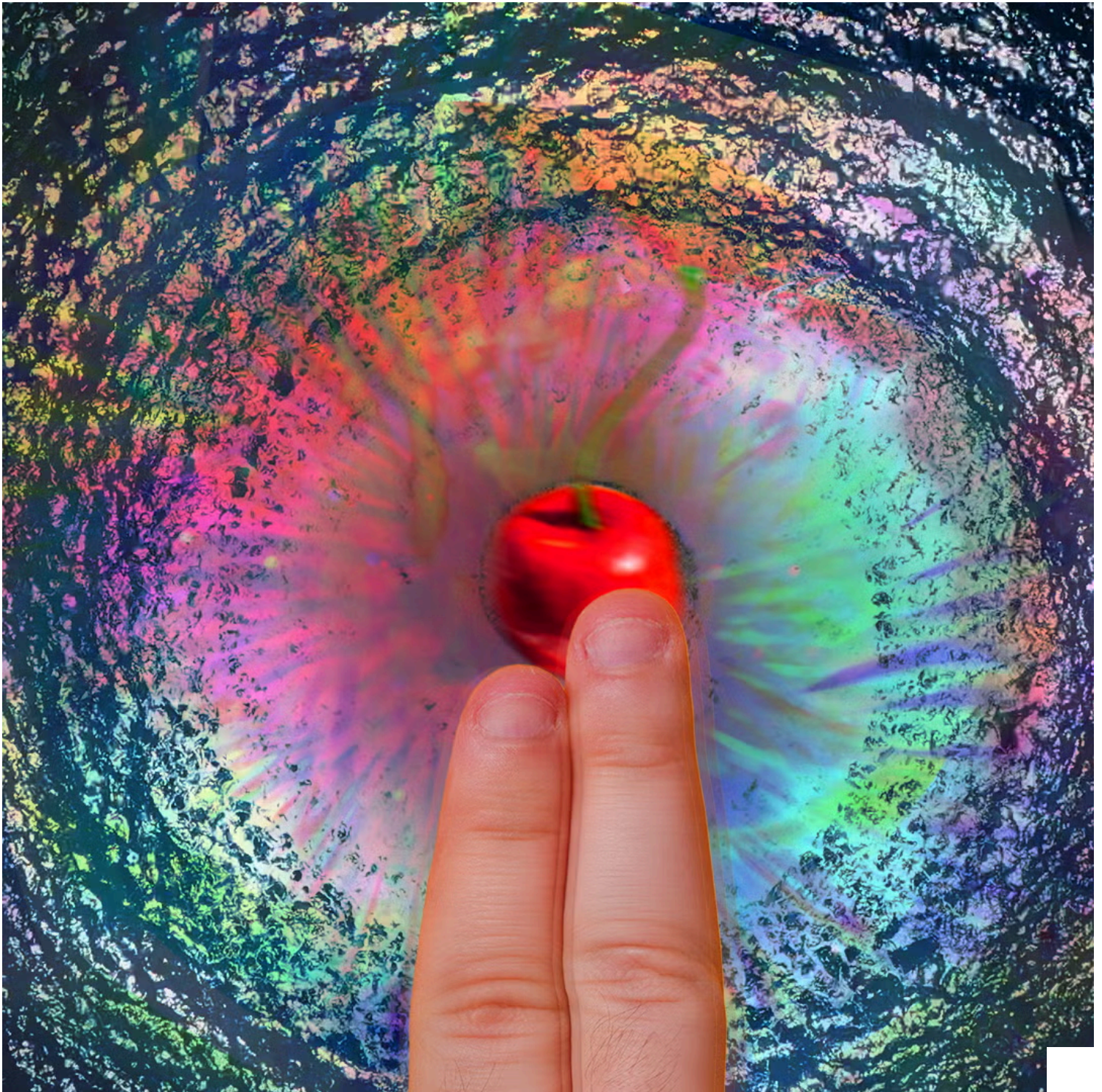


Sex & Intimacy

Where Is the G-Spot? Here's What to Know About the Elusive Sexual Pleasure Zone

Spoiler: It's not a magical orgasm button hidden inside the vagina.

BY RACHEL VARINA PUBLISHED: MAY 2, 2025



Ying Chen // Getty Images

Let's clear something up right away: The elusive G-spot is *not* a magical button hidden inside the vagina that guarantees instant orgasms. Sorry to ruin the fantasy. In fact, as we reported in our viral 2020 investigation, science has consistently failed to locate any distinct anatomical structure that matches the G-spot hype. TL;DR: the G-spot isn't *real*—at least not in the way we've been told.

And yet... the search continues. Countless products promise to stimulate it. Partners obsess over "finding" it. Entire subplots in romantic comedies hinge on it. So if it's not a real spot, why do so many people swear it feels amazing?

Here's where things get a little more nuanced (and honestly, more interesting). While there's no one-size-fits-all "pleasure button" hiding inside your body, many people *do* experience heightened sensations during internal stimulation—especially along the front vaginal wall. Psychologist Leah Levi, sexpert at Flure, explains that this region contains several overlapping structures, like the urethral sponge and parts of the internal clitoral network, that can become sensitive during arousal.

