

60 HANDS-FREE WAYS TO WOW HIM

Of course, you can use your fingers to stroke him into a puddle of man mush. But he aches to be touched by other parts of you. So we compiled a list of naughty tips that don't involve your digits.

By Jessica Knoll

► Hands are necessary for a lot of things: writing down all the reasons you deserve a raise, applying liquid eyeliner, showing off that fierce cocktail ring. But what you may not realize is that when it comes to sex, they're not the only route to blissville. In fact, experts say that because we use our hands so much during sex, the easiest way to spice things up is to take them out of the equation. So we got 60 tips from the pros (and horny guys) on how to use your limbs, crevices, and appendages in the boudoir. Sorry, hands, you're off the guest list for this pleasure party.

1 Lie on top of him naked, and slide a vibe in between your bodies. Position it to hit your sweet spots.

—Sadie Allison, PhD,
author of *Tickle His Pickle*

2 "My wife grazes her nipples against mine, and it's an amazing sensation."

—Steve, 33

3 The insides of his knees and elbows are hairless and register the lightest touch. Graze your tongue there.

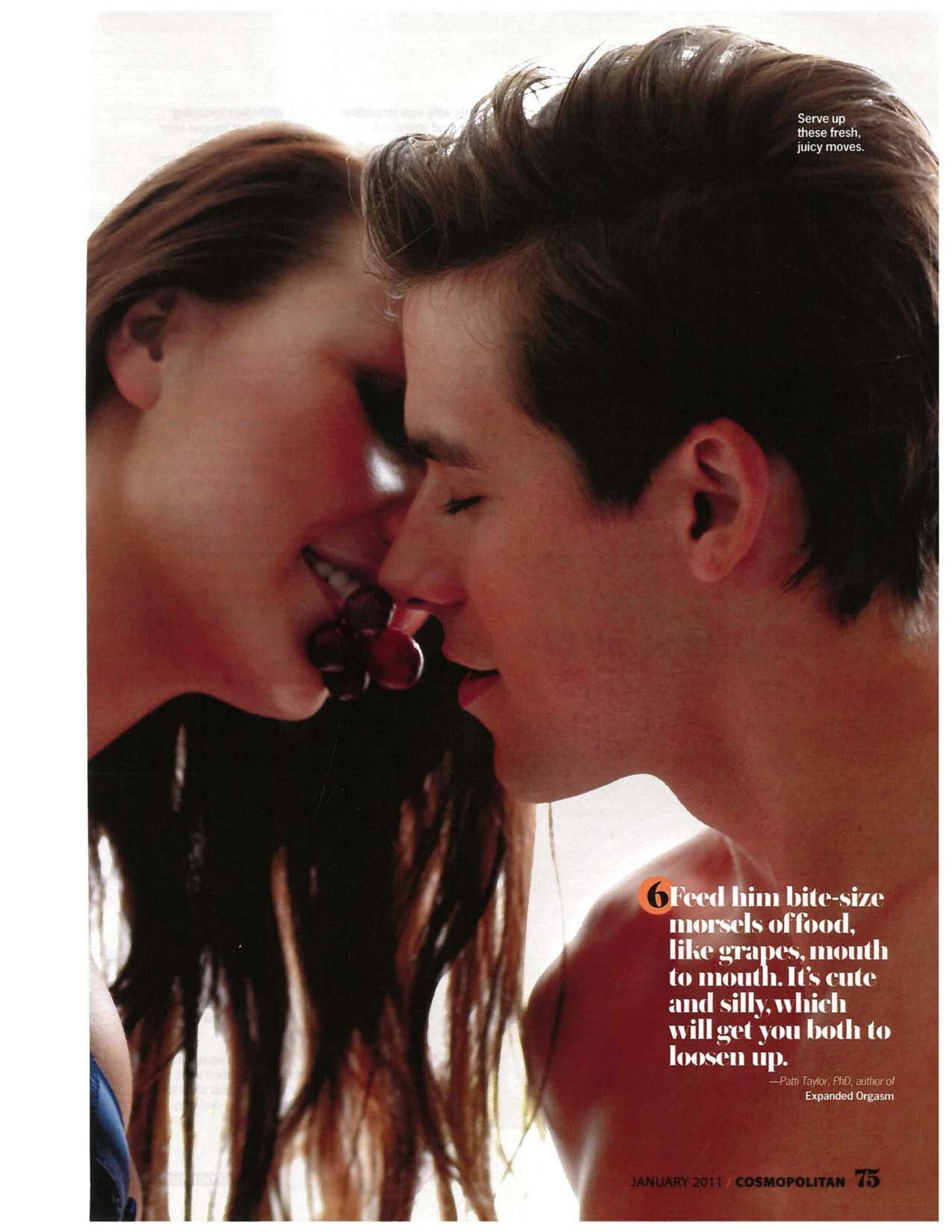
—Michael Castleman, author of
Great Sex: A Man's Guide to the Secret Principles of Total-Body Sex

