

The Art of the Oral Connection: Techniques She Will Never Forget



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Written by Sharon Gordon

Welcome

There is much pleasure to be had by giving and receiving Oral Sex. Ask any man and he will tell you just how highly he values a great blow job!

Ask him to return the favour and he will have one of two reactions. He will be so happy and gladly oblige or all too often he will pull up his nose and refuse. One thing he will never do however is admit that he has no idea what he is doing!

When we run Oral Sex 101 classes to women, the response is overwhelming. It seems that every woman wants to up her technique. But we have never been able to sell even one ticket to men for a similar course on cunnilingus, despite their partners begging us to run the course.

We suspect we know why.

So, we have decided to put together this master class in eBook format so it can be read on your tablet, Kindle or iPad with no one knowing what you are up to. I hope men everywhere will at least be brave enough to download it and read it, because from what I hear, men really have to up their game!

For more information about the workshops and products referred to in this guide please visit www.lolamontez.co.za

Sharon



In the beginning

Nobody seems to know for certain the history of when cunnilingus entered our sexual repertoire. What we do know is that it has probably been around for as long as sex itself. Images of cunnilingus (oral sex performed on a woman) are depicted on some of the earliest examples of erotic art.

Pompeii, circa 79 AD, has several images of men performing oral sex on women. What I find really interesting is that these pictures are allegedly depicting men with prostitutes.

I would have thought that in a brothel it would be the other way around – women giving men fellatio (these pictures are also there). This leads me to believe that men enjoyed giving as much as they received.

Lucky prostitutes to be pleased so well!

The early Kama Sutra was not very complimentary to women who gave or received oral sex. It was not something that women of a certain class did. This stigma still exists in some cultures which I believe is responsible for many of the hang ups we have about oral sex.

There are hundreds of Victorian photographs depicting cunnilingus and fellatio alike and today you cannot watch a porn movie without at least one scene giving us graphic images and yet nobody teaches men how to do this properly.

With the internet being so accessible there really shouldn't be any excuse and yet...





FREQUENTLY ASKED QUESTIONS

Won't my smell gross him out?

Women are often their own worst enemies. We have all sorts of insecurities. But nothing is more destructive than what she believes about her vagina.

Little girls are taught not to touch and definitely not to look. They are told their vaginas are dirty, sinful and smelly.

Women angst over whether they should shave 'down there', not even being able to use the word vagina. If they do shave or wax, how much? We're sold products for feminine hygiene with the direct association that the vagina is dirty, so it is little wonder that when his face gets in the vicinity she tenses up and is so consumed with insecurity that she is unable to enjoy touch.

Fish jokes drive me crazy! Do men really think that insulting a woman's body is funny in any way? What they think is funny is hurtful and damaging. So, stop it!

Men can often smell far worse than any woman, but you'll never hear a woman telling a male fish joke. Women also never joke about premature ejaculation or erectile dysfunction. It's just not funny.

Women do have natural musky odour. Sometimes it may smell more metallic than other times. This usually happens closer to her period. The smell is not unpleasant.

If the smell is unpleasant, it is usually associated with an infection of some sort or it may just be a hygiene problem. If you have an issue with her smell, a sexy shower will do the trick.



FREQUENTLY ASKED QUESTIONS

Will my taste turn him off?

This is a question no man has ever asked about his semen! But women are incredibly self-conscious about how the fluid excreted from their vagina tastes.

Both men and women are afraid to participate in cunnilingus for fear of body fluid. Really? Women's sexy juices are offensive, but semen can be dished up by the teaspoon full?

Everyone has their own unique taste. It should be slightly salty and tangy. The taste can be affected by hormone levels, what you've eaten, whether you're taking any medication and even what soap you have used. It may also be affected by semen deposits.

If he is put off by the taste he has one of two choices – man up or use a flavoured lube.

Using taste as an excuse is no excuse at all! Semen tastes far worse than any vaginal juices.



FREQUENTLY ASKED QUESTIONS

Is oral sex safe?

This depends on your definition of safe sex.

