

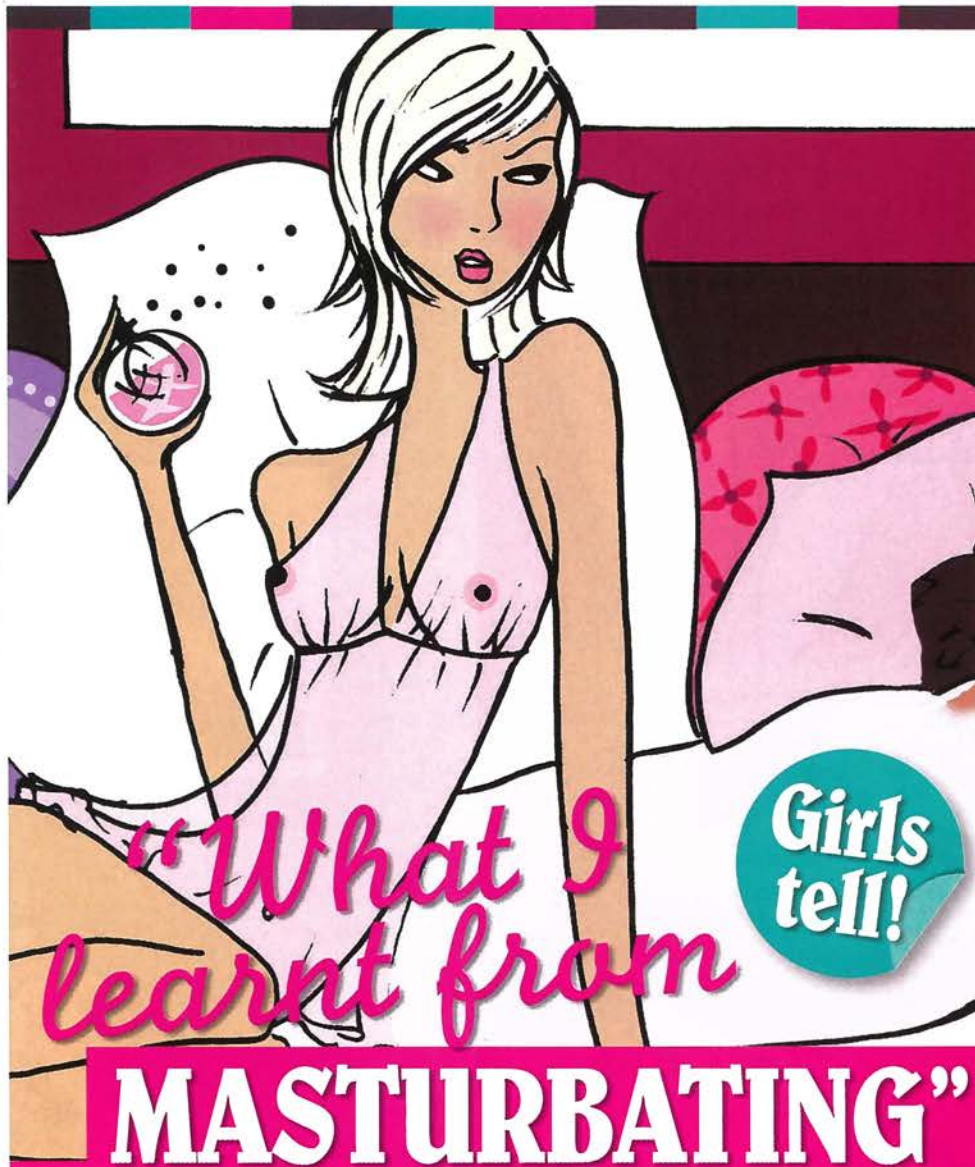
MASTURBATION  
*moon*  
ZONE

# The CLEO

# self-love special

Do-it-yourself tricks  
that guarantee  
pleasure.





