

A map of her body

If you know where to touch her, you're halfway there. A guide to a woman's

10 most sensitive spots

BY KIMBERLY

A woman's body is an amazing thing. We're curvaceous and graceful, and just soft enough to cuddle. And when you use your big, manly hands to touch us in precisely the right spots, we melt. The problem is, we're women. We're not going to tell you where we want to be touched, how hard, or for how long. We're going to make you guess and if you get it wrong we'll pout. For years if we have to. Well, it's about time somebody handed you a road map. And the map we've put together here doesn't just show the major highways. This is a complete visitor's guide marked with fast lanes, pit stops, and scenic overlooks. Follow our routes and you'll take your partner exactly where she wants to go without stopping to ask directions.

1. Her Lips

The number one mistake married guys make during sex? Not enough kissing. It's a big one, says Bernie Zilbergeld, Ph.D., a sex therapist in Oakland, California and author of *The New Male Sexuality*. "Women love to kiss, and I've heard a lot of them complain that guys just don't spend enough time on it," he says. But don't just do it more, do it better. Try varying the intensity (kiss her softly, then more passionately, then slow it down again). When you're done with her lips, move on to her cheeks, eyelids, forehead, nose, neck, or earlobes. Bonus points if you kiss her for several minutes without letting your hands roam (focus on the kiss), and let her indicate when she's ready to move on.

2. Her Scalp

You've noticed that a lot of women play with their hair? It's not just a nervous habit, we do it because it feels good. Chances are she's wishing you would play with it, too. The scalp can be very sensitive to stimulation, and since she's probably not expecting you to lavish any attention on it, surprise her. "Having her hair brushed can be a very sensual experience," says Zilbergeld. Or run your fingers through it as you're kissing her or simply caress her scalp gently with your hand. Bonus points for washing or blow-drying (just leave the actual styling to her—you'll never get that thing with her bangs to work out right).

3. Her Breasts

Breasts are familiar territory for most men and they're fun, so it's unlikely you'll shortchange them. The mistake you're more likely to make is giving them too much (or too vigorous) attention before she's ready. Over-stimulating the breast can be numbing or painful for women during some parts of their menstrual cycle. "Try taking the less-is-more approach," suggests Linda De Villers, Ph.D., a psychologist and sex therapist in El Segundo, California, and author of *Love Skills*. "Touch her breast softly, then lift your hand away from it and let her have that important moment of anticipation." Stick to indirect stimulation of the nipples until they become aroused and don't just focus on the bullseye.

"Keep in mind that the Entire breast is rich in nerve endings," says Michael Seiler, Ph.D., sex therapist at the Phoenix Institute in Chicago.

4. The Small of her Back

Don't make the mistake of making her breasts the only stop on your way to the main event. That's what she's expecting. Surprise her by asking her to lie on her stomach (or on top of you) and massaging her lower back. "Besides being rich in nerve endings, the small of the back has pressure points where

Stress can accumulate. A massage there might not turn her on in the same way that sucking on her nipple or rubbing her clitoris will, but it'll feel good and help release stress," says Sari Locker, author of *The Complete Idiot's Guide to Amazing Sex*. What's more, it could even help with arousal, according

To Seiler, by increasing blood flow and engorgement in the pelvic area. Start by applying steady but moderate pressure with your fingertips and if she Likes it, work up to a deeper massage. Bonus points for placing a few kisses there as well.

5. Her Soft Spots

Here's where you can really get creative. Try tenderly kissing the backs of her knees, the insides of her arms, her inner thighs, or the hollow of her neck. Women love to have these areas gently stroked, kissed, licked, or blown upon. Warning: These areas are all also made of very soft tissue, so tread lightly. "Gentle stimulation is going to be much more arousing than

pressure that's hard or rough," says Lonnie Barbach, Ph.D., a psychologist and sex therapist in San Francisco and editor of *Seductions*. "Catching her off guard can be half the fun. "A lot of people don't realize that having a tongue going up their inner arm is going to be erotic. It's the allure of the novel.

And if you're paying attention to these spots, the pace tends to be leisurely-that's going to do a lot for her, too."

6. Her Buttocks

Ready to get to the bottom of things? A lot of women like their buttocks attended to, and with more vigor than you might think. "You can use pressure on a butt that you wouldn't use on a breast. It's not sensitive the way a nipple or a clitoris is so you can knead them and squeeze them," says Zilbergeld. Bonus points for complementing her rear as you work it.

7. Her Perineum

"The perineum, the area between the vagina and the anus, is very sensitive for a lot of women and it often goes unexplored," says Seiler. "It's made from tissue similar to the vaginal lips so there are a lot of nerve endings there." It also has an element of intimacy that might turn her on, says De Villers. "It's not a part of the body that's normally exposed, so she's going to feel like she's giving you special privileges, which can be exciting." Because it's sensitive, stick to a light touch at first and hold off

until she's been aroused for some time, says De Villers. For a smoother experience, try using a little artificial lubricant or massage oil.

8. Her Clitoris

The clitoris exists for one reason only: pleasure. For women, it's the most erotically charged spot on the body. But for many men, it's still a mystery. It doesn't have to be. "It helps to understand that the clitoris is made of the exact same tissue and has the exact same nerve endings as the head of the

man's penis," says Seiler. So while it's fine to tease the clitoris now and then throughout foreplay, there's going to come a time when she'll going to need direct clitoral stimulation. "Once the excitement gets to a certain level, she's going to enjoy consistent stimulation through her orgasm."

says Seiler. Stimulate her clitoris orally or manually as part of your foreplay. Or, during intercourse, you can help give it extra attention by riding "higher" than usual, or, better yet, letting her get on top. One other thing you should know about the clitoris. "While men usually become hypersensitive

after orgasm and want stimulation to stop, women prefer clitoral stimulation to continue through straight through their orgasm, and sometimes even afterwards," says Seiler. It continues to feel good and sometimes they might want to dive directly into round two.

9. Her Fingers and Toes

A little creativity can go a long way when we're talking about sex. Here's a tip: Try sucking on her fingers or toes during foreplay or intercourse. (Granted, unless you're a contortionist, the toe thing may be a bit rough during intercourse, but you can usually find her fingers.) They're a lot more sensitive than you might think and for whatever reason, a relatively large area in the brain receives sensation for them. "Lightly kissing or passionately sucking them, especially combined with the sensations you're causing in her genitals, can be incredibly erotic," says Barbach. Some women can even reach orgasm just by having their feet massaged.

10. Her G-spot

The G-spot may be the granddaddy of the erogenous zones, yet it's still one of the most controversial and experts don't even agree on whether or not it exists. But there's no harm in looking. Orgasms that originate from the G-spot feel different for her than those that originate from the clitoris: You're aiming for a sensitive area halfway between the back of her pubic bone and her cervix. If a woman is lying on her back and you insert a finger or two palm up, you can use a 'come here' motion to stimulate it. During intercourse, the best position to stimulate the G-spot is with the woman on her back, legs up and pelvis tilted forward, and you kneeling in front of her, says Barbara Keesling, Ph.D., a sex therapist in Southern California and author of *Super Sexual Orgasm*. For bonus points, try giving her a "blended orgasm" by aiming for both her G-spot and her clitoris at once. Rear-entry position is best for this, since your penis will hit her G-spot and you'll still have enough maneuverability to reach around and stimulate her clitoris with a finger.