

# The Different Kinds of Os

» Men are sexually simple. We don't mean that as an insult—in fact, we envy you! But you likely have one type of peak, and that's it. Females, on the other hand, are way more complicated. "Women can have various kinds of orgasms, and they all feel different," says sexologist Sadie Allison, author of *Ride 'Em Cowgirl*. "What type she has really depends on where and how she's stimulated." And though you'll never be able to have these Os, it's a good idea to understand each kind so you know how to give them to the woman in your life. Here they are.

## CLITORAL

This is the most common type for a woman to have. But don't think that just because it's the usual, it's less special. Trust us, it feels sooo good. To give her one, stimulate her clitoris during sex—it's easy to do this in girl-on-top, since her love button will be right in front of you. The key is to start slowly and then rub more a little more aggressively.

## G-SPOT

Women often describe this climax as feeling deeper or more intense. To give her one of these, you have to stimulate her G-spot during sex. We've already told you where that is, but here's a reminder: It's situated about 2 inches up on the front wall of her vagina. You can hit this spot with your finger to push her to her limit, or you can try it during sex by using the missionary position. Just prop up her butt with a few pillows so her pelvis is at the right angle to let you hit the area.



She's hoping  
for a blended.

## **BLENDED**

The two other Os are damn good in their own right. Now imagine combining the forces of both for one phenomenal finale. Well, that's what a blended orgasm is. Here's the best tactic to give her one: Have her lie on her back on the edge of the bed, with her feet dangling over the side and a few pillows underneath her butt to raise her pelvis (this makes it easier for you to hit the G-spot). Stand between her legs, and once you're thrusting, start teasing her clitoris until she reaches an explosive finale.