Be sure to use the "Gold" variety of the world's most popular tablet. It's had the medicinal ingredients removed.

Here's What You Need:

One glass of water.

One effervescent bicarbonate tablet without aspirin.

Here's How You Do It:

Get your woman naked. Have her lie on her back with her knees bent and legs slightly apart.

Break the tablet into four quarters.

Place the rounded edge of one quarter tablet between the top-most portion of your woman's vaginal lips. Insert only enough of the tablet to hold it in place.

Take a small sip of water and keep it in your mouth.

Press your lips against the portion of her vagina holding the tablet and open them so that a small stream of water trickles out. This should activate the tablet and release bubbles around her vagina.

Get into some serious oral pleasuring. When necessary, take another sip of water. If needed, replace the tablet with a fresh piece.

Continue until your woman says, "Oh, what a relief it is."

#17 The Indian Rocking Horse

Here's a great position that allows for extra-deep penetration.

Here's What You Need:

Just the two of you.

Here's How You Do It:

Get your woman naked. You, too.

Enter your woman in the standard missionary position.

Now, both of you sit up while you're still joined together. Have her put her arms around your neck.

Put both of your arms between her legs, positioning your elbows under her knees. Lift up and rest her calves or ankles on your shoulders.

Clasp your hands behind her back and rock your body back and forth. Don't worry about about thrusting in and out; let the rocking motion do all of the work.

#18 The Venus Butterfly

Here's another classic technique that's become legendary. It all started with an episode of the 80's TV series "L.A. Law." They referred to it several times, but never even hinted as to how it was actually done. That show generated more mail than any other episode. Everybody was asking, "How do you do The Venus Butterfly?" Now, you'll finally know.

Here's What You Need:

One bottle of water-based lubricant.

Here's How You Do It:

Get your woman naked. Have her lie on her back, her knees bent and legs slightly apart. Apply a little lubricant to your hands.

Put your hands together, as if you were saying a prayer. Bend each of your ring fingers down. The tip of your left ring finger should be touching the knuckle of your right ring finger; the tip of your right ring finger should be touching the knuckle of your left ring finger. All of your other fingers should remain extended.

Now comes the "ladies choice" part of this technique. In the classic Venus Butterfly, your extended pinkies would be inserted into your woman's anus. Many women prefer that, instead, you simply fold your pinkies over like your ring fingers (it's totally a matter of personal preference).

Next, insert your middle fingers into her vagina. Your index fingers should be placed on both sides of your woman's clitoris.

Keeping your fingers together, open your palms so that your thumbs are about three inches apart. Begin to rub your fingers back and forth, as if you were trying to warm them. When you do this, your hands will resemble a butterfly flapping its wings.

#19 Cyrano's Triangle

This position gives you maximum thrusting capability and lets your woman feel you in places she normally doesn't.

Here's What You Need:

Just the two of you.

Here's How You Do It:

Get your woman naked. You, too.

Have her lie on her side.

Standing over her, lift your woman's top leg up, resting her foot on your midsection.

Now have her extend her other leg out so that it is perpendicular to her body. Next, have her use the corresponding arm (right leg, right arm) to reach out and hold her knee. She has now formed a triangle. The three sides of the triangle are: her body, her leg and her arm.

Place one of your feet inside the triangle. Squat down. The leg that was resting on your midsection should now be resting on your shoulder.

Enter your woman. Notice how much more control you have squatting as opposed to kneeling. Don't be surprised if she notices, too.

#20 The Flickering Candle

Here's a great technique that will add variety to your oral pleasing talents. It's been around for centuries. But we'll bet your woman has never experienced it -- until now.

Here's What You Need:

One candle.

Here's How You Do It:

Get your woman naked. Have her lie on her back with her knees bent and legs slightly apart.

Light the candle and place it near your woman's head (not too close). Usually, on top of the nightstand will do just fine.

If you've got a ceiling fan in your bedroom, turn it on low. Otherwise, any type of fan that will move the air gently around the candle will do.

Position yourself so you can pleasure your woman orally and see the flame of the candle at the same time.

As the air swirls around the candle and causes the flame to flicker, duplicate the movements of the flame with your tongue.

If you like, let your woman know what you're doing so she can anticipate the movements. It's as if the flame itself is pleasuring her.

Continue until the flame ignites fireworks in your woman.

#21 Oriental Shoe Shine

Here's an incredibly stimulating technique that gets its name from the back and forth motion you perform with a silk scarf.

Here's What You Need:

One long silk scarf.
One short silk scarf.

Here's How You Do It:

Get your woman naked. Use the short silk scarf to blindfold her and have her stand with her legs slightly apart.

Now you stand at your woman's side, facing her.

Run the long silk scarf gently over your woman's body. Let her feel it on her arms, breasts, buttocks and legs. After a couple of minutes, place the scarf in between your woman's legs. Hold one end in front of her, the other behind. Essentially, she should be straddling the scarf.

Raise both ends of the scarf above your woman's midsection so that the middle barely touches her clitoris and vagina. Glide the scarf back and forth as if you were "buffing" this delicate area. The longer your strokes, the better.

Next, lie down on your back with your head in between your woman's feet. Tell her to kneel and, as she does, drape the scarf over your mouth.

Using your hands, guide your woman's hips so that her vagina is positioned directly above your mouth. Pleasure your woman orally through the smooth, silk scarf.

#22 Whipped Cream Dream

Here's a classic technique that seems simple enough, but often times goes horribly wrong. Not for you, though, because now you'll know the secret.

Always use non-dairy whipped topping. The dairy products in real whipped cream begin to change as they heat up on a person's skin. The whipped cream will emit a foul, "sour milk" type of odor that can really kill an evening. Take it from those who know: non-dairy is the way to go.

Here's What You Need:

One can of non-dairy whipped topping.

Here's How You Do It:

Get your woman naked.

Apply whipped topping liberally over your woman's body. Pay special attention to the nipples, navel, bikini line and any other personal erogenous zones you may have discovered.

Slowly and delicately lick the whipped topping from your woman's body. Deliberate, pointed flicks of the tongue are generally more stimulating than a flat-tongued motion.

Leave the last bit of whipped topping on your tongue and begin to pleasure your woman orally. Reapply the whipped topping to the clitoris and vagina as needed.

Continue until your woman lets out a squeal of pleasure that'll make the cows come home.

#23 The Double "V"

Give your woman the opportunity to control the speed and depth she gets from you with this classic, but often overlooked, position. Make sure you're freshly showered, though -- her nose is going to be pretty close to your feet.

Here's What You Need:

Just the two of you.

Here's How You Do It:

Get your woman naked. You, too.

Lie flat on your back.

Have your woman stand over you, facing your feet. Tell her to kneel, then enter her.

Have your woman stretch out completely and wrap her arms underneath your calves. Her hands should be resting on your ankles.

As your woman's hips begin to move up and down, match her with thrusts of your own from below.

#24 The Grapes Of Rapture

Here's a very erotic technique that sounds like it originated in Roman times. After you treat her to this one, your woman will definitely be hailing Caesar.

Here's What You Need:

One bunch of seedless grapes, chilled.

Here's How You Do It:

Get your woman naked.

Have her stand with her legs slightly apart. Give her the grapes and tell her to hold them by the stem so that they dangle in front of her vagina.

Kneel in front of your woman. Slowly kiss and lick her ankles, calves, knees and thighs, working your way up to the grapes.

Begin to pleasure your woman orally. Every so often, pluck one of the grapes from the bunch and hold it between your teeth.

Press the chilled grape against your woman's clitoris. Move your head so that you trace circles around it with the grape.

Using your tongue, press the grape into your woman's vagina. Let her feel the soft, cold skin of the grape between the moist folds of her own skin, then gently suck the grape back into your mouth and swallow it.

Continue until your woman erupts in a leg-quivering orgasm.

#25 OrgasM&M

This is a great little game that's not only fun, but will also help you discover erogenous zones on your woman's body that you never knew existed.

Here's What You Need:

One piece of candy-coated chocolate, plain variety.

Here's How You Do It:

Get your woman naked. Hand her the candy.

Turn out the lights so that the room is completely dark.

Tell your woman to lie down and hide the candy somewhere on her body. Depending on where she chooses to hide it, she may need to lick one side in order for it to stick, remaining in place.

Once the candy is hidden, it's your job to find it using only your tongue.

Glide your tongue over every inch of her body. Take your sweet time. Pay attention to any reaction that you get -- and where your tongue is when you get it (this information will be very valuable whenever the two of you make love in the future).

When you finally locate the candy, keep it on the tip of your tongue and press it against your woman's clitoris.

Pleasure your woman orally until she melts in your mouth, not in your hands.

#26 Back Seat Driver

Looking for a new position that your woman will go crazy for? Look no further.

Here's What You Need:

Just the two of you.

Here's How You Do It:

Get your woman naked. You, too.

Stack a couple of pillows on top of each other and lie back against them with your legs slightly bent.