Oral sex cannot cause pregnancy if that is your definition of safe. Safe sex is always a requirement, and it is possible to contract a sexually transmitted disease or infection from oral sex.

If you are participating in oral sex with a casual partner, it is imperative that you take precautions.

For men it's condoms and for women – dental dams or oral sex panties.

A dental dam is a square of latex that is placed over the genital area to protect the vagina from direct oral contact.

If there is no dental dam to be had you can always use good old fashioned plastic wrap, found in any kitchen.

Playing with a plastic barrier is worth a whirl even if you are with your long-term partner. The sensation is amazing and, in some cases, allows her to relax and not have to worry about tastes and smells.



FREQUENTLY ASKED QUESTIONS

Can you get an infection from oral sex?

You CAN contract a STD from oral sex. It is imperative that you take all the necessary precautions when engaging in any sex, especially casual sex!

The only thing you cannot contract from oral sex is pregnancy, as long as the semen goes nowhere near your vagina.

The STD can be passed via the mouth, sexual fluids, blood or fesces. If you have any cuts, sores, ulcers or bleeding gums refrain from having oral sex until the condition clears up. If any of these is related to a STD, ALWAYS use either a condom or a dental dam.

The most common STDs are:

- Gonorrhoea
- Chlamydia
- Hepatitis A, B and C
- Herpes type 1 and 2
- HPV (Human Papilloma Virus)
- Syphilis
- HIV

It is alleged that the risk of infection is greater for the person performing oral sex, than receiving it.

The risk of getting an infection from bacteria transferred from the anus is much higher for women than men simply because of biology.

The anus and vagina are very close together and bacteria can very easily be transferred. The best way to prevent this infection is to make sure that the genital/anal area is washed really well with an anti-bacterial soap before play.



FREQUENTLY ASKED QUESTIONS

Is oral sex more pleasurable than penetrative sex?

Depends on who you ask.

Some love it and some don't so best ask your partner what she would prefer.

For those who don't – it may be that your technique leaves much to be desired or it may just be that she is so self-conscious about smells and tastes that she just can't get into it. For some women it is an intimacy issue.

Those who love it will tell you that their genital area gets far better attention from the mouth than from the penis. A mouth is able to apply more or less pressure, can suck, lick, hum or blow.





GETTING STARTED

If either of you is uncomfortable then this oral sex thing is never going to be pleasurable. I suggest that before the play you take care of the basics and that includes health and hygiene.





SELF CARE

I wouldn't want someone with rotten teeth, smelly breath and mouth sores anywhere near my jewels. Nor would anyone want to go down on someone who hasn't seen the inside of a shower for a week – except maybe Napoleon, who has alleged to have asked Josephine not to bath in anticipation of his return home from war!

Be like a girl or boy scout, always prepared. Keep your pubic area well-groomed and clean. Rice length pubic hair is recommended. It is very common for women to wax most of their pubic hair off, it makes the job at hand far easier.



Before play have a shower washing the genital and anal area really well. Keep in mind that the soap used will be tasted so rinse properly. There is no need to douche, it just messes with the vagina PH balance.

Make sure that you have removed all the stray hairs. There is just nothing sexy about having a pube stuck in the back of your throat.

Being groomed, clean and fresh will make this a far more comfortable play for both of you.

"Oral sex is like a fine wine—some people just take a little taste, others drink the whole bottle, and a few end up passing out on the floor wondering what happened." — Anonymous



Comfort

For an enjoyable experience, both of you need to be comfortable. There is nothing worse than cramping or getting lock jaw on the short strokes! It's just not sexy.