4 "My girl rubs her hot inner thigh against my erection. The heat feels crazy-good."

—Travis, 21

5 Sweep your boobs over the back of his neck.

—Steve Bodansky, PhD,
author of *The Illustrated Guide to Extended Massive Orgasm*



Serve up
these fresh,
juicy moves.

6 Feed him bite-size morsels off food, like grapes, mouth to mouth. It's cute and silly, which will get you both to loosen up.

—Patti Taylor, PhD, author of
Expanded Orgasm

7 "After a hot shower, my girlfriend put an ice cube between her teeth and dragged it from my neck to my shaft." —Justin, 21

8 Right before he climaxes, squeeze your PC muscles as hard as you can.

—Sonia Borg, PhD, author of *Oral Sex He'll Never Forget*

9 "My girl plays the 'slide game.' She sits on top of me and slides her vagina over my package." —Joe, 28

10 He can insert his penis where the underside of your boob meets your ribs.

—Sadie Allison, PhD

11 "When a girl kisses behind my ears, my entire body tingles." —Joe, 31

12 Look at him as you run your chin from his chest to his crotch. —Michael Castleman

13 "A hookup coiled her hair around my penis and then pulled the strands back over and over." —Danny, 28

14 Wrap your legs around him, and massage his lower back (a big hot spot) with your heels. —Patti Taylor, PhD

15 "This girl trailed her tongue up my shaft, then used her arms to squeeze my package with her boobs." —Cully, 20

16 Grind against his naked body wearing a slinky nightie. —Sadie Allison, PhD

17 "The number one hands-free sex move by a long shot is 69." —Jay, 29

18 Have him sit up, and lie between his legs. When he enters you, raise your legs and rub his shoulders with your heels. —Steve Bodansky, PhD

19 "My wife was straddling my face and stretched one leg out to work my Johnson with her toes." —Doug, 31

—Michael Castleman

24 While he's spooning you, swirl your tongue over the pads of his fingers.

—Michael Castleman

20 In a pitch-black room, have him direct a flashlight at the places on his body he wants to you lick.

—Sadie Allison, PhD

21 Tell him to keep still inside you. Then slowly rock back and forth until neither of you can take it anymore. —Michael Castleman

22 "Biting my shoulder will make me come." —Will, 21

23 Put lube on your nipples, then trace circles on his bare back. —Patti Taylor, PhD

25 "I love when a girl squats over me and bobs up and down on the tip of my penis." —Dave, 28

26 When he enters you from behind, hook your legs behind his and press your feet into his bum to drive him deeper. —Steve Bodansky, PhD

27 "I had an ex-girlfriend who would put my whole package in her mouth. Then she would hum to create vibrations." —Ian, 25

28 "The hottest thing is when she gently bites my lower lip right before we get down to it." —Charles, 28

29 Your cheeks are so soft. Sweep them back and forth over his package.

—Sadie Allison, PhD

30 "My girl glided her butt all over my package, then gently brushed her breasts over my chest and face." —Mike, 29

31 Climb on top of him naked, and pin down his shoulders with your knees. The visual is superhot.

—Patti Taylor, PhD

32 Wear a long necklace so it tickles his chest when you lean forward during girl-on-top. —Sadie Allison, PhD

33 "I was out to dinner, and the girl I was dating kicked off her heels and gave me a foot job under the table." —Vincent, 28