Have your woman straddle your hips, facing your feet. Guide her downward until you are inside of her. Your feet should be outside of hers; they should pretty much line up.

Now have her lean back a bit, resting her hands against your chest and holding herself upright.

Begin thrusting. You're going to have to put some effort into it, because she's naturally going to want to come down on top of you.

#27 Sue-Bliss

Here's a classic technique that's probably been done for thousands of years. It definitely belongs in your "bag of tricks."

Here's What You Need:

One bottle of honey.

Here's How You Do It:

Get your woman naked. Have her lie on her left side.

Place a single drop of honey on her right ear lobe and another along her hairline behind the ear.

Apply a small stream of honey all the way down her right side, from her armpit to her ankle.

Beginning at the ear lobe, slowly and methodically use your tongue and mouth to lick and apply gentle suction, removing the honey from her entire right side.

When you're done, have your woman turn over. Do the exact same thing to her left side.

Now have your woman lie on her back with her knees bent and legs slightly apart.

Extend your tongue and squeeze a small amount of honey (about the size of a nickel) onto the tip.

Pleasure your woman orally. When necessary, apply more honey to the tip of your tongue.

#28 The Sultry Sucker

This is a great technique that creates both a new and unusual bit of stimulation for her, and a delicious taste treat for you.

Here's What You Need:

One round sucker on a stick, any flavor.

Here's How You Do It:

Unwrap the sucker and put it in your mouth. Make sure that it is completely smooth, especially on the top. Sometimes you get an air bubble or other imperfection in the sucker that, as it dissolves, forms a sharp edge. If you discover such an edge, discard that sucker and get a fresh one.

Get your woman naked. Have her lie on her back with her knees bent and legs slightly apart.

Gently rub the sucker along the lips of her vagina. Use your mouth to remoisten the sucker as needed.

Using your tongue, follow the path you've just traced with the sucker. Enjoy the flavor while you begin to arouse your woman.

Put the sucker back in your mouth to remoisten.

Hold the sucker in the middle of the stick with your thumb and index finger. Press it against your woman's clitoris and use your two fingers to spin the sucker clockwise, then counterclockwise. Repeat this a few times. Remember -- if it gets too dry, put it back in your mouth.

Now combine the spinning of the sucker with some good, old-fashioned oral pleasuring. Your woman will be popping her tootsies in ecstasy.

#29 The Spooning Turtle

Here's a technique some say was made famous by legendary blues musician Muddy Waters.

Here's What You Need:

One bottle of water-based lubricant.

Here's How You Do It:

Get your woman naked. You, too.

Apply a small amount of lubricant to your penis.

Have her lie on her side and snuggle up behind her. You know: the classic "spooning" position.

With your woman's legs slightly open, insert the length of your penis between the lips of her vagina. DO NOT insert yourself into her vagina, but only between the lips.

Have your woman close her legs, surrounding your penis.

Now begin to thrust as if you were inside of her. The head of your penis will move back and forth over her clitoris.

Continue thrusting until your woman sings anything but the blues.

#30 Auto-erotica

There are a lot of cars out there with automatic sunroofs. Hopefully, yours is one of them. If not, find an excuse to rent one for a day; it'll be worth every penny.

Here's What You Need:

One car with a sunroof.

Here's How You Do It:

Park where nobody can see you and open up the sunroof. Since you've got a radio within arm's length, put on some appropriate music.

Get your woman naked, or at least bottomless.

Have her climb up on the roof and sit on the back edge of the sunroof, facing the hood (her feet can rest comfortably against the windshield).

Get into the passenger's seat and kneel, facing the trunk. Now raise your head up between her legs. Using your mouth and tongue, pleasure her like you never have before. Let her enjoy all the unique sensations: the height, the danger, the smooth metal and glass against her bare skin and your unique vantage point.

Fifty years from now, she'll still be talking about this one.

#31 Flower-gasm

You can't go wrong giving a woman roses. Here's a unique, romantic technique that will touch her heart as well as a more erotic location on her body.

Here's What You Need:

One thornless rose.

Here's How You Do It:

Get your woman naked. Have her lie on her back.

Hold the rose over her stomach. Glide the rose over your woman's skin while simultaneously twirling it back and forth between your fingers.

Brush the rose over her breasts, cleavage, neck, face and arms. Move it down her legs and let the rose tickle her toes. Finally, stroke your woman's vagina with the rose until she's ready for something a little more stimulating.

Now pull a single petal from the rose and place it on the tip of your forefinger. Gently press the soft, silky rose petal to your woman's clitoris.

Imagine the numeral "8" laid on its side. That's the pattern you want to trace with your finger on and around her aroused clitoris (the petal should follow your finger).

Vary the patterns you trace, as well as the intensity with which you press, until you find just the right combination to bring your woman to a romantic, unforgettable climax.

#32 Patio-gasm

This is the female version of a technique for his pleasure called "The Lounge Lizard" (#83). Since you've already got the chair set up, this would be the perfect time for her to try that one on you.

Here's What You Need:

One webbed patio lounge chair.

Two pillows.

One roll of masking tape.

Here's How You Do It:

Adjust the back of the lounge chair to the upright position.

Place the pillows lengthwise directly under the chair.

Pull the center-most straps apart and tape them to the next-closest straps, creating an opening in the chair about four or five inches wide.

Get your woman naked, or at least bottomless. Have her sit in the chair. Her vagina needs to be directly over the opening that you've created.

Now get under the chair and lie on the pillows. Position your mouth directly under your woman's vagina. Grip the outermost edges of the chair, pull yourself up and pleasure your woman orally.

You can continue to do this until she has reached orgasm. Or, after a few minutes, move on to the next step.

Position yourself so that your penis now lines up with her vagina. Place both of the pillows underneath your buttocks.

Enter your woman and thrust away.

#33 The Minnesota Mindbender

Here's a technique that originated around the Twin Cities area. As it grows in popularity, there could be a movement to change the state slogan to, "The Land Of 10,000 Lays."

Here's What You Need:

A set of Vikings bed sheets are optional.

Here's How You Do It:

Get your woman naked. Have her lie on her back with her knees bent and legs slightly apart.

Lie down on your stomach, perpendicular to your woman. Your head should be positioned sideways above her vagina.

Using your thumb and forefinger, pull back the skin that hides the clitoris. Moisten your lips and press them against both sides of her clitoris, drawing it into your mouth.

Gently roll your lips inward, covering your teeth. At the same time raise your head until her clitoris comes out from between your lips.

Repeat again and again as fast as you can. If you're applying the right amount of pressure to her clitoris, you'll probably hear a little popping sound when you open your mouth.

This one may take some practice. But, done correctly, it can easily produce one leg-quivering orgasm after another.

#34 Three Minute Foreplay

One of the biggest complaints you hear from women is that they don't get enough foreplay. They feel particularly slighted when they spend ten minutes doing something for their man, like oral pleasuring, and then he reciprocates with thirty seconds of the same for her. Here's a great way to level the playing field.

Also, if your woman is shy about telling you exactly what she wants, this makes it easy for her to show you.

Here's What You Need:

One egg timer (the hourglass is a little more romantic; but the kitchen "dial" timer will do).

Here's How You Do It:

Get your woman naked. You, too. Tell her that you would like her to do whatever she wants to you for three minutes, and that you're going to do the exact same thing to her for the next three minutes.

Start the timer. Pay attention to what she's doing to you and exactly how she's doing it. If she pleases you orally, is she doing it hard or soft? If she massages you, where and with how much intensity is she doing it? Make mental notes of all of these things for the next three minutes. Then, when it's your turn, try to duplicate what she did as precisely as you can.

Get in three or four rounds of this before you move on to intercourse -- and don't be surprised if she chooses to do something as simple as holding you in her arms for the entire three minutes.

This technique has the ability to teach you more about what your woman really wants than all the "chandelier-swinging" feats combined.

#35 Strawberry-lation

Strawberries and cream make for a very sensuous snack. This technique takes it one step further.

Here's What You Need:

Four strawberries.
One can of non-diary whipped cream.
One knife.

Here's How You Do It:

Before you begin, cut the strawberries into quarter-inch slices from the top down.

Get your woman naked. Have her lie on her back with her knees bent and legs slightly apart.

Apply the whipped topping liberally around the lips of your woman's vagina. Carefully press the strawberry slices into the whipped topping.

Now position your head directly in front of this sensuous feast. Using your tongue, gently remove a slice of strawberry and "share" it with your woman. Tease her by delicately licking around the vagina and clitoris.

Have fun alternating between eating the strawberries and pleasuring your woman. Keep going until she erupts in a delicious orgasm.

#36 Aphrodite's Ladder

If you've ever made love on a set of stairs, you're already aware of some of the incredible positions you can come up with. Here's a romantic technique that guarantees the two of you will never walk up that particular flight the same way again.

Here's What You Need:

One flight of stairs.

Here's How You Do It:

Get your woman naked. You, too.

