

Lust



SEX QUIZ

Find Your Pleasure Spot's Personality

You know your clitoris is where orgasms are triggered, but you may not realize which type of touch packs the maximum bliss for you. Take our quiz to ID your "C style," then discover how to bring on the mother of all Os.

By Mina Azodi

You know what they say: Knowledge is orgasmic power.



START
HERE

1

Which kind of clitoral contact feels best?

- (a) I prefer to be touched with my underwear still on, so I can feel the sensations through the fabric.
- (b) I love a mix of direct and indirect stimulation.
- (c) I want constant, consistent pressure on my hot spot.

2

What kind of manual movement do you want your guy to use on your clitoris?

- (a) Move just his fingertips in a soft, caressing motion.
- (b) Keep switching things up—using circles or figure eights or going side to side.
- (c) Press the palm and heel of his hand against it.

3

When you use your vibrator for solo action, what's your go-to setting for maximum pleasure?

- (a) I don't use one; I prefer my hand instead.
- (b) Slow, long pulses
- (c) Fast, short vibrations

**If you answered mostly As,
your C-spot MO is**

SOFT

Heat Up Foreplay

Since indirect touch excites you most, we have two words for you: *dry humping*. Yeah, it's a throwback, but it delivers the pressure and clitoral contact you require. Start by kissing with your clothes or underwear on. Then when the tension becomes unbearable, climb on top. "Move your hips in slow circles," says Ava Cadell, PhD, founder of loveologyuniversity.com. Your clothes create a barrier, so your clitoris gently rubs against the fabric. Plus, his package will press against you, upping your pleasure.

Trigger an Explosive Climax During Sex

The most satisfying sex position for you is missionary—with a twist. When your guy is on top, have him shift his body up toward your belly button. "The base of his penis and his pelvic bone will be lightly pressing against your clitoris and the area just above it," says sex expert Sadie Allison, author of *Tickle Your Fancy*. Then rock your bodies in a back-and-forth motion (he shouldn't be thrusting in and out). "This will tease your clitoris indirectly, intensifying your orgasm," says Allison.

**If you answered mostly Bs,
your C-spot MO is**

MEDIUM

Heat Up Foreplay

"Your clitoris responds best to various sensations instead of one predictable pattern," says Allison. A combination of light and indirect and harder and direct touch will give you the biggest bang. During oral, ask your guy to use the flat part of his tongue to make long, slow strokes with medium pressure. "Have him lick from side to side over your labia, then your clitoris, then over the labia again," says Cadell. This will tease your clit (in a good way) with direct and indirect contact.

Trigger an Explosive Climax During Sex

Girl on top should be your go-to. Sure, it lets him get at your C-spot, but that's not the only reason it'll give you a bigger climax. "You can also control the angle; that way, you will be able to vary the pressure on your clitoris," explains Cadell. If you lean all the way forward, you can rub your clitoris against his skin. Or if you lean back, you can lightly stroke yourself (or he can stroke you). Another idea: Press your vibe against your C-spot and vary the settings for a thigh-quivering finale.

**If you answered mostly Cs,
your C-spot MO is**

HARD

Heat Up Foreplay

To get the kind of constant contact you're after during oral, try (gently) guiding his head with your hands. "This will allow you to direct the amount of pressure," explains Allison. You can do the same if he's stroking you manually. Just put your hand on top of his to show him the precise kind of stimulation you're after. Still craving more? To really up the ante while he's down there, ask him to take your clitoris into his mouth and suck on it—it'll boost the pressure and feel awesome for you.

Trigger an Explosive Climax During Sex

Your ideal position has direct clitoral contact, and while there are several options (doggie, girl on top), the one that will feel the best is side by side. He should be positioned like he's spooning you. "This lets him touch your clitoris, but it limits his motion while he thrusts," says Cadell. If he has to move in a more controlled way (versus the wild bucking of a position like doggie), it makes it easier for him to apply constant pressure to your clitoris with his hand, bringing you to that final, blissful bang. ■