34 Have him squeeze lube onto his penis, then swirl your body over his shaft to spread it. —Sonia Borg, PhD

5 HANDS-FREE MOVES GONE WRONG

"When the woman I was dating offered to pleasure me with her feet, I was so game. That is, until I saw her hooves—she had chipped nail polish and rough patches all over them. I took one look and then politely declined." —Greg, 32

"My wife and I were experimenting with handcuffs, and I locked her wrists behind her back. She knelt between my legs, but when she bent down, she lost her balance and smashed her forehead against my boys so hard that I squealed. And she ended up facedown on the floor." —Anthony, 26

"I was going down on a girl, and she clamped her thighs around my face so tight that I couldn't breathe! I panicked, causing me to swallow in

such a way that I ended up having a violent coughing-and-gagging fit. The mood was completely destroyed."

—Kevin, 30

"One night when my girlfriend and I were fooling around naked, we decided to try that massage thing where someone walks on your back. She lubed me up before stepping on—for some reason, it didn't occur to either of us that that was a stupid move—and as soon as she took a step, she slipped and fell." —Adam, 26

"My girlfriend told me she wanted to kiss me from head to toe, which was awesome—until she got near my armpits and ended up with a tongue full of deodorant. She brushed her teeth over and over, but the taste wouldn't go away." —Kris, 32



Note to self:
Don't forget
to schedule
a pedicure.

35 Run your feet and toes up and down his legs, dragging your toenails lightly against his skin as you go.

—Sonia Borg, PhD

36 "I love when a girl puts her mouth on my penis sideways, like it's corn on the cob, and slides her lips from side to side." —Schubert, 33

37 Over his boxers, put your open mouth against his penis. Breathe out like you're trying to create steam. —Patti Taylor, PhD

38 "A hookup used her legs to spin her body around from regular cowgirl into reverse-cowgirl." —Stephen, 22

39 Drizzle oil on him, then use the smooth inside of your wrists to rub it in. —Michael Castleman

40 "This girl used her teeth to undo my shorts and pull them down along with my boxers." —Andy, 32

41 Have sex with your hair wet, and whip it around to shower him with droplets of water. —Patti Taylor, PhD

42 "Right as I was about to explode, she bit one of my nipples firmly." —Brad, 28

43 "This girl would look up at me when she was going down on me." —Joseph, 26

44 Lick his eyelids, and then blow on your saliva. —Sadie Allison, PhD

45 Leave your heels on during sex, and run the sharp tips over his outer thighs. —Sonia Borg, PhD

46 "This woman would twist her tongue over my penis while I thrust between her breasts." —Christian, 31

47 Flutter your eyelashes against his boys for a sweet little tease. —Patti Taylor, PhD

48 "When we're spooning, she'll lift one leg so that my penis falls between her thighs. Then she'll squeeze and pump." —Patrick, 26

49 "My wife put lube on the inside of her forearm and slid her arm back and forth between my upper thighs." —Aramis, 33

50 "The best is when you push your organ back between your legs and a girl gives you oral from behind." —Joey, 19

51 "This girl was riding me in reverse-cowgirl when she stopped, leaned way forward, and started sucking on my toes." —Jimmy, 30

52 "My hookup put on a vibrating tongue ring. It got me ready to go instantly." —James, 27

53 Trace his do-me lines (i.e., the two lines that form a V and peek out of a low-

slung pair of boxers) with your tongue. —Sadie Allison, PhD

54 "On a cold night, I went to my girlfriend's place. She put my penis under her armpit. It got me hot, fast." —Andrew, 22

55 "In the shower, my girlfriend soaps up her amazing breasts and washes my body with them." —Ben, 32

56 Slick on minty lip balm, and run your lips along his thighs. —Sonia Borg, PhD

57 "I was eating a sundae with my girl. She leaned over and put my member in her mouth, which was still full of ice cream." —Randall, 34

58 Using the tip of your nose, nuzzle his inner thighs. —Sadie Allison, PhD

59 Lean back, and glide your butt up and down his penis. —Patti Taylor, PhD

60 "Guys love when your body jiggles during sex. Shake your breasts and butt and he'll go nuts." —Teddy, 25