Have your woman sit on the second stair from the bottom (this may vary depending on your respective heights, but the second stair usually works best).

You remain standing at the bottom of the staircase. Lean forward and place your hands on either side of your woman, like you're doing an inclined push-up.

Prepare to enter your woman. Before you do, though, you must tell her the following:

"On each of these steps is one of the reasons that I love you. Whenever you like, move up another step and I will give you another reason. I love you because..." and then give her your first reason.

Now you may enter your woman. After about thirty seconds, she's going to push herself up to the next step. When she does, you must give her your next reason. Then you may take a step up, enter her again and continue.

Your woman can have as many orgasms as she likes, but YOU must wait until she is perched at the top of the staircase before you can have yours. Only then have you successfully climbed Aphrodite's Ladder.

#37 Cotton Can-delight

You've probably awakened many mornings and realized that "the circus was in town." Now's your chance to give your woman a special treat straight from under the big top.

Here's What You Need:

One cone of cotton candy.

Here's How You Do It:

Get your woman naked. Have her lie on her back with her knees bent and legs slightly apart.

Take the cotton candy and run it along the length of your woman's body. Brush it against her face and let her enjoy both the smell and feel of it.

Break off a small piece of cotton candy and place it on the tip of your extended tongue. Give your woman a deep, long, open-mouthed kiss.

Break off another piece and place it on your tongue. Press it to one of your woman's nipples, then surround it with your mouth. As you close your mouth, the cotton candy will dissolve. Gently suck the melted candy from her nipple. Repeat with the other nipple.

Put another piece of cotton candy on your tongue and, this time, press it to your woman's vagina. Let the combined moisture dissolve the cotton candy in a sugary, tangy nectar.

Pleasure your woman orally, adding extra cotton candy as needed.

#38 Hitching To Milwaukee

Some guys seem to forget that vaginal stimulation alone will get you nowhere. For a really powerful orgasm, the clitoris has got to be involved. This is a great little hand technique that's been around for decades. And, judging by its name, it's 100% American-made.

Here's What You Need:

One bottle of water-based lubricant.

Here's How You Do It:

Get your woman naked. Have her lie on her back, her knees bent and legs open wide. Sit down in between your woman's legs.

Tuck in the fingers and extend the thumb of your writing hand, as if you were hitchhiking. Apply a few drops of lubricant to the middle knuckles (your middle knuckles are the same ones you would use to knock on a door).

Turn your wrist so that your knuckles are parallel to your woman's vagina.

Maintaining the hitchhiking gesture, gently touch her clitoris with the knuckle of your forefinger. Sweep your wrist upward so that all four knuckles brush against and stimulate the clitoris. Then, reverse the motion so that all four knuckles brush by the clitoris on the downstroke.

Repeat this up-and-down motion until you achieve the desired result -- a satisfying orgasm for your woman. When you do, you will have successfully "hitched to Milwaukee." Congratulations. You'll never watch a rerun of "Laverne & Shirley" the same way again.

#39 Buzz Lips

You're already proficient at using your tongue to pleasure your woman. Now add a little vibration and you've got an unbeatable combination that's sure to induce wave after wave of incredible orgasms.

Here's What You Need:

You, with a song in your head.

Here's How You Do It:

Get your woman naked. Have her lie on her back with her knees bent and legs slightly apart.

Position your head sideways, so that your lips are parallel with the lips of your woman's vagina.

Pleasure her orally. Having your head sideways is different enough to produce some very satisfying results, but you're going to add something even better: Open your mouth slightly and place your lips over your woman's clitoris. Close your lips and begin to hum. Let the vibration from your lips stimulate her clitoris. The louder you hum, the better.

Hum for a minute or so, then go back to using your tongue. Do that for a minute, then hum again.

Continue alternating until your woman is humming a different tune.

#40 The Crescent Flutter

In order to achieve maximum stimulation, sometimes a woman's clitoris needs a little help exposing itself from under its pink, fleshy hood. This is a time-tested technique that uses suction to do just that.

Here's What You Need:

You, freshly shaven.

Here's How You Do It:

Get your woman naked. Have her lie on her back with her knees bent and legs slightly apart.

Position your head between your woman's legs.

Open your mouth about a half an inch wide. Roll your lips slightly inward, covering your teeth.

Press your slightly open mouth to your woman's vagina, the clitoral hood in between your lips. This is why you need to be freshly shaven. Stubble above or below your lips becomes much more pronounced when you curl them inward and would be uncomfortable against your woman's sensitive skin.

Keeping your lips curled, form an airtight seal around the hood and gently suck inward; her clitoris will have no choice but to expose itself.

While maintaining the suction, apply rapid flicks of your tongue to her clitoris. Vary your tongue movements until you find the combination that she likes best. Focus entirely on that one until you've delivered a powerful orgasm.

#41 Laundro-mate

You know those "magic fingers" beds you find in motels that vibrate when you insert a quarter? This is even better. The vibration is more intense, the position makes for maximum clitoral stimulation and you don't have to spend fifty bucks on a hotel room.

Here's What You Need:

One washing machine.
One load of wet laundry.

Here's How You Do It:

After the washer is done agitating and doing official "washing" chores, it goes into the "rinse and spin" cycle. This is when you make your move.

As the rinse water fills, engage in some passionate foreplay. During this time, undress your woman and yourself. By now, the washer should be ready to spin -- and you should be ready to deliver an awesome orgasm your woman will never forget.

As soon as you hear the washer kick into "spin" mode, lead your woman over to it, put your hands on her hips and lift her up onto the top of the washing machine.

Most washers are at just the right height for you to easily part her thighs and insert yourself without having to make any real adjustments. But if you need to stand on something, do so.

Make love. Let the thrusts of your body combine with the intense vibration of the washer to take your woman over the top in a way she's never felt before.

She's had a great orgasm and you've got clean underwear for tomorrow. Everybody wins.

#42 Alpha-lingus

This technique has been around for years. It enjoyed a resurgence in popularity in the late '80's, thanks to comedian Sam Kinison, who described it as part of his live stage show. Sam insisted that the best letter is capital "T." Now you be the judge.

Here's What You Need:

Just you and your tongue.

Here's How You Do It:

Get your woman naked. Have her lie on her back with her knees bent and legs slightly apart.

Position your mouth in front of her vagina and begin to pleasure her orally. As you're doing this, lick the alphabet on and around the clitoris.

Do all the capital letters first, then switch to lower case.

Watch your woman's reactions to determine which letters she likes best. After awhile, you can just do those (t's great when her favorite letters actually spell a word).

The Hawaiian alphabet only has twelve letters. If you happen to be a native Hawaiian, that puts you at a distinct disadvantage when performing this technique -- or trying to get on "Wheel Of Fortune."

#43 Pop Rotica

It seems like guys, more than women, have a problem with laughter in the bedroom. Sex with someone you love is supposed to be fun, right? So get over it.

When you perform this technique, the two of you can't help but laugh your way through it. Between the sound and the tingling sensation, it feels both great and funny at the same time.

Here's What You Need:

One bag of "exploding" candy.

Here's How You Do It:

Get your woman naked. Have her lie on her back with her knees bent and legs slightly apart.

Open the bag of "exploding" candy and sprinkle a generous amount on the tip your tongue.

Press your candy-filled tongue against the bottom of your woman's vagina and lick upwards to the clitoris. Your tongue should leave behind a trail of candy bits, activated and ready to explode.

Pleasure your woman orally, making sure your mouth is wet enough to reactivate the candy. You may want to have glass of water nearby. If you do, take an occasional sip to wet your mouth. It doesn't take much to get these things to explode.

Continue your oral pleasuring. Reapply the candy as needed. It won't be long before your woman is in the throes of one of the most enjoyable orgasms she's ever had.

#44 The Satin Cylinder

It's not the kind of thing one man would admit to another, but satin really does feel good against your skin. Imagine what it must feel like to a woman's most delicate, sensitive bit of skin.

Here's What You Need:

One satin nightshirt.
Five bath towels.
Two shoelaces.

Here's How You Do It:

Lay the first towel on the floor and roll it up length-wise. Now take the second towel and roll it tightly around the first. Continue until all five towels are rolled into one, tight bundle.

Wrap the satin nightshirt around the towel bundle. Tie the shoelaces around the bundle, about a quarter of the way from each end. The bundle should now resemble a small, satin-covered version of a rolled-up sleeping bag.

Get your woman naked. Now have her kneel down on all fours and straddle the satin bundle.

Enter your woman from behind. Have her spread her knees outward, lowering herself towards the bundle. Her clitoris should just barely touch the satin.

Make love. Each thrust from you will cause her to brush against the satin. The added stimulation she receives from the smooth material will often result in one or more powerful orgasms.

This technique assumes that your five bath towels are reasonably thick. If you do it at a motel, you'll probably need thirty.

#45 Boxing The Compass

Did you know that almost every woman is more sensitive on one side of her clitoris than the other? You do now. So what are you going to do about it?