## How OTHER GIRLS get off

\* "I masturbate using a vibrator most of the time, although occasionally I'll watch a porn video and use my hands to manipulate myself. If I'm in bed, I'll read the letters page of a porn magazine to help me get there." – Tali, 28

\* "I've really come to enjoy masturbation as a regular event in my week. I create a really relaxing and sexy scene: a glass of wine, a bubble bath and erotic reading to get me in the mood. I don't use a vibrator, just my own hands, and I tease myself by stopping and starting to get a better orgasm." – Nadia, 26

\* "My biggest thing is not whether I'm using my fingers, a vibrator or whatever, it's my mental state when I'm doing it. I need to make sure I'm aroused, whether that be by watching porn or looking at dirty pictures or putting my mind in a fantasy situation. Thinking about someone going down on me while I'm masturbating is a sure-fire ticket to climax." – Kate, 27

\* "I don't find it a turn-on to have sex in public places or anything like that but, when it comes to masturbating, I like to add a bit of risk factor. The idea of getting caught in the act really excites me. In the past, I've masturbated in the toilets at work, and once in the car while I was on a really long and boring road trip to my grandparents' house. Having that guilty little secret in my head as we sat down to Sunday lunch was almost better than the orgasm itself!" – Emma, 24

\* "One day I got my vibrator out and started rubbing it over my clit. I let my mind daydream and, all of a sudden, I came. I nearly died of shock! I realised I come easiest when I stop trying and just enjoy the sensations." – Kelly, 27

\* "When I was younger, I'd get a mirror out, sit in front of it and masturbate to watch and feel my own sensations. I found it was one of the best ways to really know what's going on down there. I now know exactly how to have the most intense orgasms." – Jackie, 27

\* "After years of feeling guilty, I've finally learnt that masturbating is a normal and joyous thing. Clitoral stimulation

and using a G spot vibrator are what really float my boat." – Rebecca, 24

\* "I started out using the water flow from bath taps and pool jets. I learnt to use my hand after that, then progressed to back massagers, and then my first vibe. I've always preferred something other than just my own fingers. I think the sensation and end result are so much better." – Kerry, 26

\* "It wasn't until I mastered the art of pleasing myself that I started to fully enjoy sex with my partner. It seems pretty basic, but how was I supposed to tell *him* what really gets me going if I didn't actually know myself?" – Stella, 28



# What guys think about your two-finger shuffle

“Chicks masturbating is wicked. I’m a firm believer in the theory that if you know how to get yourself off, then you’re more likely to get off with someone else’s assistance. Plus, how could any guy resist diving in and helping out when you catch your girlfriend doing a Moses and ‘parting the pink sea?’” – Steve, 27

“It doesn’t turn me on that much besides the fact I’m seeing a naked woman and all her bits. What’s important is that it turns her on,

because then I benefit from it as much as she does. After all, she’s doing what feels best for her, so if I can learn a few of her preferred methods, we’re both a lot happier.” – Alex, 29

“There’s nothing more exciting than watching a girl lose herself while she masturbates in front of you, with both of us becoming more aroused by the minute. It takes all my willpower to hold back and wait for the right moment to take over.” – Mick, 25



Illustrations from CLEO's I'll Have What She's Having by Charlotte Sherston (ACP Books, \$19.95).

## WHAT IT FEELS LIKE FOR A BOY

BY ANGUS FONTAINE

How does it feel for a guy? For us, masturbation is manual labour – nothing more, nothing less. The urge to knock one out is a primordial urge we don't understand and don't particularly want to. We wank because we can.

The hardest truths as to how men approach gland handling lie in our lexicon: cranking the shank, spanking the monkey, jerking the gherkin, burping the worm. Male self-love is unlike that of women where it's all dewy petals, pink purses with pearls, and sweet southern comfort. For blokes, a toss is a toss – as perfunctory an act as uncapping a stubby or tightening a hub cap bolt.

Hand jiving starts early and develops fast. Male masturbatory mania is common, particularly in boyhood (ahh, the wonder years), but it's all healthy experimentation, and even those first ham-fisted, sticky-fingered salutes to female high school teachers and mates' older sisters are essential basic training for the sexual skirmishes to come.

Nor does the cock-knocking stop when full sexual congress commences. By 25, a man's penis should be the palette his imagination paints from, a guilt-free indulgence funded by a spank bank of babelicious triggers: a smell, a memory. *Aerobics Oz Style* ...

Men are simple beasts. If it feels good, we do it. The sound of one hand clapping is, after all, sex with someone you love. Pass the tissues.



# ONE-ON-ONE FUN

## *A woman's guide to self-pleasure*

Whether you're doing it for the first or 400th time, we have everything you need to know ...

When it comes to masturbation, we have a lot to learn from the male species. While DIY sex is mostly an off-limits topic in Girl Land, guys have no qualms in sharing every last detail with their friends. Which means they have a vast repertoire of techniques and methods to get their rocks off, while we're left wondering if those rumours about an electric toothbrush are true. Well, wonder no longer, ladies. Here's your very own manual for getting down and dirty, all by yourself.

