

Women: Here Are 6 Things You Can Do to Experience More Pleasure During Sex



Source: [Go Ask Alice](#)

Many women experience frustration from their inability to feel sensation or sexual pleasure from vaginal-penile intercourse. It is common for women to feel closeness, and fullness, but not the intensity they believe that they “should” be feeling. With a little bit of learning and exploration, you can find ways to enjoy various types of pleasure, intimacy, and even ecstasy.

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Before we get hot and heavy, remember – a little lesson in anatomy can lead to huge results. A woman’s sexual pleasure, and ultimately orgasm, is much more likely to occur from stimulation to the [clitoris](#). The clitoris is highly sensitive

and full of nerve endings. In fact, there are as many nerve endings in the tip of the clitoris as there are in a man's penis! Many of the clitoral nerve endings are subterranean, or below the surface; the visible part of the clitoris is just the tip of the iceberg. However, even "in hiding," those 6,000 to 8,000 sensory nerve endings can be a mega source of incredible pleasure for many women.

In contrast, the vaginal walls contain relatively few nerve endings. Only the lower third of the vagina has enough nerve endings to feel stimulation from a penis, finger, sex toy, or other penetrative object. This can make intense sexual stimulation, pleasure, and orgasm from vaginal-only penetration unlikely. In reality, the clitoris is perfectly placed. You might consider the clitoris to be "inaccessible" because in-and-out intercourse does not touch your button of joy. The challenge is for you and your partner to find and cultivate its potential.

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Generally speaking, touching or pressing the clitoris, directly or indirectly, during intercourse will increase a woman's potential to orgasm. Otherwise, it's like trying to get somewhere in an elevator without pressing the button. Here are a few tips to help you and your partner have a more pleasurable, intense sexual experience:

1. Ask your partner to touch, rub, caress, and/or press your clitoris with his fingers, whether before, during, or after sex. You can guide him by placing your fingers over his fingers or hand, and pressing the spots you like in the motion and frequency that makes you go wild. You can try using your own fingers during sex, too!

2. Explore with foreplay. Sometimes you may feel ready for intercourse immediately, while other times you may want your

partner to first touch, rub, kiss, or lick your vulva and clitoris, using his hands, mouth, or penis. Oral sex can be highly pleasurable to many women because of its direct focus on the clitoris. Women describe intense orgasms through oral sex.

3. Add a few drops of [lube](#) to reduce friction and give a more sensual feel. Remember, it's better when it's wetter!

4. Try a variety of sex positions where your clitoris might be further stimulated. For example, the woman-on-top position has more potential for clitoral stimulation than the [missionary position](#). On top, you can have more control over the amount of stimulation, rhythm, and pacing. You can move your hips to reach his pubic bone, or he can change the angle of his hips. He can also enter you from behind and reach around to caress your clitoris. If you like deep penetration and pressure on your cervix, then choose positions that make this more possible. Get creative! Certain sex positions may feel more exciting to you than others, and this may differ each time you have sex.

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5. Incorporate sex toys into your sex play. Some women enjoy using a vibrator, either alone or with a partner, to stimulate their clitoris during sex.

6. Read up! Books such as [She Comes First: The Thinking Man's Guide to Pleasuring a Woman](#), by Ian Kerner, [The Clitoral Truth: The Secret World at Your Fingertips](#), by Rebecca Chalker, and [Because it Feels Good: A Women's Guide to Sexual Pleasure and Satisfaction](#) by Debbie Herbenick can provide more information.

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