Here's a great technique that will let you easily determine which is your woman's "sensitive side" so you can pleasure her accordingly.

Here's What You Need:

Just the two of you.

Here's How You Do It:

Get your woman naked. Have her lie on her back with her knees bent and legs slightly apart.

You're eventually going to position your tongue above her clitoris, but take your time. Let your tongue glide up her legs, over the inner thighs, around the bikini line and so on. Now ease on over to your woman's special place.

Touch your tongue just above the clitoris (the 12 o'clock position). Now bring it down and to the left in a half-circle. The motion should resemble an open parenthesis. You should now be touching the delicate skin beneath the clitoris (the 6 o'clock position). Run your tongue back up in a half-circle, retracing the previous movement. Repeat the half-circle motion.

After you've stimulated the left side for about thirty seconds, switch to the right. Now your motion should resemble a closed parenthesis. Continue for about thirty seconds, then add some circular tongue motions.

Judging by your woman's reaction, you'll soon know which side should be receiving most of your attention. Once you know, though, don't neglect the other side.

#46 Ping Me A Love Pong

There are a lot of women who are intrigued by the idea of being tied up. But when it comes to actually trying it, they get cold feet. This is a great little game that gives your woman a sense of being restrained. In reality, though, she can get up and end it whenever she wants.

Here's What You Need:

One ping pong ball.

Here's How You Do It:

Get your woman naked. Have her lie on her back in the middle of the bed with her knees bent and legs slightly apart.

Place the ping pong ball in her navel. Tell your woman that she must not let the ball roll onto the bed. If she does: "game over."

Now it's up to you to do whatever it takes to make her writhe and squirm with pleasure (this would probably include some gentle flicks of the tongue around her nipples and breasts, as well as some serious oral pleasuring).

Keep going until either the ping pong ball rolls out or your woman erupts in an earth-shattering orgasm.

Two things to remember here:

1. If the ball rolls out momentarily and then comes to rest back in her navel, you have to keep going.
2. No fair rocking the bed in an effort to get the ball to roll out just because your jaw is tired.

#47 The Pearl Escalator

The soft, smooth texture of a pearl is a perfect complement to a woman's skin. This technique brings the two together in a way she'll never forget.

Here's What You Need:

One pearl necklace.

Here's How You Do It:

Get your woman naked. Have her lie on her back with her knees bent and legs open wide. Sit down in between your woman's legs.

Position the fingers and thumb of one of your hands as if giving the "thumbs up" sign. Hang the pearls off the tip of your thumb.

Now press your thumb against her vagina, just below the clitoris. Use your other hand to pull the strand around your thumb up towards her stomach. As you're doing this, each pearl should be brushing and stimulating your woman's clitoris.

Once you've pulled all the slack from the strand, reach down and pull it again. The pearls will simply loop back around, running under your thumb and over your woman's clitoris again and again.

It's up to you to determine how fast or slow you should pull the pearls. Once you find the right speed, you will bring your woman to orgasm fairly quickly.

Also, be forewarned that your woman will probably insist real pearls produce a more intense orgasm than imitation. She undoubtedly knows exactly where you can buy some, too.

#48 Popsiclingus

There's no more satisfying treat on a hot, summer day than a nice, cold popsicle. We've heard that some people actually eat them, too.

Here's What You Need:

One popsicle (your choice of flavor).

Here's How You Do It:

Get your woman naked. Have her lie on her back with her knees bent and legs slightly apart.

Hold the popsicle by the stick and glide it along her breasts, down her stomach and across her bikini line. Go slowly, so that some of the popsicle melts against her warm, soft skin.

Using your mouth and tongue, remove the popsicle juice from your woman's body. Now it's time to move to a more sensitive area.

Touch the tip of the popsicle to your woman's vagina. Run it up and down the lips, letting the melted juice trickle down the warm folds of skin.

At this point, you might be thinking about inserting the popsicle. This is a judgment call on your part, and matter of personal preference on hers. If you think she might find it pleasurable, slowly insert just the tip of the popsicle and gauge her reaction. If your woman enjoys this, turn your wrist back and forth, rotating the popsicle that's barely inside her vagina.

Now use your tongue. Start by licking away the juice from the lips of your woman's vagina. Hold the popsicle just above the clitoris and let the juice run down. Again, lick away the juice.

Continue until "I scream, you scream, we all scream for ice cream!"

#49 The Vineyard's Mist

Any guy can dribble a little wine on a woman and lap it off like a Schnauzer. You're going to put a new twist on things.

This technique is best when it's done outside. Find a spot where the two of you can have a (very) secluded picnic.

Here's What You Need:

One bottle of wine (the sweeter, the better).

One new spray bottle (DO NOT use a bottle that's ever had cleaning products or insecticide in it).

Here's How You Do It:

Take your brand new spray bottle and rinse it thoroughly. Fill the bottle with wine and adjust the nozzle until it produces the finest mist possible.

Show your woman the spray bottle. Demonstrate by spraying a little wine into her open mouth.

Now give her a quick spurt on the side of her neck. Don't lick it off with a flat tongue; instead, open your mouth wide and draw the wine in with your lips. After that, you can use your tongue to collect any of the excess.

Get your woman topless. Use the same technique on each of her breasts. Then, move down to her stomach and belly button.

If she's still got her pants on, get them off of her. Now spray her calves and follow up with your mouth. Now do her inner thighs. Finally, give your woman's vagina a few pumps of the bottle and lovingly take in every delectable drop.

Remember: "goodness echoes from the canyon."

#50 Snow & Joe

Going from one temperature extreme to another in a matter of seconds produces a definite sensory overload in the brain. Add that to the fact that you'll be stimulating the most sensitive area of your woman's body and you've got the makings of a real winner.

Here's What You Need:

One cup of crushed ice.

One cup of hot (not scalding) coffee. If you don't like coffee, use tea or water.

Here's How You Do It:

Get your woman naked. Have her lie on her back with her knees bent and legs slightly apart.

Take a full sip of coffee and swirl it around your mouth for about fifteen seconds. Swallow the coffee and begin to pleasure your woman orally for thirty seconds or so.

Now take a mouthful of crushed ice and hold it in your mouth for fifteen seconds. Resume your oral pleasuring technique for another thirty seconds.

Keep alternating between the hot and cold stimulants until your woman erupts in a mind-blowing orgasm.

Although they say coffee will keep you up all night, pouring it on your penis is not advised.

Techniques For His Pleasure

#51 The Passion Peach

The peach is definitely the most sensuous of all fruits. If you didn't think so before, just wait until after you try this technique.

Here's What You Need:

One medium to large peach.
One knife.

Here's How You Do It:

Before you make love, cut a circle about an inch and a half in diameter all the way through the peach from the top down. Remove the core, including the pit.

Get your man naked. With him standing, kneel down in front him.

Slide the peach over his penis until it is all the way to the back of the shaft and continue holding it with your hand.

Pleasure your man orally while, at the same time, squeezing and rotating the peach. Turn it clockwise, then counterclockwise, and move it up and down the shaft.

The juice from the peach will trickle down the shaft, onto the head and into your mouth.

Continue pleasuring him orally and rotating the peach until you've extracted the delectable nectar.

#52 The Reclining Swan

Every so often, you need a position where your man can just sit back and enjoy the ride -- and the view. This is probably the best position for just that.

Here's What You Need:

Just the two of you.

Here's How You Do It:

Get your man naked. You, too.

Place a couple of pillows against the headboard and have your man sit with his back propped up against them, legs extended (he should be comfortable and look as if he were reading in bed).

Straddle his lap, facing him, and lower yourself onto his erect penis. Once he's all the way inside you, put your arms behind you. Your hands should be on the bed, about where his knees are, supporting you.

Now lift your legs up one at a time and place your feet on the headboard just over his shoulders.

Bracing yourself with your hands, move up and down on your man's penis. This is a position he will never forget.

#53 Magic Shell-atio

This is a great technique using the dessert topping that hardens when poured over ice cream. It won't be the only thing hard tonight.

Here's What You Need:

One bottle of "hard shell" chocolate ice cream topping.
One teaspoon of butter or margarine.
One oblong-shaped balloon or unlubricated condom.
One knife.

Here's How You Do It:

About an hour before the two of you are going to make love, fill the balloon with cold water and tie off the stem. Place it in the freezer and leave it there for the entire hour.

Take the balloon out of the freezer and rub a little butter or margarine on it. Holding it by the stem over a sink, squeeze the "hard shell" chocolate topping over the balloon, completely coating it.

Wait about thirty seconds for the topping to harden, then lay the balloon on its side on the edge of the sink. The stem should be hanging over the sink.

Using the knife, cut a hole in the balloon at the stem and let the water drain into the sink. As the balloon shrinks, you'll be able to peel it away from the chocolate shell. When it's completely drained, throw the balloon away.

Get your man naked. Have him lie on his back.

Insert your man's penis into the chilled shell. Pleasure him orally.