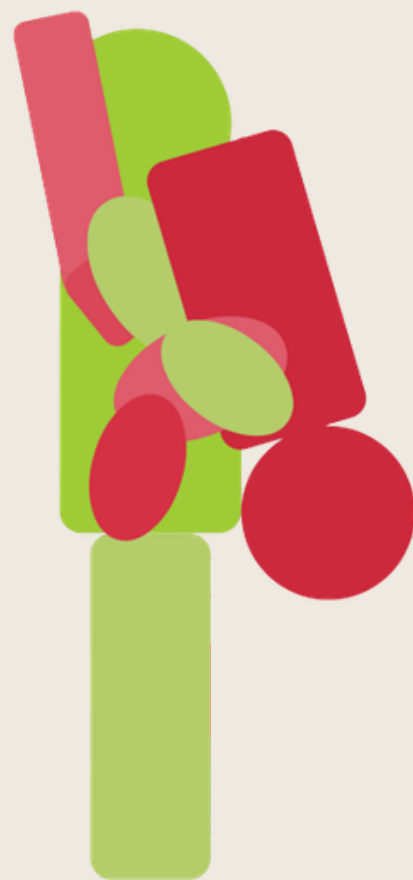
Clean sheets are a good start. She may enjoy lying on her back, leaning against a wall or sitting on a chair. Experiment and play until you are both comfortable.

There are a variety of different positions you can use. You need to find the one that works best for you.

For women being mentally comfortable is almost more important than being physically comfortable. If she thinks you are going to gag at the thought of licking her she will never relax and enjoy the experience. You have to get her to believe that her genitals are worthy of praise and pleasure.

You are ultimately in control, so find a position where you can set the depth, pace and level of comfort.

Side by side in the 69 position is usually the most comfortable.

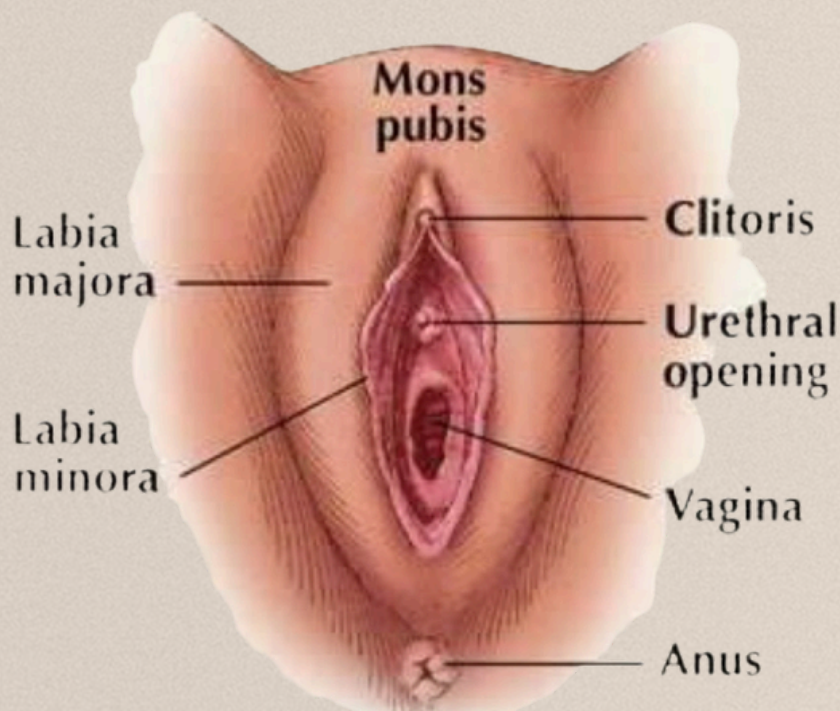




THE NAMING OF PARTS

Clitoris:

Apart from a woman's brain this is the most sensitive part of her genitals. With over 8000 nerve endings in comparison the penis with only about 4000, you can imagine how sensitive it is. The clitoris is covered by a hood (a bit like a foreskin) and when pushed back the head of the clitoris will look very similar to the head of a penis. This however is only the tip. The nerve endings running from the clitoris run along the labia towards the anus. Direct clitoral touch could be too painful, so start slow and slightly away.



Female Outer Genital Anatomy



THE NAMING OF PARTS CONT.

Labia Majora: The vagina entrance is framed by two sets of lips, the outer and inner labia. Both sets of labia house many nerve endings that are extremely sensitive to touch and temperature. The labia will swell when aroused.

Labia Minora: The inner lips found side by side with the Labia Majora. These lips are closest to the vagina entrance. They may be longer or smaller than the Labia Majora. Every woman is different.