### *Clitoral stimulation*

Stimulating the clitoris with your fingers is a fundamental skill for masturbation. By using one or more fingers in pleasurable motions, delicately explore yourself and

note the different levels of enjoyment that each technique produces. Experiment to determine your own specific taste.

### *It's showtime!*

Close your eyes and allow yourself to fantasise as you start to softly caress. Generously apply lubricant to your entire vulva, including the clitoris, inner labia and outer labia. Or insert a finger into your vagina, transferring your natural lubrication to these areas.

Use a fingertip to slowly rub the sides of your clit, getting familiar with its shape and sensitivity. Go from top to bottom and back again, stimulating the sensitive clitoral and inner labia nerve endings. Slowly glide

your fingertips side to side, back and forth over the tip of your clit. Now locate all the sensitive areas around it, including the clitoral hood and between the skin folds of your inner labia.

Pick up the momentum as you rub your clit. Try light rubbing on a particular spot, or a firm massage for a full area sensation. Alternate your stroking styles and vary the rhythm while applying different amounts of pressure and speed. Take time to linger over the sensations you are inducing. Remember, this is all about you.

As you stroke your clitoris, consider using your other hand to play with your nipples. Close your eyes and focus on building your orgasm, rubbing rapidly with

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## STROKING STYLES

### **ROLLING BETWEEN FINGERS:**

Place your thumb and index finger around the clitoris. Start with a soft, slow roll, gradually picking up the pace and pressure. Explore light pinches and tugs to see how your clitoris reacts.

### **FIGURE EIGHTS:**

Use one or more fingers to glide up, over and around your clitoral area in figure eights. Use small figures, focusing on the tip of your

clitoris, or larger figures, stimulating the entire clitoris and inner labia.

### **THREE-FINGER TECHNIQUE:**

Place your index finger and ring finger on the top inside wall of the outer labia. Push and spread the labia against your body, holding the lips securely apart. Now, use your middle finger to stimulate your fully exposed clitoris, leaving your other hand free for sex toy play!

### **STROKING THE SIDES OF THE CLITORIS:**

Rub vertically along the sides of your clitoris for a delicately fine sensation. Place a fingertip on each side of your clitoris, sliding them up and down and back again. This will stimulate the clitoris as well as the sensitive inner labia.

### **TAPPING:**

Gently separate your outer labia, fully exposing your clitoris. With your other hand, use your index finger to lightly tap your clit.

consistent movements and firm pressure. Squeeze and hold the pelvic muscles as the orgasmic feelings approach.

Don't slow the speed and pressure until after the first orgasmic contraction subsides, then ride out your orgasm as your pelvic muscles involuntarily contract. If it feels good, you can continue stimulating your clitoris, but go slower and softer because your clit can get very sensitive during and after orgasm. Focus on your pelvic muscle and involuntary orgasmic contractions until every last one has been enjoyed!

### *Waterworld*

**BATHTUB TAP:** Lying on your back, bring your buttocks near the end of the tub with the tap and bring your knees towards your chest. Position your vulva directly below the





tap and tilt your pelvis upwards toward the water flow. Once comfortably positioned, use your hands to gently separate your labia so the water can flow directly onto your clitoris.

**DETACHABLE SHOWER HEADS:** Adjust the pressure of the water to your liking and take the shower head in your hand. If it's safe to do so, place one foot up on the side of the tub or shower seat, directing the water flow onto your clitoral area. Try starting with a low pressure, increasing it as you become more aroused.

**JACUZZI JETS:** Hold onto the edge of the jacuzzi, put one foot on each side of the jet and straddle it. Position your clitoral area directly in the path of the stream. Because a jacuzzi's water flow is much stronger than a shower or bathtub, start off a good distance from the jet and move closer until you find the most desirable pressure.

### Getting creative

Remember: There are no rules in masturbation! Open your imagination and adapt to some new ways to explore.

However, always use caution and examine your play toys carefully for sharp edges. Consider keeping your underwear on, in case things get a little damp.

**PILLOW PLAY:** Twist one corner of a pillow into a knot and position your vulva over the knot. Now roll your hips in small circular motions while adjusting the speed and pressure to your liking.

**FURNITURE:** Rubbing against a piece of furniture can be a tactile delight. Couch arms and soft chair corners are popular. While your clit can likely withstand the pressure, your pelvic bone could become very sore. To avoid discomfort, thrust your hips forward and tuck your pelvis under as you rub against hard surfaces.

