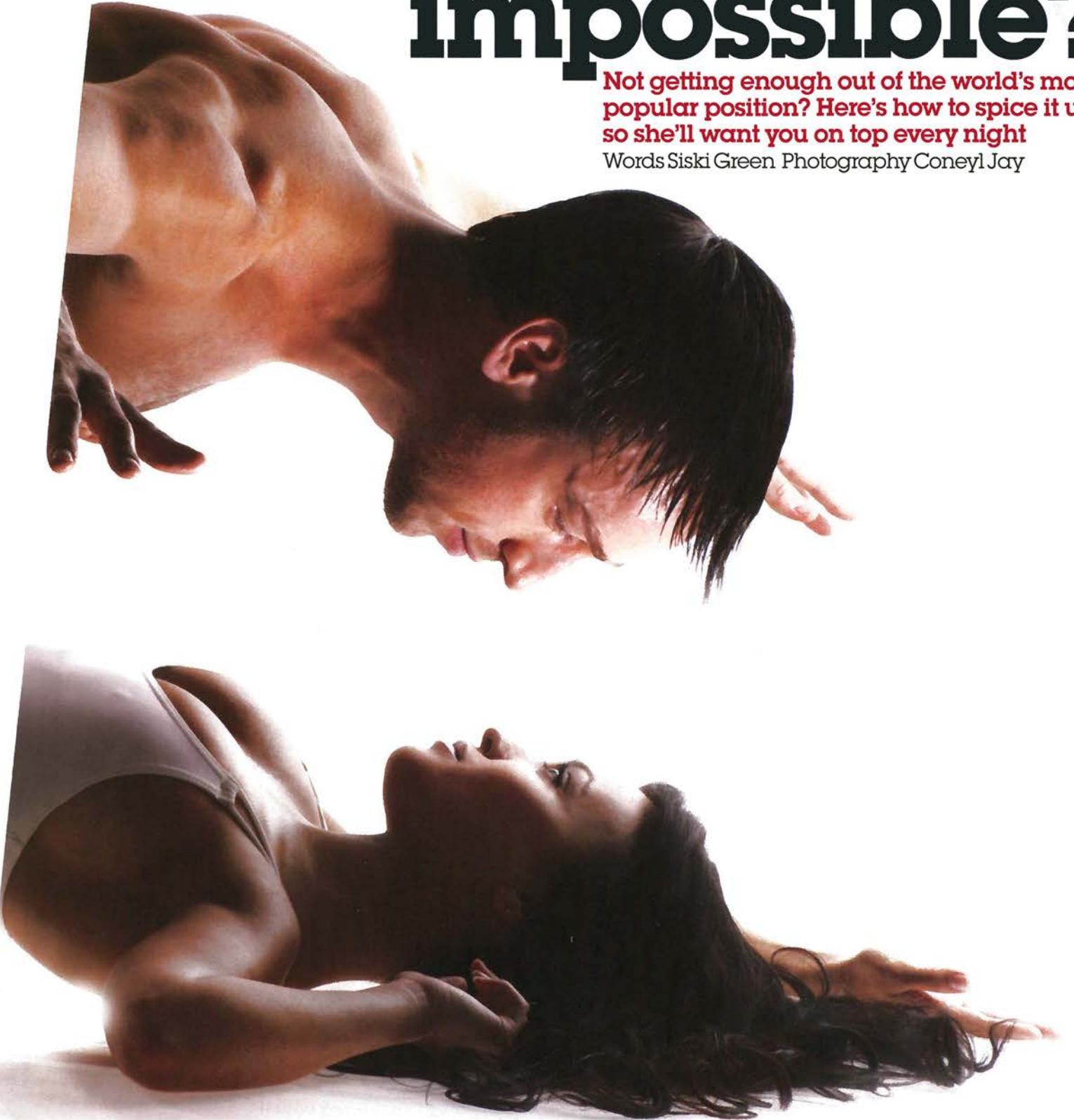


New!
Be a sexual
connoisseur
#1

Missionary impossible?