#54 The Dueling "O's"

Here's an incredibly stimulating hand technique that your man will be thinking about for weeks.

Here's What You Need:

Just the two of you.

Here's How You Do It:

Get your man naked. Have him lie on his back with his legs spread apart.

Sit in between his legs.

Form a ring with the thumb and index finger of one your hands. Your other fingers should be splayed out (your hand should look like you're giving the traditional "okay" sign).

Insert your man's penis through the ring.

Form the same ring with your other hand. Rotate your forearm so that when you put this second ring around his penis, both of your thumbs are touching (in other words, pretend that you were put in handcuffs, then rotate your arms ninety degrees to one side). The rings you've created with your thumbs and forefingers should meet in the center of your man's penis.

Simultaneously slide the bottom ring toward the base of his shaft and the top ring toward the head of his penis. Once they reach their respective ends, bring both rings back to the middle. Do this slowly at first, then gradually speed up.

In a matter of just a few minutes, your man will be in the throes of a powerful orgasm.

#55 The Cocoa Push-up

Here's a fun variation on the classic "chocolate syrup" technique.

Here's What You Need:

One can of chocolate syrup.
One plastic cup.
One towel.

Here's How You Do It:

Pour the chocolate syrup into the plastic cup. Spread the towel on the floor.

Get your man naked. Kiss, lick and apply gentle suction to his penis, testicles and thighs until he becomes erect.

Now place the cup of chocolate syrup in the middle of the towel. Tell your man to assume the "push-up" position, with his penis dangling directly over the cup.

Steady the cup with your hand and tell your man to start doing push-ups, each time dipping his penis into the chocolate syrup.

When he can't do anymore push-ups, pull the cup away and have your man flip over onto his back.

Reward your man by pleasuring him orally, chocolate-covered penis and all.

#56 Squeeze & Please

That cool, minty feeling you get after you've brushed your teeth feels great in your mouth. It'll feel even better on him.

Here's What You Need:

One toothbrush.
One tube of toothpaste.

Here's How You Do It:

Get you man naked. Have him lie on his back.

Apply the toothpaste to the brush and give your teeth a thorough brushing. Spit out the excess toothpaste, but do not rinse.

Pleasure your man orally until he provides you with his own brand of pearl drops.

#57 The Fireman's Hose

This is one of the most satisfying hand techniques you'll ever learn. It's been done for centuries, and for good reason.

Here's What You Need:

One bottle of water-based lubricant.

Here's How You Do It:

Get your man naked. Have him lie on his back with his knees bent and legs wide apart.

Apply the lubricant to both of your hands. Rub your hands together, giving the lubricant a chance to warm up.

Extend one of your hands, palm up, and grasp your man's penis from the underside at the base of the shaft. Pull your hand towards you until it clears the head of his penis.

As soon as that hand leaves the base of his shaft, grasp it with the other hand and perform the exact same motion (it should look as if you are pulling in a long rope).

Keep repeating this motion, varying the speed and intensity, until you find the combination your man likes best.

Continue until your man erupts in a five-alarm orgasm.

#58 The Frozen Jewels

This technique causes an additional involuntary muscle contraction as your man reaches orgasm, sending an even more intense wave of pleasure rushing through his body.

Here's What You Need:

Two ice cubes.

Here's How You Do It:

Get your man naked. Have him lie on his back with his legs apart.

Tell your man to let you know when he is about to reach orgasm.

Hold the two ice cubes in either hand and pleasure him orally. Do not let the ice cubes touch his body -- yet.

When your man lets you know that he is past the point of no return, quickly and firmly press the ice cubes against his testicles while continuing to pleasure him orally. He will experience a truly earth-shattering orgasm.

Afterwards, you can sing a few bars of "Ice Ice, Baby."

#59 The Drugstore Rocking Horse

This is a must-try position that will give you a lot of control. It'll give him a great view, plus worlds of freedom to thrust as wildly as he can.

Here's What You Need:

Just the two of you.

Here's How You Do It:

Get your man naked. You, too.

Tell your man to sit on the edge of the bed. Have him lie down on his back with his feet still touching the floor. Now have him move down until only his upper back and shoulders are resting on the bed.

Straddling his legs, mount your man and begin to make love.

Take turns thrusting, if you like. With you on top, you can choose the depth, speed and intensity with which you come down on his penis. He can use his hips to power himself up and inside of you like he never has before.

Continue until you hear your man holler, "Yee-haw!"

#60 The Door-gasm

Here's the home version of a classic technique. Your man won't know if he's coming or going.

Here's What You Need:

One closet or bedroom door.
One Phillips screwdriver.

Here's How You Do It:

Tell your man to remove the doorknob and latch from the door, leaving only the exposed hole. Make sure the hole is free of splinters.

Get your man naked. Have him stand on the side of the door that swings toward him (he's going to need to be on that side since he's probably going to be pressing against it pretty hard in a couple of minutes).

You get on the other side of the door and close it.

Tell your man to insert his penis through the hole in the door (depending on his height and the design of your door, he may need to stand on something in order to do this comfortably).

Using your hands, stimulate your man until he is erect. Kneel down and pleasure him orally.

Continue until you ring his bell.

#61 The Inverted Cane

After the holidays, there are always a few peppermint candy canes left over. Here's how to use one of them in a way "yule" both enjoy.

Here's What You Need:

One peppermint candy cane.

Here's How You Do It:

Get your man naked. Have him stand.

Kneel down in front of him and unwrap the candy cane.

Using your mouth, moisten the curved portion of the cane. Turn it upside-down so it resembles the letter "J" and hook your man's penis with it. Pull up on the cane, raising his penis to your mouth, and pleasure him orally.

Move the candy cane back and forth along the shaft of your man's penis while stimulating the head with your mouth. Vary the speed and intensity with which you do both. Remoisten the candy cane as needed.

Keep doing this until your man's bells are totally jingled.

#62 Twiddling The Hickory

Are you ready for another awesome hand technique that will have him screaming your name in ecstasy? This one's a classic.

Here's What You Need:

One bottle of water-based lubricant.

Here's How You Do It:

Get your man naked. Have him lie on his back with his legs spread.

Sit in between your man's legs, "Indian-style."

Apply a very small amount of lubricant to your thumbs. Interlock your fingers and start "twiddling your thumbs" (you know the motion we're talking about; your thumbs are, in effect, chasing each other in circles).

Put your man's penis through the hole between your fingers and thumbs. Resume twiddling your thumbs. Bring your hands down so that your thumbs are continually stroking the underside of the penis, just below the head.

Go in one direction for a minute, then the other. Keep reversing every so often until your man builds to an amazing orgasm.

#63 The Pecan Mummy

If you're not into making love in the morning, you're selling your man short. After a night full of erotic dreams, you better believe he would love to wake up to an even sexier reality. Here's a great way to start his day.

Here's What You Need:

One pecan swirl pastry.

Here's How You Do It:

If your man isn't already naked, get him that way.

Take the pecan swirl and break off only the outer-most circle (this part is usually somewhat dry and brittle and wouldn't lend itself to this technique). Now unroll the moist inner circles of the swirl until you have one long strip of pastry.

Starting at the base of your man's penis, roll the pastry around the shaft all the way up to the head. Be careful not to break the swirl.

Once you're done, nibble away at the top portion of the swirl until you have uncovered the head of your man's penis. Pleasure that portion of your man orally.

Nibble away another section of the swirl and pleasure the newly uncovered section.

Keep going until you have nibbled away all of the swirl. Pleasure your man fully until he explodes in a day-breaking orgasm.

#64 Niagara In A Barrel

This is a great position that lets him know you are ready and willing to fulfill his every sexual desire.

Here's What You Need:

One bed
Two pillows.

Here's How You Do It:

Get your man naked. You, too.

Both of you get on the bed and begin making love.

Sliding on your back, maneuver your head to the edge of the bed. Place the two pillows on the floor underneath your head. Keep sliding until your head and shoulders go over the edge and down onto the pillows (only the lower half of your body should still be on the bed).

Your man should remain on the bed completely, on top of you. This position will stretch you in a way he'll find incredibly pleasurable.

Continue until you've got your man over a barrel.

#65 The One-Fingered Parrot

This is a great technique every time you do it for your man -- but the first time is always the best. The trick is not letting him in on what you're doing ahead of time. It may take a couple of minutes to make the connection, but once he does he'll have the time of his life. And you'll probably learn a lot about what he likes, as well.

Here's What You Need:

Just the two of you.

Here's How You Do It:

Get your man naked. Have him lie on his back with his legs apart.

Lie down between his legs. Extend one of your arms and lay it on his chest. Point your index finger at your man, just in front of his mouth, and keep it there.

Now wait for him to do something to your index finger. Usually, he'll kiss it. As soon as he does, you kiss his penis in the corresponding spot. If he kisses the tip of your finger, you kiss the tip of his penis.

Don't do anything to him until he does it to your finger. If he asks you what's going on, don't say a word. Just wag your finger at him to refocus his attention.