Vagina Opening: You can't miss the vagina opening and not to be confused with the anus. The vagina opening is framed by the labia just in case you can't find it. The majority of the vagina's nerve endings are on the surface and near the opening.

Urethra: The urethra is a small opening between the clitoris and the vaginal opening. You really have to pull the vagina folds back to spot it. Any bacteria transferred to the urethra can cause a uterine infection, so do be careful.

Perineum: The smooth area between the vaginal opening and the anus. It is very sensitive to touch.

Anus: The anus is very sensitive and easily stimulated. Licking around the anal area is called rimming. Be very gentle with the anus.

Read our **Ebook** on **Anal Sex** before trying anything more than rimming.

POSITIONS



The Classic

The classic is the most used position in cunnilingus. It's a bit like missionary for penetrative sex! It's our default position, no effort required for her.

She lies on her back, knees up and spread. She can adjust how open she wants to be by adjusting her thighs by opening or closing them.

You can put a pillow or foam wedge under her bum for extra lift and improve the angle of access. It may be more comfortable for him to be on his knees at the edge of the bed. Place a pillow under the knees for additional comfort.



On your Face

She needs a great deal of confidence for this one. It is a great position if she wants to be in control and adjust the pressure and speed of the play.



He lies on his back and she sits on his face supporting herself with her arms and knees.

For additional comfort support your head with pillows. Because she is supporting her body weight, it is a great position for him to use his free hands to touch and play with other areas of her body.

POSITIONS



Doggie

She is on all fours facing away from him. This position is great for soft shallow vaginal stimulation and rimming the anus.

Make sure that you are both comfortable as the knees could take some punishment.



Seated

She is seated on the edge of a chair with him kneeling in front of her between her legs.

This allows him to pull her legs over his shoulders for deeper penetration and play.





Sixty Nine

Our very favourite number!

Top to tail, with either one of you on the top or you could just take turns.

This position is often preferable to women who have a more sensitive clitoris or who are really shy about you giving her vagina the eyeball.

Side by Side

A version of 69, but you are both lying on your side.

This is often the most comfortable position for dual oral sex. Support your head or knees if necessary.

This position is really comfortable and allows for one or either of you to read just position without too much disruption.



Up against the Wall

She leans against a wall with him kneeling in front or behind her.

We have spoken about taking a shower before the play, use this position in the shower to get the party started!
It is also very convenient for a quickie!

ESSENTIAL TOOLS



ESSENTIAL TOOLS

Mouth	Tongue	Breath
Teeth	Hands	Verbalisation
Towel	Lubricants	Top Toys



MOUTH



You will use your mouth, lips, tongue, gums, breath, saliva, voice and teeth during oral sex.

You will use your mouth for lubricant, temperature and pressure, your tongue for pressure, kisses and control. Your teeth may or may not come into play. It will depend on what she likes and whether she trusts you with her vagina.

You can change the temperature of your mouth by drinking something warm or cold, including ice. It's a simple and effective trick.

If you need extra lubrication and I am going to strongly suggest that you do, then try one of the many water based or flavoured lubricants on the market.

Try

Pressure is created by tightening the lips or sucking. The level of pressure is a personal preference. No or too much pressure may be unpleasant.



TONGUE

The tongue is the strongest muscle in the human body. You can lick, lap and tease with your tongue. The more agile your tongue the better your technique will be.

Practice by letting your tongue trace the Infinity sign. ∞
There are 3 major tongue positions.

Pointed

Medium – relaxed

Broad – lapping

And six tongue movements:



UP



Down



Sideways



Rotate



Circular



Haphazard



TONGUE CONT.

A trick we teach women to get their tongue fit for the job is to get them to write out the alphabet with their tongue.

Stick your tongue out as far as possible and motion A, then B, and so on. Next time you are sitting in traffic – put your time to good use and practise.

Keep the tongue relaxed and the saliva flowing. Respond to her vagina's contours with varying speeds and pressure.

Each of these tongue positions creates a completely different sensation.