Not getting enough out of the world's most popular position? Here's how to spice it up so she'll want you on top every night

Words Siski Green Photography Coneyl Jay



Turn to complete your mission



1 Take it outside Sexual stakes

up by 30%

Do it now Place your legs either side of hers, rather than in-between. For extra friction and a tighter squeeze, this version of missionary is hard to beat. "The tighter squeeze from her thighs feels great on your penis, but the angle of penetration means you have more staying power – you won't reach climax so quickly as you can't thrust quite so deep inside," says Dr Pam Spurr, author of *Sinful Sex* (Robson, £7.99). "Your penis also pulls and rubs on her clitoris, making sex phenomenally exciting for both of you."

2 Raise your game Sexual stakes

up by 50%

Do it now Put a couple of pillows under her behind. The missionary position gets a lot of stick, and quite rightly, because while your pole gets fully waxed, her clitoris doesn't even get to

touch base. And, in the words of Sadie Allison, author of *Tickle Your Fancy* (Tickle Kitty). "If she ain't getting hers, you're not going to be getting yours, honey!" Angling her pelvis towards yours by using one or two pillows will increase clitoral contact for her, so she'll be far more likely to orgasm.

3 Just add water Sexual stakes

up by 65%

Do it now Soak a sponge in icy water and, just before you enter her, wedge it between the top of her pubic area and yours. Each time you thrust, cold water will squirt out over her vaginal lips and on to your penis. "The genitals are usually a few fractions of a degree warmer than the rest of your body," says psychosexual therapist Vicki Ford, "The sudden contrast of cold will feel very intense, bringing even more blood to the area and increasing sensitivity."

Belt up! She's found a new way to control you



Provide your lady with a lasso and have her use it to regulate your thrusts

4 Hand her the reins Sexual stakes

up by 70%

Do it now Provide your good lady with a lasso: a silk scarf, a tie or even a belt, then have her use it to regulate your thrusts. The missionary position is considered boring because the woman is seen as being in a submissive position – handing her a tool to take

control of your thrusting equalises the power. "If she takes an end of a scarf in each hand then holds it tight against the underside of your behind, she can pull on it to bring you deep inside her," says Emily Dubberley, author of *Brief Encounters: The Women's Guide to Casual Sex* (Fusion Press, £7.99), "and release to let you back out."

Decode her signals

Women and men work on different wavelengths, but we're here to bring you both into line. Check the graph to find out where you lie. **This month: the first date**



You think

"We've arranged a time and date, no need to call again to check beforehand."
 "We should have a few drinks and really enjoy the evening."
 "If I can walk her to her front door, she might ask me in."
 "I can't wait to kiss her and show how passionate I am about her."
 "That was good. I'll call her in a week. Don't want to seem too keen."

Solution

A quick text to tell her you can't wait to see her will make all the difference to her confidence.
 Drink bottles of beer to help you slow your drinking, and sip on water throughout the evening too.
 Arrange another date and put her in a cab home. She'll like you more for not trying it on.
 Build to your crescendo slowly. This will help to synchronise your rhythms. Be gentle.
 Don't kill her with keenness by calling her at 9am the day after, but don't leave it longer than two days.



She thinks

"He hasn't called. He's not coming. He's forgotten. Does he even care?"
 "Can he not have a good time without having to get drunk? Am I that boring?"
 "If he walks me home it'll be rude not to ask him in, but I don't want to seem easy."
 "The first kiss should be passionate. But I want it to be tender, too."
 "Great night, but it's been three days since then. Why hasn't he called me?"



This month: Get wet



With this position, orgasms come on top. "Sex in the bath is often difficult because you don't have too much room to stretch out," says Sadie Allison. "But if she goes on top, with her feet up by your shoulders and her hands behind her to support her upper body, she can use her feet to push back and forth on top of your penis." Waves of pleasure? Just make sure you don't overfill the bath. **SG**

Next month: How to chat up any woman, take her back home and have sex with the lights on

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