Eventually, he'll catch on to the fact that whatever he does to your finger, you'll do to his penis. Once he realizes this, watch out. Your man is going to go crazy with this new-found power.

Keep doing whatever he does to your finger until he erupts in one of the most satisfying orgasms you could ever give him.

#66 Chocolate Cherries Jubilee

It's amazing how much pleasure you can derive from a single chocolate-covered cherry. Here's a fantastic technique guaranteed to satisfy his sweet tooth -- and all the rest of them, too.

Here's What You Need:

One chocolate-covered cherry.

Here's How You Do It:

Get your man naked. Have him lie on his back.

Turn the chocolate-covered cherry upside-down and bite off the flat portion. You should now have a chocolate "wafer" in your mouth, and be holding a chocolate cup filled with juice and a cherry.

Bite the wafer into halves and set one half on each of his nipples.

Hold the cup above your man's legs and tilt it so that the juice drizzles onto his inner thighs. Do not let the cherry fall out.

Using your mouth and tongue, slowly lick the juice off your man's thighs. He will find this incredibly arousing.

Now place the cherry in your mouth. Give your man a deep, long, passionate kiss pushing the cherry into his mouth.

By now, the chocolate on his nipples should be soft. Using your mouth and tongue, suck and lick it away from each nipple.

Finally, turn the chocolate cup over and place it on the head of his penis. Pleasure him orally.

Continue until he discovers that life really is a bowl of cherries.

#67 The Alley Cat

Once you treat your man to this position, it will immediately become one of his most-requested favorites.

Here's What You Need:

Two pillows.

Here's How You Do It:

Get your man naked. You, too.

Lie down on the bed on your stomach.

Place both pillows under your hips, stacked one on top of the other. This position positions your vagina in the air nicely and gives your man a wonderful view of the festivities. It also provides for a deep and satisfying amount of penetration.

Have him enter you from behind and begin thrusting.

Continue until he reaches a "cat-apocalyptic" orgasm.

#68 Brew-topia

In England, tea time is usually at four o'clock in the afternoon; but you can spring this classic technique on your man anytime and really heat things up in the bedroom.

Here's What You Need:

One cup of hot tea (not scalding).

Here's How You Do It:

Get your man naked. Have him stand.

Kneel down in front of your man and take a sip of tea. Do not swallow it.

Press your closed lips against the head of his penis and quickly take it into your mouth (try not to allow any of the tea to escape).

Keep your head still for about fifteen seconds, allowing your man to fully experience the heating sensation.

Pleasure your man orally, take additional sips of tea as needed.

Continue until he yells, "The British are coming! The British are coming!"

#69 Griffin's Throttle

Here's a great hand technique that your man won't be able to get enough of.

Here's What You Need:

One bottle of water-based lubricant.

Here's How You Do It:

Get your man naked. Have him stand.

Sit down beside your man, facing him.

Apply a small amount of lubricant to you hands. Rub them together to allow the lubricant to warm up.

Using the hand nearest your man's body (if you're sitting on his right side, that would be your left hand), grasp his penis. Hold it like you would hold a handle bar. Flex your wrist up and down as if you were "revving" the throttle on a motorcycle.

When his penis is fully erect, add your other hand. Flex your wrists in opposite directions (when you flex your left wrist up, flex your right wrist down and vice-versa).

The bottom half of his penis will feel clockwise stimulation at the same time the top half feels it counterclockwise.

Continue until he "pops a wheelie" good orgasm.

#70 The Licorice Lasso

Here's a fun and playful way to tie your man up.

Here's What You Need:

One bag of long licorice whips.

Here's How You Do It:

Get your man naked. Have him lie on the bed with his arms above his head.

Take one length of licorice and tie his right wrist to the bedpost. Do the same with his left.

Kiss, lick, stroke and generally tease your man.

When his penis is erect, tie another strand of licorice around it.

Pull on the licorice whip to guide your man's penis into your mouth. Pleasure him orally.

#71 The Batter's Box

There's an often neglected erogenous zone on your man. It's the area between his testicles and anus. Many people refer to this area as the "male G-spot." Give it some attention tonight.

Here's What You Need:

One washcloth.

Here's How You Do It:

Run hot water over the washcloth until it is completely saturated. Wring it out.

Fold the washcloth in half one way, then in thirds the other way. You should now have a steaming rectangle.

Get your man naked. Have him lie on his back with his legs wide apart.

Position yourself between your man's legs and run the washcloth down his penis, over to his testicles and, finally, to his perineum -- the area between his testicles and anus.

Press the washcloth firmly against this area and let the moist heat relax your man.

As you continue to hold the washcloth in place, pleasure your man orally.

Continue until he "sends one out of the park."

#72 The Porch Of Passion

This technique is definitely one of the most enjoyable ever.

Here's What You Need:

One porch swing.

Here's How You Do It:

If you are able to, adjust the height of the porch swing so that the seat is even with the height of your man's penis.

Get your man naked. You, too.

Sit in the porch swing and move forward so that your vagina is even with the edge of the seat.

Have your man enter you.

Raise your legs up and let them rest on his shoulders.

Have your man grasp the edge of the swing with his hands and rock you back and forth on his penis. This is incredibly relaxing and makes for a most satisfying orgasm.

#73 Maximum Altoid-tude

This is the infamous Altoid technique. Need we say more?

Here's What You Need:

One mint.

Here's How You Do It:

Get your man naked. Have him lie on his back.

Place the mint in your mouth and let it partially dissolve.

Pleasure your man orally, pausing frequently to blow a small stream of air over the head and shaft of your man's penis (this will create an amazing cooling sensation).

Continue until he achieves a curiously strong orgasm.

#74 Cleopatra's Cuckoo Clock

This is a terrific technique you can do using just your hands. When they're lucky enough to find a woman that knows how to do it, men go absolutely crazy for it.

Here's What You Need:

Just the two of you.

Here's How You Do It:

Get your man naked. Have him lie on his back.

Sit beside your man, facing him.

Using your hands, caress his penis, testicles and inner thighs.

Once he is erect, grip the shaft of his penis with one of your hands and give him one quick up-and-down stroke (you should be gripping his penis firmly enough so that his skin moves along with your hand). The clock has struck one.

Go back to the gentle caresses for another fifteen seconds, then give his penis two up-and-down strokes. The clock has struck two.

Do the same thing again, except this time give him three strokes, and so on.

When your man feels that he is on the brink of orgasm, he has to say the word "Cuckoo." At that point give him as many strokes as it takes to put him over the top.

#75 Baskin Throbbins

Here's a classic technique that feels surprisingly good. Serve your favorite flavor up tonight -- along with your man.

Here's What You Need:

One scoop of smooth ice cream (don't use flavors with bits of cookies or candy bars in it).

Here's How You Do It:

Get your man naked. Have him lie on his back.

Place a generous amount of ice cream in your mouth.

Pursing your lips, use your tongue to push the ice cream to the front of your mouth.

Touch the head of your man's penis with the ice cream, slowly tracing circles around it.

As the ice cream begins to melt, take more of your man's penis into your mouth. Use your tongue to lick any drops of melted ice cream that have run down his penis and onto his testicles.

Pleasure him orally.

#76 Fruit Roll Frenzy

This is an amazingly fun technique that will have your man writhing in pleasure.

Here's What You Need:

One pressed fruit roll, any flavor.

Here's How You Do It:

Get your man naked. Have him lie on his back.

Kiss and lick his penis, testicles and thighs until your man's penis is erect.

Wrap the fruit roll firmly around your man's penis. Lick the exposed edge and press it against the wrapped portion to help it stay on.

Take the fruit roll into your mouth. It will begin to dissolve, exposing your man's penis. You can speed up this process by nibbling bits of the fruit roll away.

Pleasure your man orally.

Continue until you "roll" him over.

#77 In-line Enchantment

Your man has never had an experience like this before. The larger the space you have to move around in, the better.

Here's What You Need:

One pair of in-line or classic roller skates.

Here's How You Do It:

Get naked and put on the skates in a non-carpeted area of your house.

Invite your man in and get him naked, too.

Have your man stand behind you.

Bracing yourself against a wall or chair, bend over and have your man enter you from behind, his hands on your hips.

Now point yourself in a direction where there is ample open space.

Have your man thrust himself in and out of you, each thrust rolling your skates forward (your man must keep his hands on your hips to help you balance). He'll be walking behind you as he propels you forward.

Continue until you give new meaning to the words "couple skate."

#78 The Concord Catapult

Here's a great game with a terrific payoff for your man. You'll both have a night full of laughs doing this one.

Here's What You Need:

One bunch of seedless grapes.

Here's How You Do It:

Get your man naked. Have him lie on his back with his knees bent and legs slightly apart.

Caress and gently stroke his penis, testicles and thighs until your man's penis is fully erect.

Position your mouth in between your man's knees.

Have him pick a grape from the bunch and, using his index finger, hold it against the underside of his penis.