Tongue Tips

Ice Cream Laps

Long slow laps. Use the broad lapping tongue position. Think about licking a melting ice cream, long laps all around the base and back to the top. That's what you want to simulate.

Flicking

NO FLICKING!

I suppose there could be a place for flicking your tongue against the clitoris but only try it once she is completely aroused. It may be more pleasurable against the perineum and anus.



TONGUE CONT.

Circle

Circle the tip of the clitoris and the opening to the vagina with your tongue. Vary the tongue position using a sharp, relaxed or lapping tongue. You can also include the Infinity symbol.

Convey enthusiasm, make some noise. Gentle yummy sounds, not harsh gagging sounds.

Use your tongue to push her labia open or if you prefer use your hand. She may also enjoy you pulling the clitoral hood back once she has been aroused.

You will know she is aroused because the entire genital area will engorge – a bit like your penis.

Create a steady rhythm with your tongue, mouth and hands.

Have you ever met someone who can tie a knot in a cherry stalk by only using their tongue?

That's the level of skill you are looking for. It is also a great party trick. How did they get to be that agile? Practice!

A good way to start getting your tongue into shape is to practice your alphabet, drawing each letter with your tongue.

Tongue Tips

www.lolamontez.co.za



Pointed



Relaxed



Lapping



BREATH

Breath is often overlooked in oral play.

NEVER blow air into the vagina opening it is uncomfortable and extremely dangerous but using your breath on the external surface is extremely pleasurable.

The out breath is warm. When added with Shunga Love Potion available at www.lolamontez.co.za, even warmer.

You can regulate the out breath very easily. Long slow breath or short sharp bursts. It is particularly effective if the area you are blowing on is wet.

The in breath, open your mouth, hold it close to the wet surface you are working on and breathe in. The harder the in breath the more effect it will have. It is a completely different sensation to the out breath.

Use both and see which gives you the best results.



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TEETH & HANDS

Teeth

Always remember your teeth. Even the smallest scrape can end the whole thing.

On the other hand, moist lips are the perfect friction that will drive her wild. Be careful with your teeth. Teeth can also be pleasurable to your partner during oral sex, the FRONT of your teeth, not the biting edge.

The contrast of the hard smooth porcelain of the front of your teeth, with the soft smooth giving texture of your lips and the hot moist slipperiness of your tongue combine to make oral sex something that can be mind blowing if used in the proper sequence.

Hands

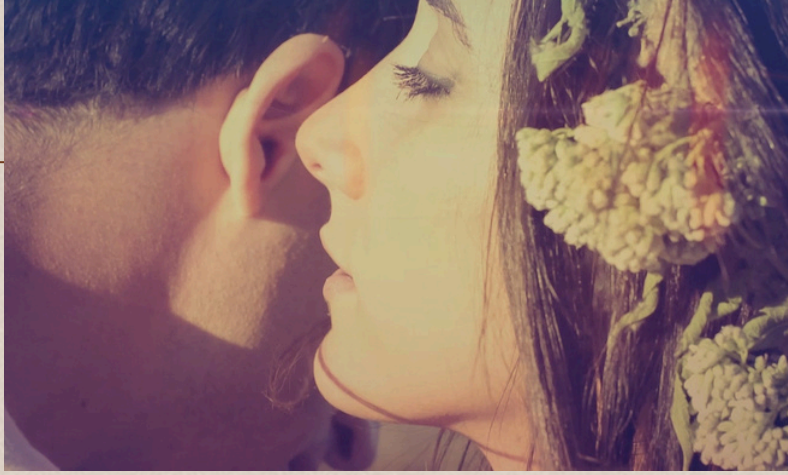
Don't leave your hands out of the action but that is not an invitation to stick your fingers into her vagina. If she is not ready it could be painful and she is just getting into the whole oral sex pleasure and now she has to deal with penetration.

Your hands do need to be groomed. Hang nails can hurt and dirty nails or hands can infect, besides that it's gross!

Your hands can be used to guide, apply pressure, stroke and pump, giving your mouth less work to do. If you need to take a breather, keep your hands activated otherwise you will have to start from the beginning again.

