

Chapter 1 : 9 Tricks For a Better Fitting Bra

9 Ways Men Can Make Their Orgasms Even Better. Kick your pleasure into overdrive with a few simple tricks.

You can try nipple play on your own or have your partner give it a go. You can do more than just play with your nipples! Exploring the rest of your breasts may help with arousal. Start slow by first focusing on your breath. Take long, deep breaths to help you relax and get out of your head and into your body. Tease yourself by playing with other erogenous zones. Use your fingers and hands to stroke your belly, then move on to your rib cage, and then around and in between your breasts. Use a light touch to circle your breasts and areola with large strokes. Then ease into a gentle breast massage. In between massaging and squeezing, trace your areola without touching your nipples. This will help build up anticipation. Start to rub your nipples slowly, increasing speed and pressure as you become aroused. Ramp up the pleasure by pinching your nipples. A pinch will send a rush of sensation throughout your body. The harder the pinch, the better – but play around with pressure to find out what feels best to you. Try giving your nipples a slight twist or pull to see what gives you the most pleasure. Bring yourself to the edge of orgasm, pull back, then repeat. Play with your nipples and rub your body to create waves of orgasmic pleasure that ripple through your body. Arch your back, and rock back and forth as you let your hands wander. Enjoy the rush as you experience that big O. If any of these techniques pique your interest, talk to your partner: Your partner starts by slowly breathing warm air around and onto your nipple to stimulate the nerves. There are so many ways your partner can lick your nipples. They can trace little circles around your areola, flick your nipple with the tip of their tongue, or use the flat of the tongue to cover more surface. Drawing your nipple into their mouth will stimulate extra blood flow and increase sensitivity. Applying warming oils and lotions all over your breasts may enhance arousal during nipple play. Adding ice to nipple play can send chills throughout your body and cause an instant nipple erection. Nipple vibrators are a great, hands-free way to massage and stimulate your nipples, as well as feel sensations throughout your whole breast. Clamps, whether vibrating or not, can tease and titillate your nipples by giving you versatility. You can wear the clamps loosely for a little bit of fun or tighten them to apply pressure and intensify arousal. Nipple play can also bring you to that big O. And there are so many ways you can stimulate your nipples to make that orgasm explosive. Experiment with techniques, find out what makes you feel good, and just have fun!

Chapter 2 : 9 Tricks For a Better Fitting Bra

Helpful tips in the bedroom. 1. Orgasm calendrierdelascience.comr to how smiling even if you aren't happy will elicit the feeling of happiness as your brain associates the action with the response, as.