



Hot Bedroom Sex Guide

Bonus

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Having sex is not only having your own pleasure, you also have to think about how to give it back to your partner.

Here are some steps to ensure that you are giving your partner the best sex they've ever had and to keep them coming back for more!!!

1. **Prepare yourself emotionally, physically and mentally.** Be like a soldier that is always ready for battle. Make sure that you don't premature ejaculate. Follow the steps on eBook entitled **“Mastering Ejaculation Techniques”**. 90% of women lose interest in sex if their partner ejaculates prematurely. You should be able to control your erection as long as possible to ensure an action-packed intercourse.

2. **There should be, even a tiny bit, of attraction.**

When a woman is not attracted to you, it will be hard for you to make her achieve her climax. Make sure that there is emotion involved so she can enjoy the act. How will you do that? Compliment her. Tell her that she smells good or you like her outfit/lingerie. Tell her how gorgeous she is and how much you want her. Do not be afraid to show emotions as well. It is a turn-on for a woman if her man is not afraid to show emotions. Make her feel that you want her and nobody else.

3. **You should make sure she is calm and relaxed.**

If she is nervous chances are, she might take a long time achieving orgasm or not at all. Ambiance plays an important role. You have to make sure that the room is clean and is conducive to lovemaking. Put on a sexy jazz music. Light the room with scented candles if applicable. Buy aromatherapy oils that will induce sexual attraction and burn them using an oil burner to fill the entire room

with its scent. By doing this, you are making sure that you want her to have a good time. Women notice even the tiniest bit of effort a man makes for them. And with this, you are showing her that she is important to you and she is worth all the trouble.

4. **Never ever skip foreplay!** Foreplay is like your warm-up exercise. It's like your appetizer before the main dish. A car runs better if it is warmed up, so is a woman. Engaging into foreplay makes her feel that you want every bit of her. You have to pay attention to every part of her body, not only the breasts and vagina.

5. **Foreplay doesn't only start in the bedroom.** It should start even before you reach your love nest. How? Take her to a romantic dinner. You can start seducing her from there. Tell her how beautiful she is, how you appreciate what she's wearing. Make her feel special. In

that sense, you are getting her involved emotionally.

6. You can start the foreplay by engaging her into a tantric massage session. Buy a "love oil" where you can put it all over her body. Tell her that you're going to give her a massage. And tell her that whatever you will do to her is part of the massage.

7. Make her lie on her stomach. Start massaging her back lightly. Then move to her butt. Do it for about 5 minutes then move on to her thighs; then her legs. Massage her sole. Then ask her to lie on her back. Then start from her toes going up to the ankles, then the legs. Move on to the thighs and to her vagina. Now, use your thumb to massage both her vagina lips into a circular motion going inward or towards you. Make sure that you are able to touch her clitoris while doing the massage. Then move to touch her clitoris very, very lightly as it is very sensitive. Make a circular motion again while touching it. Just do it for a

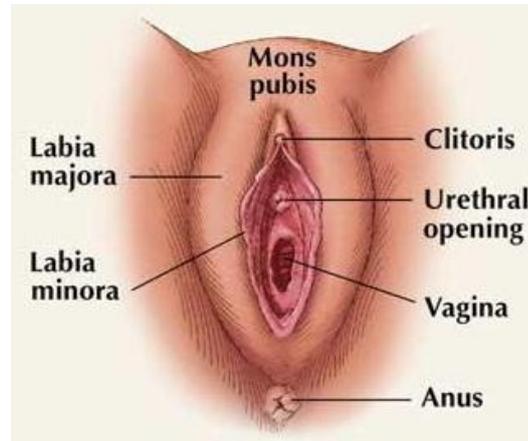
short time then go back to her vagina lips. Then, go up, caressing her stomach, then to her ribs, then to her chest. Massage both of her breasts in a circular motion as well. Play with the nipples. You should be the one in control here. From time to time tell her it's just a massage. Do not give in if she wants to go do the act. Make her wait. Make her want more.

8. **Start with lips to lips, then lips to nips and end with lips to lips.** I know, there's a question that is running in your mind right now. What the heck does this mean? Simple. It means, start with kissing her lips, then kissing or licking her nipples and end with kissing her vagina. And I tell you, try to kiss her vagina the way you kiss her lips, like a French kiss. This method has been tried and tested. You are in for a surprise!
9. **Do not neglect your partner's breast.** Touching, caressing, and licking her nipples

will send chills down her spine. This is where it will all start. She will start to get turned on when you pay attention to her breasts. Stroke it, let your palm touch it and go in circular motion. Pinch it a little; be careful not to pinch it too hard. Ask her if she likes it. Then, make sure your palm is enough to cover her breast and caress it. After that, lick her nipples and suck it gently. Now, while you are licking and sucking one breast, make sure that your hand is fondling and caressing the other. Do this simultaneously. Switch breasts. Doing this will make her wet, which is a plus for you because you got her warmed up already.