Your hands should simulate your mouth so get them to the same temperature and moisture level as your mouth.

This is when lubricant is your best friend.



VERBALIZATION

We've spoken briefly about communication during this process but one tip that is often overlooked when giving great oral sex is actually talking!

- Ask her questions.
- Ask if she likes what you're doing. Ask her if she wants more.
- Ask her to tease you or stimulate you back.

Tell him what to do. Use your voice to control him. Remember you are the one determining and controlling the play.

Tease her by telling her what you are planning to do. Don't be afraid to talk dirty. A lot of men and women love that. The words don't even have to be that dirty, just the intention is enough.

Just a word to the wise – do be careful calling her slut shaming names. She has probably been called them outside play and they might have damaging connotations.

I always ask men to listen for the 'Dolphin'! It's a high pitched squeak – DO NOT confuse it with the sound of pleasure, it probably means you're not doing it right.

Tell her she is beautiful, especially her vagina and how much you love the taste and smell of her. She probably will take a long time to believe you, but keep going.

Remember that verbalization is a two-way street. Allow her the space to express her pleasure at what you are doing.

You don't just have to rely on what nature gave, you can also have a handy tool kit available, for additional mind blowing assistance.



TOP TIPS

Oral Sex is all about attitude.

It's an incredibly intimate sexual experience and whilst many consider it a safe alternative to penetrative sex, it is sex none the less.

If your effort is going to be half hearted, then don't bother. There will be very little pleasure in it for either of you.

It's about licking and sucking but most of all it's about a power exchange. The power lies in the giving and not the receiving.

You are in control. You will set the pace, depth and level of comfort. You want to get her to a point where she doesn't know if she should close her eyes and feel or keep them open and watch! You want her to experience the agony and ecstasy of anticipation.

It's hot and it's wet. If your enthusiasm is in place your technique is secondary. First prize is being skilled and enthusiastic.

If this is your first time or your hundredth time, make sure that you are exploring, playing and having fun, otherwise – don't bother!

You want to do what feels best for you and then what feels good for her. You want to take it slow and show her the true meaning of foreplay

. The biggest mistake we make is going straight down on her without the journey.

You want to build the excitement so that when you finally lick and suck her you really need to do very little.

Start by kissing her, slowly. Start with her mouth, neck and earlobes. Work your way down, slowly, chest, nipples, belly button and then when she thinks it is time give her the 'not now' look and move up again.

Your hands need to be lubed up and stroking her clitoris and perineum, slowly and gently. Don't go too hard, it may hurt. You can get a bit rougher once she is completely turned on. Our pain threshold increases with arousal.

As a rule, oral sex should mimic the movements of full sex penetration. Take her clitoris into your mouth, (with plenty of lubricant or saliva) and suck gently mimicking the thrusting motion of penetration, taking care not to graze her with your teeth. Remember when it comes to oral sex, teeth are almost never welcome.

The most important rule is – Eye Contact. You must look as if you are having a good time. You must replicate the look you have when you see your favourite muscle car. NOT the look of horror when your cat presents you with a dead rat.





TOP TIPS cont.

Change of Temperature

You can change the temperature of your mouth for added sensation. A cold or warm drink will do the trick. For an intense sensation you can use ice.

Avoid milk products as they increase phlegm and you have enough to worry about.

Hands

Use your hands to stroke and massage the clitoris, labia, vagina opening, perineum and anus.

If things are getting too hot and you want to take it down a notch or two, move back up and kiss, lick and nibble the rest of her body.

Hot and Cold

Give her the wild sensations of alternating back and forth between hot and cold lips. Nerve endings respond to both touch and temperature. Activate both!

With a small piece of crushed ice clamped between your teeth and trace her body – but only briefly as it may be uncomfortable.

Now take a sip of something warm and return to the same spot where you left off with the ice, alternate between hot and cold.

Don't forget to get to all her erogenous zones: nipples, throat, belly button, inner thighs and genital area.

Just remember that the skin becomes insensitive if you repeat the same stimulation after a while. The secret is to vary hot and cold sensations as often as possible.