Your man should now press with his finger, pulling his erect penis back against his stomach. Have him remove his finger, causing his penis to spring forward, launching the grape toward you. Move your head so that you catch the grape in your mouth.

It will undoubtedly take a few tries until you both get an idea of where the grape is actually going to go. This is part of the fun. When you successfully catch a grape, don't swallow it.

Once you have three grapes in your mouth, keep them there and pleasure your man orally.

#79 Palming The Gopher

Here's another classic technique that will send your man over the edge in no time.

Here's What You Need:

One bottle of water-based lubricant.

Here's How You Do It:

Get your man naked. Have him lie on his back with his legs apart.

Sit in between your man's legs, "Indian-style." Place a small amount of lubricant in the center of one of your palms.

Using your other hand, grasp the shaft of your man's penis. Only the head should be sticking out above your hand.

Extend the lubricated hand out flat, palm down, and rub the head of your man's penis in a clockwise, circular motion. As you form a circle around the head, turn your wrist slightly, stimulating the sides of the head as well as the tip.

After about a minute, reverse your direction to counterclockwise.

Continue making circles, reversing every so often, until your man explodes in a leg-quivering orgasm.

#80 The Singapore Slammer

This is a wonderful technique that will set you apart from every other woman out there. Use it with caution, though -- guys can easily get addicted to this one.

Here's What You Need:

Just the two of you.

Here's How You Do It:

Get your man naked. Have him stand next to the bed.

Lie on the bed on your back and let your head hang over the edge.

Have your man position himself in front of your mouth and pleasure him orally.

It's only natural for your man to want to thrust himself in and out of your mouth. This position helps to relax your throat muscles, but it also makes you more vulnerable to unwanted or "too-deep" thrusts. You can amend this by forming a circle with your thumb and index finger and placing it around your mouth (your hand will then limit his ability to thrust deeper than you wish).

This technique provides an unbelievable amount of eroticism and unique stimulation for your man and always results in a profoundly pleasurable orgasm.

#81 The Cardboard Collar

It's probably hard for you to believe that this actually works, but it does. Don't take our word for it, though. Try it out on your man and let him be the judge.

Here's What You Need:

One empty bathroom tissue roll.

Here's How You Do It:

Get your man naked. Have him sit.

Tear off one third to one half of the bathroom tissue core and throw it away.

Kneel down in front of your man and pull his flaccid penis through the remaining portion of the core (the head of his penis can stick out of the core, but his shaft should be completely covered).

Now caress his testicles. Kiss and lick his inner thighs. Do whatever it takes to make his penis erect. As it hardens, the core will tighten around it.

Continue teasing him for at least five minutes, making sure he is maintaining a constant erection. Pleasure the head of his penis orally.

Only after at least five minutes have passed, use your fingers to tear the paper core off his penis. Now his shaft will be super-sensitive to any stimulation you give it.

Pleasure him orally until he erupts in a spectacular orgasm.

#82 Waterbedlum

If you own a waterbed or ever have the opportunity to sleep on one, don't let a single night pass before you give this technique a try.

Here's What You Need:

One bottle of water-based lubricant.
One waterbed.

Here's How You Do It:

Strip the sheets completely off the waterbed.

Get your man naked. You, too.

Both of you get in the middle of the waterbed. Take turns rubbing the lubricant all over each other's bodies.

Touch, caress and fondle each other for a prolonged period of time. Change positions often.

Gradually commence intercourse. You'll both be slipping and sliding off each other and around on the bed. It will be almost impossible hold one position for very long.

This will be one of the most enjoyable and playful nights the two of you have ever spent together.

#83 The Lounge Lizard

This is truly a favorite of men everywhere. Just the thought of it is enough to bring most guys to full attention.

There's something about being on his stomach that makes everything your man feels much more intense. Perhaps it's the increased blood flow caused by gravity.

Here's What You Need:

One webbed patio lounge chair.
Two pillows.
One roll of masking tape.

Here's How You Do It:

Adjust the back of the lounge chair so that it lays flat (if it won't go down all the way, don't worry about it; we'll fix that in a second).

Place the pillows directly under the chair, lengthwise.

Pull the center-most straps apart and, using the masking tape, affix them to the next-closest straps. This creates an opening in the chair about four or five inches wide.

Get your man naked. Have him lie in the chair on his stomach. If the chair is flat, he can lie with his head in either direction. If the back of the chair is still at a bit of an angle, have him lie with his head at the other end (his knees can easily bend where the back of the chair starts to rise and his feet will rest where one's head would normally go).

Your man's penis should now be dangling through the opening.

Get under the chair and lie on your back on top of the pillows. Position your mouth directly under your man's penis. Grip the outermost edges of the chair and pull yourself up and pleasure your man orally.

#84 Kneading The Cruller

Here's a classic technique that not many people know about anymore. You can bet your man has never been stimulated like this.

Here's What You Need:

One bottle of water-based lubricant.

Here's How You Do It:

Get your man naked. You, too. Have him lie on the floor, on his back.

Sit down at your man's side, facing him. Swing your legs over your man and place both feet on the floor on the opposite side (with your legs together and slightly bent, your knees should be directly over his penis).

Apply a small amount of lubricant to the insides of your knees. Now straighten out your legs until you capture his penis in between your knees. Gently press them together, your man's penis in the middle.

With both of your heels planted on the floor, point your right toe upwards. This will cause your right knee to bend, rubbing either the top or underside of your man's penis (depending on which side you're sitting).

As you put that toe back down, point the other one up at the same time. Now the other side of his penis is getting stimulated. Keep alternating back and forth.

Continue until your man erupts in a satisfying orgasm.

#85 Skittle-gasm

A lot of women get their tongue pierced because it makes oral sex for their men that much more stimulating. Here's a way you can get the same effect without the self-mutilation.

Here's What You Need:

One bag of small, ball-shaped candy.

Here's How You Do It:

Get your man naked. Have him lie on his back.

Open the bag of candy and place one of the balls in your mouth. Do not bite down on it.

With the candy in the middle of your tongue, pleasure your man orally.

Press the candy ball between your tongue and the underside of your man's penis. As you move your head up and down, the ball will roll along his penis as it follows your tongue.

Continue until your man has a ball of his own.

#86 The Tingling Typewriter

Since computers have come along, it's hard to even remember what it was like to work on a typewriter. You need to think back, though, because tonight you're going to type your man the best letter he's ever received.

Here's What You Need:

Just the two of you.

Here's How You Do It:

Get your man naked. Have him lie on his back.

Lie on your stomach beside your man, facing him.

Using your index finger, press the head of your man's penis against his stomach. Gently fondle his testicles with your other hand.

Starting at the base of his shaft, flick your tongue back and forth along the exposed underside of your man's penis. Slowly move upward until you reach the head of his penis (your tongue should feel like the small keys of a typewriter typing away at paper).

Once you reach the head, quickly run your flattened tongue back down the shaft in a single, long stroke. That's the carriage return.

Continue until your man achieves an orgasm worth writing home about.

#87 Sweaterotica

You know how soft and sensual Angora feels against your skin? Imagine how good it feels against your man's most sensitive flesh.

Here's What You Need:

One Angora sweater.

Here's How You Do It:

Get your man naked. Have him lie on his back with his legs slightly apart.

Put on the sweater. Pull one sleeve down so that it covers your hand completely.

Brush your sweater-covered hand lightly against your man's testicles. Do this for at least a minute, then wrap your hand around his penis and pleasure him manually.

Continue until your man approaches orgasm. Then, since you probably want to keep your sweater clean, place your mouth over his penis as he climaxes.

#88 Aunt Good Time-a

A sweet, mouth-watering trickle of maple syrup -- it's not just for breakfast anymore.

Here's What You Need:

One bottle of maple syrup.

Here's How You Do It:

Get your man naked. Have him lie on his back.

Hold the bottle about twelve inches above your man's body and apply a small amount of syrup to his penis and inner thighs.

Using your tongue, lick the syrup from his inner thighs. This will give the syrup you poured on his penis time to spread down over his testicles. Use your tongue there next.

Pleasure your man orally, taking time to slowly and methodically lick and suck the remaining syrup into your mouth.

Continue until your man pops up like a toaster waffle.

#89 The Windsor Boa

This is a great way to prolong your lovemaking. Done properly, your man will remain erect for as long as you both like.

Here's What You Need:

One silk necktie.

Here's How You Do It:

Get your man naked. You, too. Have him lie on his back.

Wrap the middle of the necktie once around the base of his penis (the ends of the tie should now be facing in opposite directions). Wrap the ends around your hands and hold them.

Now its time for a little test: Tell your man that you are going to pull the ends. His job is to tell you when it becomes too tight or uncomfortable. Make a mental note of the amount of force you are using when he says, "That's enough."