**WASHING MACHINE:** Try sitting on top of your washing machine during the spin cycle. You'll be surprised at how much pleasure its tremors produce!

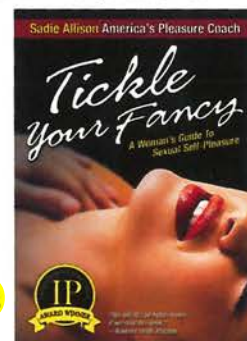
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**WHAT THE?** WOMEN MASTURBATE AROUND TWO TO THREE TIMES PER MONTH, BUT GUYS GET THEIR ROCKS OFF TWO TO THREE TIMES A WEEK. SURPRISED? NAH, WE DIDN'T THINK SO.

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### Like this? Want more?

Edited extract from *Tickle Your Fancy: A Woman's Guide To Sexual Self-Pleasure* (\$14.95), by Dr Sadie Allison, author of *Toxgasm! The Insider's Guide To Sex Toys And Techniques and Tickle His Pickle: Your Hands-on Guide To Penis Pleasuring. All available at [www.ticklekitty.com](http://www.ticklekitty.com)*





**"I'VE DONE  
IT IN THE  
TOILETS AT  
WORK. AND  
IN THE CAR  
ON A REALLY  
BORING  
ROAD TRIP  
TO MY  
GRAND-  
PARENTS'  
HOUSE."**

\* "Sometimes when I masturbate, I'll just use my fingers on my clit. Other times I might use a vibrator, or a vibrator and a butt plug. Depends what mood I'm in, but there's always plenty of lube!" – Erin, 21

\* **"The fantasies I use to get myself off can be anything from being with any hot guy I know, to having a sexual encounter with another woman. Another great fantasy is pulling up at a work site where there are a bunch of sweaty men, opening up the trench coat I'm wearing and flashing them, then watching their tongues drop out and the hard-ons in their pants grow. Most of these are guaranteed to work."** – Simone, 29

\* "When I need a quick pick-me-up (or sometimes a finish-me-off), I can give myself an orgasm in 22 seconds from the time I start touching. It's all about being lubed up, getting the right spot and alternating speeds and pressure, plus breathing. Don't forget to keep breathing!" – Alana, 23

**Confessions thanks to members at online dating site RedHotPie. Log on to [www.redhotpie.com.au](http://www.redhotpie.com.au) to hear more juicy stories.**

# SEX-CESSORIES

*to get you started*

Think playing all by yourself is a little boring? Then add some toys to the mix. Here's a shopping basket full of stuff for some DIY pleasure.



## FLOWER BALM

A lube that increases blood flow to the clitoral area, heightening the sensation of climax for better orgasms ... and it doubles as lip balm! It's \$19.



## LAYASPOT "SILVER"

With varying speeds and vibrations, it might be small but it sure packs a mighty big punch! It's \$99.

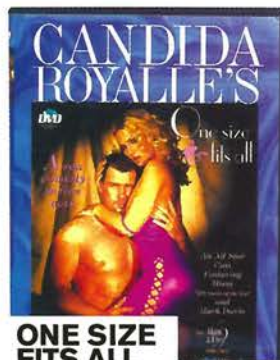


## JESSICA RABBIT

Provides vaginal and clitoral stimulation from the rotating balls in the shaft and very cute bunny ears. Cost? \$39.95.

## PIJUR EROS WOMAN

A moisturising lubricant that can also be used as massage oil and hair gloss. Priced at \$14.95.

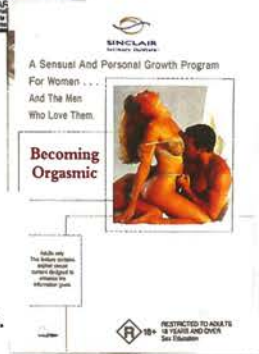


## ONE SIZE FITS ALL

Who says porn is just for the boys? This is one of many X-rated flicks that aim to be female friendly. It'll set you back \$39.95.

## BECOMING ORGASMIC

Educational and highly explicit, this DVD can be used alone or with a partner. Priced at \$19.95.



## THE ULTIMATE MASTURBATION POCKET GUIDE FOR HER

Loads of techniques, positions, tips and a heap more for \$15.



## ROCK CHICK

Heat it for comforting warmth or cool it for an icy chill. The vibrating part is removable, so you can use it as a dildo too. Exxy at \$120, but worth it.

Want more passion boosters? Visit [www.galafun.com.au](http://www.galafun.com.au) or call 0425 725 143.