

What Sex Feels Like for Him

During a sack session, a guy is overwhelmed by a range of sensations. Here, men describe them... and how you can double your dude's bliss.

By Myatt Murphy

▶ Let's face it: Guys are simple creatures, and ultimately, pretty much any kind of sex is going to put a smile on your man's face.

But that doesn't mean that every move and stroke you treat him to feel equally as good. Truth is, even though the typical dude doesn't articulate it, certain things a woman does to his body at specific points during a pleasure session feel a hell of a lot hotter and more intense than others. We're talking about tiny-yet-very-effective tweaks to positions and touches that mean the difference between pretty-good booty and stratospheric, I-see-stars action.

Wanna know what they are? We thought so—which is why we got these real guys to spill the beans on the secrets of male arousal.



Erection Triggers

■ "When a girl kisses me passionately or runs her tongue in a frenzy up and down my chest, I become hard almost instantly. It's mainly because she seems so hungry for me." —Kevin, 36

■ "Even if you've been with the same guy for a while, never underestimate how revved up he'll get seeing you strip. There's something hard-wired in the male brain that makes watching a woman take off her clothes insanely thrilling." —Justin, 29

■ "My girl will sit on my lap while I'm at the computer. She'll position her hair and neck in my face so I breathe in the scent of her body. Within seconds, I want her so bad." —Scott, 26



...Igniting his senses.

"Sound, smell, sight—these are all key to turning a guy on. Stimulating

his various senses before you make contact with his penis will create sexual anticipation, more so than if you simply stroked him to erection," explains sex therapist Ian Kerner, PhD, author of *Passionista*.

A few more sense-sational moves: Let him "catch" you coming out of the shower naked, your skin wet and glistening. Or graze his chest with something other than your hands, such as your thong or your breasts.



Even ripping off his clothes arouses different feelings and desires within him.





71%
of men would
rather have great sex
occasionally than
have not-so-hot sex
all the time.
SOURCE: COSMO WEB POLL



Hand Strokes and Touches

■ “The hottest hand job is a *hands* job. Use both hands to caress my shaft and head...or make a ring around the base of my penis with two fingers, and use the fingers on your other hand to trace along my inner thighs. Basically, you are doubling the stimulation.” —Gary, 28

■ “This one chick would run her fist back and forth over my penis, and every few seconds, she’d squeeze tight so I’d feel this incredible pulsing. Each squeeze jacked up my pleasure, but not enough to have me lose control and climax.” —Andrew, 35

■ “Massage my penis first with lighter, then with rougher strokes. At the same time, cup my balls in your palm. The combination is scorching hot.” —Paul, 31



...Mixing up different pressures and speeds and not sticking to one motion. This lets him

feel new and surprising sensations, explains Sadie Allison, author of *Ride 'Em, Cowgirl! Sex Positions for Better Bucking*. He won't be able to guess what's in store next, and that amps up his excitement as well.

Try to avoid diving in with too much stimulation too soon. “Starting with rough motions can be jarring; he hasn't had time to warm up,” says Kerner. When you make that initial hand contact, use a light grip, working to a higher intensity... or a more intense type of play.



Oral-Sex Moves

■ “Oral sex is hottest when a girl thinks of it as a way to tease me—say she kisses and flicks along my shaft or just stimulates the tip of my penis and smiles naughtily.” —Charles, 31

■ “My ex used to take all of me into her mouth, hold me inside her, then lick up and down. While her tongue electrified me, I'd also feel her mouth's heat and wetness surrounding every inch of me.” —Devin, 24

■ “I love oral because my girlfriend takes control. Sometimes, she'll talk dirty. Other times, she places her hands under my butt and brings me closer to her so she can take me in even deeper. It's sexy when she's dominant.” —Rich, 21

■ “I'm turned on when my girl is turned on, which is why I'm crazy for 69: We can lick and kiss each other in tandem or take turns doing it. And if we turn on our sides, it's easy to see the other person.” —John, 36



...Relaxing and being enthusiastic, viewing oral as a way to be in command of your guy's

pleasure and have fun experimenting with mouth moves. So long as you aren't using your teeth, he'll love them, says Kerner. Still, the first moment your lips touch his member can be almost as overwhelming for him as when he climaxes, so start out with gentle licks and nibbles, then shift to more powerful strokes.



Entering You

■ “My girlfriend spreads her legs really wide right before I slide inside her, then clamps them together, and that drastically tightens the way she feels. It's like I'm penetrating her twice in a way.” —Barry, 24

■ “I draw out that awesome first-penetration feeling by putting myself inside a woman just an inch or two, staying still for a few seconds. Slowly, I'll go a little deeper, then deeper, until I am all the way in and have to start thrusting.” —Ken, 36

■ “I re-create that first-time-inside moment by sampling several positions in one session. I'll start in missionary, then switch to doggie-style. She'll climb on top of me, surrounding me with her softness.” —Glenn, 24