Pleasure your man orally. Keep both ends of the necktie wrapped around your hands. When either you sense he is about to reach orgasm or he tells you, pause in your pleasuring and pull the ends of the necktie so that the loop around his penis tightens and constricts. Hold it for five to ten seconds, then release it and begin pleasuring him again (once you've done this a few times, you'll get a sense of exactly how tight and how long you have to pull and hold the necktie).

Now climb on top of your man and ride up and down on his penis until it's time to tighten the tie again.

Every time you delay your man's orgasm, it builds the intensity. When it finally is time for him to release himself, it will be one the greatest orgasms of his life.

#90 The Jamaican Hummingbird

Here's a classic technique that will have your man whistling a happy tune all week long.

Here's What You Need:

Just the two of you.

Here's How You Do It:

Get your man naked.

Begin to pleasure him orally.

As you do, start to hum. The lower the notes you're humming, the better. The vibration from your lips will make him crazy.

Continue until he has one "humdinger" of an orgasm.

#91 The Blueberry Swirl

This one feels indescribably good. Your man will not be able to get enough of it, so you might want to buy the blueberries in bulk.

Here's What You Need:

One bag of frozen blueberries.

Here's How You Do It:

Get your man naked. Have him lie on his back.

Open the bag of frozen blueberries and take out about a tablespoon's worth of fruit. Put them into your mouth (if there are any ice particles on the blueberries, or if any are frozen together, fifteen or twenty seconds in your mouth should take care of it).

With the blueberries in your mouth, pleasure your man orally. Using your tongue, move the blueberries around the head of your man's penis.

As the blueberries thaw, they may lose their pleasuring effect. Add more blueberries to your mouth if you like; otherwise, just keep going until your man explodes in an awesome orgasm.

#92 Name That Nipple

Here's a great game the two of you should play. Pretend your man is a contestant on a game show. You're the host -- and the grand prize.

Here's What You Need:

One bag of hard candy in assorted flavors.
One scarf.
One damp washcloth.
One very pathetic "lovely parting gift."

Here's How You Do It:

Get your man naked. You should still be clothed, but not wearing a bra. Have him sit in a chair.

In your best game show announcer voice, welcome him to the show and explain how the game is played. It should go something like this:

"Welcome to Name That Nipple. Here's how we play our game." Now take your shirt off, revealing your bare breasts.

"I've got a bag of candy here in all different flavors. I'm going to rub a piece of candy onto one of my nipples, and you have to guess the flavor. If you reach five incorrect guesses first, you get this bag of instant soup mix as our lovely parting gift to you. If you get five correct guesses first, you get -- me. Are you ready to play our game?"

Using the scarf, blindfold your man. Put a piece of candy in your mouth and give it time to partially dissolve. Now rub it on one of your nipples. Present your nipple to him. Ask him to suck on it, then guess the flavor. Repeat, using a new candy and the other nipple. Use the washcloth to remove excess flavoring from your nipples.

If your man gets five right before he gets five wrong, remove his blindfold and let him do whatever he wants with you as a grand prize.

#93 Jell-atio

Not only is this technique fun to do, it gives your man a series of interesting sensations he's probably never experienced before.

Here's What You Need:

One gelatin shooter in a paper cup.
One spoon.

Here's How You Do It:

Get your man naked. Have him lie on his back.

Use the spoon to carve out a small portion in the center of the shooter, about an inch in diameter and a half an inch deep. Remove it and feed it to your man.

Turn the shooter upside-down and place it on the head of your man's erect penis. Once it's balanced on the head, tear away the paper cup.

Using your tongue, carefully lick around the shaft of his penis, being careful not to disturb the shooter.

Open your mouth wide and take in the entire shooter. As the gelatin breaks up, pleasure your man orally.

Keep it in your mouth and give your man one of the wildest treats of his life.

#94 The Grecian Wonder Bar

There's something about having the muscles in the upper-body contracted at the moment of orgasm that immensely heightens the experience for a man. Variations of this technique have been around for centuries. Here's the modern-day version.

Here's What You Need:

One chin-up bar.

Here's How You Do It:

Get your man naked. Have him stand underneath the chin-up bar.

Kneel down in front of him and tell your man that, when he feels himself approaching orgasm, he should lift his legs off the ground and try to raise his head above the bar.

Pleasure your man orally.

As soon as his legs come off the ground, stimulate your man's penis only with your hands. This will make it easier for you to follow his body upward.

Keep stimulating him until he reaches orgasm. You will induce one of the most powerful orgasms he has ever experienced.

#95 The Wheelbarrow

Here's a great position your man will absolutely love. It allows for extra-deep penetration and puts him in total control of speed and intensity.

Here's What You Need:

Just the two of you.

Here's How You Do It:

Get your man naked. You, too.

Get down on the floor, on all fours.

Tell your man to squat down and enter you from behind.

Have your man wrap his forearms around your thighs and stand up while remaining inside you.

Straighten your legs and push yourself up. You will now be in the classic "wheelbarrow" position.

Now have your man begin thrusting. Let him enjoy the truly erotic nature of this position until orgasm.

#96 The Pleasure Cone

Guys are instantly turned on at the sight of a woman eating an ice cream cone. They're usually thinking, "Man, I wish I was that cone." Tonight, he gets his wish.

Here's What You Need:

One cake cone.
One can of non-dairy whipped topping.

Here's How You Do It:

Get your man naked. Have him lie on his back.

Bite off the bottom of the cone, creating a hole wide enough for his penis to fit through.

Carefully insert his penis through the bottom of the cone, then fill the remaining open space inside of the cone with whipped topping.

Lick the whipped topping from around his penis. Nibble away at the cone, revealing more and more of his penis.

Making sure there are no sharp bits of cone in your mouth, pleasure him orally.

Keep nibbling the cone, licking the whipped topping and pleasuring your man orally until the cone is completely gone and your man erupts in a triple-scoop orgasm.

#97 The Ginseng Drop

This is an incredibly erotic technique that stimulates an often overlooked area of your man's body -- his testicles.

Here's What You Need:

Just the two of you.

Here's How You Do It:

Get your man naked. Have him get down on the floor, on all fours.

Lie down behind him on your back. Position your head between his legs and place your hands on his hips.

Have your man lower his hips toward you. As he does, his testicles should find their way into your mouth. Gentle flicks of the tongue will drive your man wild. After about fifteen seconds, push up on his hips to get him to rise. Do this a few times and he will be in ecstasy.

Now move your body forward so that the next time he dips, his penis will be in front of your mouth.

Pleasure him orally until he explodes in a mind-numbing orgasm.

#98 The Beaded Mill

Have you ever seen those back-massaging seat covers all the New York taxi drivers use? Well, here's a smaller version for your man's penis that will drive him absolutely crazy.

Here's What You Need:

One pearl necklace.

Here's How You Do It:

Get your man naked. Have him lie on his back with his legs apart.

Sit in between his legs, "Indian-style." Wrap the pearl necklace loosely around his penis. Start from the bottom and loop a single strand all the way to the top.

Now with your palms and fingers out straight, put his pearl-covered penis between your hands. Rub your hands back and forth (if they were together, it would look as if you were trying to warm them).

As you move your hands back and forth, the pearls should glide over his penis, following your hands.

After a minute or so, wrap only one hand around his penis. Move the pearls up and down along the shaft.

Alternate between the back-and-forth and up-and-down motion until you see more pearls than just what's on the necklace.

#99 The Priority Male

Here's another great game that will teach you more about what turns your man on than you can imagine.

Here's What You Need:

Four postage stamps, all connected.
One stopwatch.

Here's How You Do It:

Give your man the postage stamps and the stopwatch. Send him into another room and tell him to get naked.

Instruct him to moisten one end of the postage stamps and wrap them snugly around his flaccid penis. Have him stick the moist end to the top of the other end, securing the ring. Wait about thirty seconds to make sure the glue holds(the glue should not be sticking to his skin; just to the other end of the stamps).

Tell your man that when you come into the room, he should start the stopwatch.

Get yourself naked and walk into the room.

Now it's up to you to do whatever you think will turn him on the most, WITHOUT touching his penis. Whisper dirty suggestions in his ear, stimulate yourself in front of him, use your tongue and mouth on any other part of his body -- do whatever it takes.

As his penis becomes erect, it will break the ring of stamps. At that point, click off the stop watch and see how long it took you to break the ring of stamps.

Make love to your man. Next week, try it again and see if you can better your time.

#100 Asti Spermanti

Celebrate your man's love for you with a nice glass of champagne. He'll be glad you did.

Here's What You Need:

One glass of champagne.

Here's How You Do It:

Get your man naked. Have him stand.

With a glass of champagne in hand, kneel in front of your man.

Take a big sip of champagne and hold it in your mouth. Do not swallow it.

Press your lips against the head of your man's penis. Take his penis into your mouth without letting any of the champagne escape.

Swish the champagne around in your mouth. This will cause thousands of tiny bubbles to swirl around your man's sensitive and now incredibly aroused penis.

Pleasure your man orally, taking fresh sips of champagne as needed.

Continue until you pop his cork.

Romantic At Heart

