

▶ When you think about all the sexy stuff you can do to a guy, a hand job probably doesn't top the list. Chances are, you haven't given one in forever and have moved on to more exotic-seeming fare. However, that throw-back appeal can be a turn-on for both of you. **"It reminds you of your first sexual encounters and the anticipation you felt back then,"** says Sadie Allison, author of *Tickle His Pickle*. **"Plus, the fact that he's not expecting it adds a thrill."**

Your hands are also capable of delivering a particular kind of sensation unrivaled by oral sex or intercourse. "They can administer a great deal more friction and speed," points out Ian Kerner, PhD, founder of goodinbed.com.

The hurdle, however, is that manual stimulation is the one thing guys can do for themselves. And *well*. That's why you need to offer up some fresh, fun benefits that surpass his own skills. **"For instance, you grip his penis from a different angle than he does when he touches him-**

HANDY TIPS

First, take off any rings you're wearing. And if your hands are cold, rub them together to warm them up before touching him.



"Move those hands a little lower, honey."

The Sexy Strokes He Craves... but Won't Ask For

Of all the perks your guy loved back in high school—the varsity jacket, house parties, proximity to cheerleaders—there's pretty much nothing he misses more than hand jobs. Treat him to an expert one tonight and watch his whole body melt with pleasure.

BY MOLLY TRIFFIN

self, so he'll experience a new type of pressure," Allison notes. In addition, he'll enjoy being able to relax instead of doing the work.

Then there are all the sexy side effects: the rush of not knowing what you'll do next, the view of your bod, the feel of your soft

hands, the naughty things you say. Here's how to throw his disco stick a party he'll never forget.

**STEP 1
Create Some Heat**

Build up anticipation during foreplay by kissing him

and running your hands all over his body, avoiding his crotch. After a few minutes, touch his package over his pants. **"The dull sensation of being stroked through the fabric arouses him,"** Allison says. **"Gently squeeze him, rub him, and grind against him."**

Slowly undo his pants, and then caress his penis and balls while he's wearing his underwear. "Give him a sexy stare to underscore how much you crave him," Allison says. Now remove those boxer briefs too.

Another key move at this point in the game is to get him super hard—the more blood in his johnson, the more intense the sensations. "Hold his penis in one hand, and lightly slap it with the other. This increases blood flow to the area," Kerner explains. In addition, you can tap it back and forth between your hands like you're volleying a tennis ball and softly pinch the skin on his shaft and testicles.

Then give his sausage a massage. "Apply lube to your palms, and rub his penis like you are lathering lotion onto it," Allison advises. The more aroused he is, the more pressure his penis can handle. "Many women make the mistake of being too gentle," Kerner adds.

**STEP 2
Ramp It Up**

He's steamed up after all that, so really get into it. **"Variety is key at this stage," Allison says.** **"Switching your grip or rhythm every**

30 to 60 seconds not only keeps him guessing but also shows you're enthusiastic—a huge turn-on."

(But when he gets closer to orgasm, it's better to stick with a single technique.)

and stroking them both downward so your hands cover the head of his penis when they descend. "The downward stroke is particularly powerful for him," Allison notes. "It feels like

wrists when you reach his head as though you are turning a doorknob. Use plenty of lube since there's lots of friction.

Finally, pay special attention to the hot spots sur-

runs down the middle of his scrotum—slide a finger along it. Firmly press his nerve-rich perineum, the swath of skin between his boys and his anus. Grip his inner thighs, pull on his pubic hair, or massage the skin around his penis.

"The downward stroke is particularly powerful for him. It feels like he's penetrating you again and again."

Work these grips into the mix: Create a ring around the base of his penis by touching your thumb and forefinger together to form an "okay" sign. Squeeze steadily using mild pressure, or squeeze and release rapidly for a vibrating sensation. "This traps blood flow, increasing sensitivity," Kerner says. Meanwhile, make a second ring with your other hand, and glide it up and down his shaft—that's the ring grip.

Next, try the tube grip: Wrap four fingers around his penis, and stroke up and down. You also can do the tube grip with your hand turned upside down (so your thumb is toward the base of his penis and your pinkie is toward the head). "It puts your fingers in a different position, which feels good," Allison says.

Change up the stroke styles too. Stack one hand on top of the other (using a ring grip or tube grip), and alternate between moving them back and forth in opposite directions, gliding them sequentially up and over the head of his penis,

he's penetrating you again and again."

Then throw in a few twists. In no particular order, alternate between swiveling both wrists in opposite directions and stroking your hands upward, twisting your

rounding his magic wand. While stroking his penis with one hand, use your other to rub his testicles softly, cradle them close to his body, or tug them away gently. The raphe is a supersensitive "seam" that

STEP 3 **Work the Grand Finale**

Now, focus on the head of his penis, which has more nerve endings than any other area does and craves extra stimulation as he approaches orgasm, according to Kerner. Rub your thumbs in a tiny figure-eight pattern over his frenulum (the flap of skin on the underside of his penis). Or try Allison's windshield-wiper move: Glide your thumb from side to side along the rim where his head begins, then move your thumb up and over the top of the head several times.

Once he has almost reached the finish line, consistency is key. Apply firm pressure, and move your hands quickly up and down just the top third of his penis. Maintain a steady rhythm and stroke.

When he comes—this part is crucial—don't stop until he pulls your hand away. "Men experience orgasmic contractions in spurts," Kerner explains. "To bring him maximum pleasure, you need to keep the stimulation going." He'll thank you for bringing back the old-school handy—with a serious bang. ■

HOW TO BE HIS PENIS'S WORST NIGHTMARE

Hands-on loving is nice, but it is possible to get a wee bit obsessive with his willy. For God's sake, don't...

- Create a fan page for it on Facebook.
- Get inspired by the vajazzling trend and "penazzle" it with rhinestones.
- Talk to it in a baby voice when it needs some cheering up.
- Knit it a teeny tiny winter hat.
- Hum the *Mighty Mouse* theme song when it rises to the occasion.
- Practice a de-stressing technique from your acupuncture class on it.
- High-five it when you come home after work.
- Write "[Your name] loves Mr. Snookums" on it in magic marker.
- Hold it like a microphone and serenade him.

—ERICA COHEN