10. **Stimulate the Clitoris.** For those who don't know where the Clitoris is, please refer to picture on the next page. Bear in mind that the Clitoris is twice as sensitive as your penis head. Therefore, you should be very gentle. Make sure that she is a bit wet on the surrounding of the Clit. Use your finger to fondle it gently. Go up and down; or a circular motion. If it is not wet enough, chances are,

your partner will get hurt. So it's either you make your finger wet or you use your tongue.



11. Did you know that the tongue is the strongest muscle that you can control? Use it to your advantage! Lick her from the opening of her vagina going up to the Clit and down again. You can vary the speed, depending upon her reaction. You can also go in circular motion so that you will also touch the walls around the Clit, giving her more sensation.
12. **Gräfenberg Spot or G-Spot.** Stimulate this and you will be able to give your woman powerful orgasms. Now, where do you find this G-spot? It is located one to three inches deep in the front vaginal wall between the vagina

opening and the urethra. Please refer to the photo shown on the previous page so you will have an idea where it is. Then, once your finger is inserted and you have it positioned, gently apply pressure on it. Or better yet, make a **“come here”** gesture on the finger/s that's inside her vagina.

13. Another technique in hitting her G-spot is the way you position her when you penetrate her. You can hit her G-spot if you're in doggy style position. Make sure that her butt is raised and her head bowed down. You will hit her G-spot easily.
14. One more position is her being on top of you. You have to lie down on your back and spread your legs. Let her ride you, but this time, she will facing your feet. This position also hits her G-spot instantly.
15. Women love variety, even in the bedroom. So it is up to you to try out positions while making love. You should be in control when you position her. It's a turn-on if the man is in

control. You exude confidence in what you're doing and you are showing her that you are good in bed.

16. **Oral Sex.** When giving oral sex to your partner, you can penetrate her using your finger and at the same time, using your tongue to fondle or lick her clitoris. You can try going in and out using your finger or do the "come here" gesture and lick her simultaneously. This will give a very powerful orgasm. Why? Because you're giving her double sensation. One by licking her clitoris, and two, by using your finger in applying pressure on her G-Spot.
17. Also, when you give oral sex, make sure that you do "eat" her. When you say eat, eat her like there's no tomorrow! Eat her like you can't get enough of her. Just make sure that you avoid accidentally biting her. Use your lips and tongue. If your tongue is working on her clitoris, make sure that your lower lip is also working with her walls.

18. If your penis is already inside her, find a way to fondle her breasts. In that sense, you will be able to make her reach her climax with ease.
19. Always remember that women's arousal is a bit slow to build up. It will help if you don't rush things.
20. **Do talk dirty to her.** Tell her that how good she is, how you admire her whole body. Tell her that she got the most beautiful breasts you've ever seen. Tell her that you will make love to her like crazy.
21. 99% of women say that men who can hold their own ejaculation or orgasm and lets the women go first, are the ones really great in bed. So, keep in mind that you need her to reach her climax first before you do. Or you can go climax together.
22. **Give her multiple orgasms first before going for the main act.** Do this by using your finger or

your tongue or both to stimulate her. Then once she begs you to go inside of her, tease her a little more. But not too much or she will get annoyed. Tease her enough to want you more than ever. Also, bear in mind that when you start foreplay, the woman already gets heated up and will be secreting juices. If this happens, you know that you're in the right track and continue what you're doing. But if it does not, make sure you touch her breasts while you're eating her. This will speed up the process.

23. Do not be afraid to communicate with her in bed. It's all about giving her pleasure. Do not assume that she will like what you will do to her. Show her your effort that you want to please her. Ask her what she wants. If you think that she is not satisfied, ask her to guide you. Doing this does not make you incompetent, it means you care about making her happy and satisfied in bed.

24. Pay attention to her signals in bed. Be aware of her reactions with what you're doing with her. From there, you will be able to tell if you're touching and caressing the right spots or doing the right thing in satisfying her.

25. **Cuddle!** Do not sleep right away after the act. I know it is a bit hard, but try not to. Give her a few minutes to cuddle up with you. It is one of the most important steps that you should not neglect because you are assuring her of the security she needs and that you want her even more. Doing this will give you an edge to ensure relaxation on her part and be ready for another round of pure pleasure and fun!

Now, do you really think that the looks matter? With these great tips and techniques, it does not! Follow the steps in this eBook and give your partner the orgasm they're craving for!