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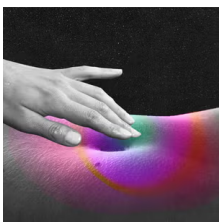


The G-Spot Doesn't Exist

Psychologist and certified sex therapist Laurie Mintz, PhD, who's also a sexpert at Lelo, refers to this general area as the CUV complex, short for clitoris-urethra-vagina, noting that it includes "sensitive tissue including the inner clitoris," and that "some people with vaginas find this area, and some can't."

So what is the G-spot, really? Is it a lie? A marketing gimmick? An underrated pleasure zone? Ahead, we break down what's actually happening internally, why it feels good for some (and not others), and how to explore your internal hot spots—no treasure map required.

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Yup, It's Time We Discuss Erogenous Zones

What Even Is the G-Spot?

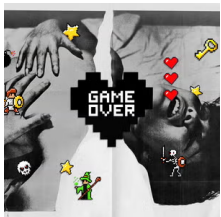
You've probably heard that the G-spot is this mysterious little button hiding inside the vagina, just waiting to be pressed for a next-level orgasm. In reality, it's not quite that simple. "The term itself sets up a false expectation," says Levi. "That

everyone has this hidden pleasure button at the same spot in every body, just waiting to be found.”

What people call the G-spot is usually described as a ridged or spongy area on the front wall of the vagina, about one to three inches in. But anatomically, there's no single “spot” that consistently exists in every person. What's actually there is a mix of sensitive structures—like the vaginal wall, urethra, internal clitoral tissue, and the so-called urethral sponge—all of which may respond to pressure or stimulation.

In short: It's not a magic spot. It's a general area that may or may not feel good.

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Does the G-Spot Actually Exist?

As we explained in our 2020 feature *“The G-Spot Is Not Real”* (which, yes, you should go ahead and read if you haven't already), there's no anatomical proof of a standalone G-spot, and experts agree. “It is not a spot at all,” says Mintz. “It is an area that can be felt through the front wall of the vagina... made up of several distinct anatomical parts.”

This region is now sometimes called the CUV complex (clitoris-urethra-vagina), as Mintz says, or the vaguer G-"area", and while it can feel good to stimulate, there's no guarantee. Some people can find it and enjoy it. Some can't find it at all. Some find it and feel... nothing. So when someone says “the G-spot isn't real,” what they usually mean is that it's not a singular structure with a universal orgasmic outcome.

It's not a myth that people enjoy internal stimulation during sex—it's just a myth that there's one specific spot everyone's supposed to be obsessed with.

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Why Some People Feel Pleasure from Internal Stimulation

Just because the G-spot doesn't exist as a medical fact, doesn't mean internal pleasure is fake. In fact, lots of people report loving certain types of internal touch. According to Levi, "The sensations are valid, but they're not necessarily proof of a separate anatomical organ."

So why do some people feel more down there than others? It depends on a mix of anatomy, nerve endings, and personal sensitivity. The internal parts of the clitoris extend along the vaginal canal, and deeper nerves like the pelvic and hypogastric nerves carry sensation during penetration. Pressure on tissues like the urethral sponge or clitoral bulbs may light things up for some people, especially when they're fully aroused. Sounds like a lot, but really? It's just a fancy way to say the clit actually extends *inside* the vagina, but the stimulating internal area doesn't necessarily feel ahhh-mazing to everyone.

Mintz puts it like this: "No two [people with vaginas] get off sexually in exactly the same way. Everyone needs to explore what they like."

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How to Actually Have an Orgasm

How to Explore Your Internal Hot Spots

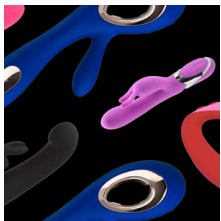
Here's your permission slip to stop hunting for the mythical G-spot and start figuring out what feels good for *you* by way of mindful masturbation. "Take an attitude of curiosity about pleasure," says Mintz. Ask yourself, *I wonder what this will feel like for me?* That mindset shift—from a goal to a journey—can help take the pressure off.

Levi recommends starting relaxed, using lots of lube, and trying curved fingers or penetrative sex toys aimed toward the belly button to stimulate the upper vaginal wall. A dildo or vibrator made to be inserted internally is the move here (just make sure to use water-based lube with toys!).

If that's not doing the trick, or you simply want to see what else is out there (love that), combine internal stimulation with clitoral stimulation (a rabbit vibrator is our go-to for dual action) for even more sensation, and switch up angles or positions if something's not hitting right. Most importantly: "Everyone's body is different," Levi says. "Pleasure often comes from trial and discovery."

And if you don't find anything you love internally? That's okay too. In her award-winning research book *Becoming Cliterate*, Mintz notes that only 4 percent of women say their most reliable route to orgasm is internal stimulation alone. The other 96 percent? Thriving with external clitoral play, tyvm. So if that's you, know that you're in good company.

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