



Turn an ordinary position into an extraordinarily climactic one with these easy-as-tweaks

how to make

missionary.

♥ **Why we love it:** It's both intimate and sexy, with a hot combination of eye and full-body contact.

↗ **How to make it even better:** "My favourite way of adapting this position is what I call 'open missionary,'" says Susan Crain Bakos, author of *The Sex Bible For Women* (Quiver, \$30.95). Wrap your leg around his waist (or put your ankle on his shoulder) and leave the other leg open by bending at the knee or leaving it flat on the bed. This increases tightness

doggy style.

♥ **Why we love it:** It turns up the raunch factor a few notches and keeps us in touch with our wild side.

↗ **How to make it even better:** To maximise pleasure, Bakos recommends lowering your chest down to the bed. "This will elongate your vagina and create a tighter fit – so more pleasure for both of you." You can also try edge-of-the-bed positioning, so that he's standing on the floor rather than kneeling on the mattress. "This will stabilise him and give him greater

"[during doggy style], open your legs wide enough so you can play with yourself. this will make you holler!"

and pleasure for both of you.

Dr Sadie Allison, relationship coach and author of *Ride 'Em Cowgirl: Sex Position Secrets For Better Bucking* (Tickle Kitty Press, \$25.95), says missionary is perfect for achieving a clitoral orgasm. Bonus!

"A pillow under your hips provides easy access for pelvis-to-pelvis contact. The trick is for him to stay pressed up against you, creating a gliding friction as he moves in small circles, avoiding the in-and-out motion. With consistent rubbing and attention to the clitoris, you'll be having clitoral climaxes during intercourse in no time."

thrusting ability," Bakos says.

For more ooohs, Allison encourages a bit of self-love. "When you're on all fours, open your legs wide enough so you can play with yourself, or hold a vibrator against your clitoris. The double treatment will make you holler!"

girl on top.

♥ **Why we love it:** You're in control of the angle, depth and speed, so you can work it any way you like for maximum satisfaction and comfort.

↗ **How to make it even better:** The best way to have an orgasm in this position, according to Allison, is to "tilt

oral sex.

♥ **Why he loves it:**

It feels great, looks hot and makes him feel like he's king of the castle.

↗ **How to make it even better:** Allison lists her top five rules.

Tease him: "Kiss, caress, lick and breathe on his penis. Massage his butt and legs, too. This will get him ready for action."

Be slippery: "The wetness is what makes him feel so good, so keep your mouth nice and saturated to provide the glide he loves."

Play to his senses: "Men are visual creatures, but they also love to listen. Get into a sexy position, let your hair brush against him, and moan so he knows you're enjoying yourself too."

Master it: "Use your hands as well as your mouth. Aim to use both hands in twisting strokes up and down his shaft. For extra pleasure, sensually caress his inner thighs and balls."

Get into it: "Try to leave your inhibitions behind and enjoy yourself. Men like it when you're excited. Trust me, they'd rather a woman who's loving it (and maybe not awesome at it) than a woman who's great at it (but just not that into it)."

your hips forwards so your vulva is in direct contact with his pelvis. Then gyrate in small, gentle circles." This will add the pleasure of clitoral stimulation, which puts you on the express service to O-Town. Another variation is the G-spot-friendly angle. "Move down so his penis is angled straight," suggests Allison. "Then slowly guide the tip to your G-spot, and begin your glory ride!"

Bakos is all for the reverse cowgirl position. "When you're facing his feet, you can lean forwards at a variety of angles to achieve different sensations," she says.

side by side.

♥ **Why we love it:** It's the perfect "lazy Sunday" position, when you're looking for something hot and fun, but not too strenuous.

↗ **How to make it even better:** When you're in the spooning position, a good trick to increase pleasure is to, well, shut your legs! "Instead of holding your legs open with one knee up, keep them tight together," Allison recommends. "This will create extra snugness for him, and more stimulation for you."

For something a bit more adventurous, Bakos suggests facing your partner and introducing a vibrator into the mix. "When he's holding you and watching the pleasure that he's causing, it'll turn a sweet position into an extremely hot one!" □

good sex great.