Marvellous Mints.

If your partner gets thrush infections really easily avoid this technique:

- Get a packet of mint (Imperial Mints work best) and pop one in your mouth. Allow it to dissolve part way.
- Use one your favorite methods to stimulate your partner.
- As you progress, pause every once in a while, to blow some cool air over her genitals

You can also use a mentholated cough drop instead of a Mint.

Try using the mint or cough drop as an addition to any of your oral techniques. Just make sure that you let the lozenge partially dissolve so that you don't need to worry about it rattling in your mouth. Women have different sensitivity levels to menthol and may experience a burning sensation if too much is used. You can also use a cooling or warming lubricant.





TECHNIQUES

The Hummer

Now we know that you cannot hum for 40 minutes but you can give it a good shot. The deeper and more intense the sound the greater the pleasure.

Try this with your lips closed and slightly more open. Ask her for feedback and requests.

The Hoover

This technique is all about suction. You need to gently suck her inner thighs, inner and outer labia and finally her clitoris.

The key is to vary the intensity and duration of the suction. Start off with 1 to 2 seconds of light suction. Gauge her response before increasing the level and length of the suction.

You do not want to suck so hard that you leave her bruised. You could incorporate some tongue swirls at the same time for added pleasure.

Bits and Buts

For those who are curious about anal sex this might be a great starter.



In doggie position, approach her from behind.

Lightly touch her buttocks with a variety of nibbling, kissing and licking, lingering in the area between her perineum and her anus. Stimulate this area with rhythmic tongue movements. Be gentle but firm.

If she is open to having her anus touched gently rim the anal area with small circular movements.

If you find your saliva is not enough use the lubricant at hand. Any penetration should be really slow. Don't take her by surprise – oops sorry just doesn't cut it and she will never trust you or anyone else again.

Please read my **Ebook** on **Anal Sex** before diving in.

Piercings

There are two main streams of thought. It doesn't really make any difference. You can kind of feel it. OR...

It's mind blowing. One thing that everyone agrees with is that if you have a tongue piercing you are going to be more enthusiastic about cunnilingus.

Just a word to the wise be careful you do not want anything hooking and tearing. Bloody and definitely not sexy!



FINAL THOUGHTS

- Communication is vital to great sex. Tell her what you want to do, how you want to do it and how much you enjoy doing it. Encourage her to tell you what she wants and what she doesn't.
- If you really want to get it right, ask her to show you how. Pass her your hand with the thumb and forefinger touching. You are trying to replicate the shape of the vagina so elongate the shape. Ask her to lick your hand as if it is a vagina. It is a very sensual experience. Just make sure your hands are clean.
- The success to great oral sex is ensuring that she is comfortable and turned on then your technique doesn't really matter.
- Shave your face. Any stubble will feel like sandpaper and that is definitely not sexy.
- Run your fingers gently through her pubic hair (and yours) to get rid of any loose and stray hairs.
- For women foreplay has two very important stages. The first and most important is turning on her mind and the second is turning on her body. Do not get the sequence confused.
- Keep a good thing going. When you're doing it right don't do something else.
- Oral sex will not always result in orgasm. Use it as foreplay or intermittently during and after sex.
- Read her body language. You will see if it is not working try something else.
- Always start off softly and slowly build up the intensity.
- NEVER is a good time for flicking especially in the initial stages. We are all different so maybe she does enjoy this, but I would ask.
- Variety is the spice of life. Vary your tongue movements and intensity. Alternate with your breath work, sucking and licking
- Always ask her what feels best and respect what she says.



LOLA MONTEZ PRODUCTS

YOU HAVE TO HAVE

- Pearl Panties.
- Vibrator
- Lubricant
- Popping Candy
- Blindfold
- Eva Clitoral Serum
- Air Pulse Adult Toy
- Shunga Intimate Kisses
- Coconut Oil



GOALS

TO DO

- LIKE AND FOLLOW LOLA MONTEZ on all our social media platforms.
- Leave us the most fabulous 10 Star Review
- Pop over to the online shop, buy something and keep us in business
- Be Kind.