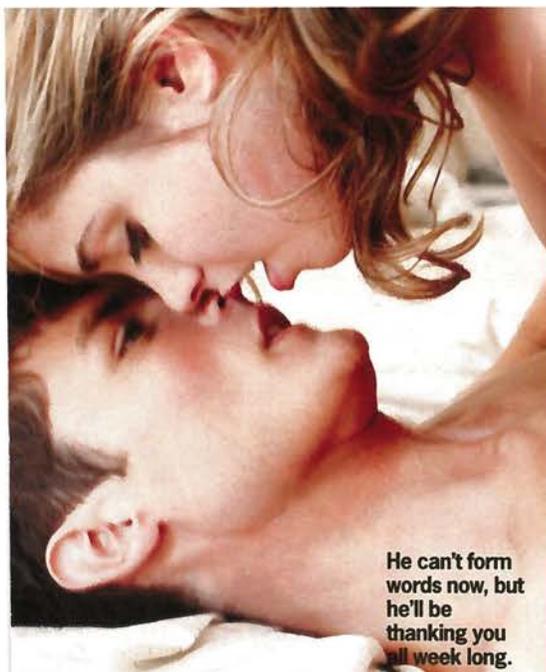


...Recognizing that this sex moment typically kicks things into high gear, connecting the

two of you physically and mentally. “Acknowledge it by going slow,” says Allison. “Incorporate positions that let you control the depth of penetration, like girl-on-top, so you can make the moment last.” Or try doggie-style but tell him not to move so you can push back onto his penis.

Another way to recognize the moment is by being vocal. “Moaning or taking a deep, lusty breath as soon as you feel him inside you—or letting him know how good he feels—will enhance the moment for him tenfold,” adds Allison.

“Girl-on-top lets her lean in and blanket her body over mine. Feeling my girlfriend against my skin like that overloads me.”



He can't form words now, but he'll be thanking you all week long.

His Turn-On Time Line

Believe it or not, these are the thoughts popping into his head while you're getting it on.

<p>"I wonder how long I'll have to do this before—ooh, that's nice."</p>	<p>"Yep, this is still the best thing ever."</p>	<p>"Disturbingly, that failed. I'll switch positions for a break and a better view of her ass."</p>	<p>"Regardless, that moan sent me over the edge. Cogent thought shall cease for 30 seconds."</p>
FOREPLAY	SEX		AFTERWARD
<p>"Okay, but seriously, I want to have sex now."</p>	<p>"She. Is. So. Hot."</p>	<p>"I don't want to end too soon, so I'll slow myself down: Seth Rogen in tightie-whities. Seth Rogen in tightie-whities..."</p>	<p>"Did she just have an orgasm? I think she just had an orgasm. It seemed like an orgasm."</p>
			<p>"Gee, a burger would be really good right now."</p>



Positions He Loves

■ "Girl-on-top lets her lean in and blanket her body over me. Feeling her hair and breasts against my face, neck, and chest while I'm inside her overloads me." —James, 27

■ "Missionary with a pillow under her butt allows me to get really deep, and if she raises her legs high in the air yet keeps them together, I feel her tightness all around me. I climax in minutes." —Jamie, 35

■ "Doing it from behind puts me in control, and I can maneuver my penis so it enters her from different angles, which makes my girlfriend squeal in excitement. Plus the view of her ass—wow!" —Daniel, 22



...Adding elements of other sex styles into his preferred one, says Kerner. For example, if he loves the control and view of doggie-style, surprise him with a twist on woman-on-top where you straddle him while facing away, leaning your upper body over his legs so he can see your butt and control the thrusting by holding your hips.



His Climax

■ "When I feel that first contraction, my mind goes blank as I ride spasm after spasm. All I can focus on is what's happening with my penis. The house could be caving in and I wouldn't notice." —Ted, 24

■ "Right before I'm about to burst, my girlfriend reaches back, places her fingers between my balls and my butt, then pushes down and drums them into the skin. I lose all control instantly." —Ian, 27



...Recognizing when he's on the brink and making his orgasm last. As you sense he's close to letting go (one hint: His breathing will become faster and more shallow), caress his balls and pull them downward gently, or massage the skin just behind them. Both moves feel awesome for him and help extend his orgasm when it happens, says Allison.

Once he reaches peak, don't disengage your body from his. "His penis still craves the heat and friction that brought him to climax in the first place," says Kerner.



Postlimax Wind Down

■ "When I come, the tip of my penis gets too sensitive to touch, but my balls actually crave it. So run your fingers down them or give them a light scratching with your nails for several minutes." —Adam, 23

■ "One girl I dated gently turned me onto my stomach after sex. I thought she was going to rub my back, but she draped her body over mine and nuzzled her nose into my neck so I felt this soothing, head-to-toe warmth." —Sam, 29



...Giving his penis time to recuperate. In the minutes after his climax, it can't handle any touch at all, says Kerner. However, the rest of his body is primed for some skin-on-skin contact. "When a man has an orgasm, the blood in his genitals quickly rushes out while prolactin and other feel-good hormones spike in his brain," says Kerner. Translation: He feels calm and centered, ready to bond via snuggling and cuddling. "Massaging his shoulders or feet can add to that sense of Zen he's experiencing," says Kerner.