

# COSMOPOLITAN

The Badass Babes Issue

STARRING

## RUBY ROSE

Hollywood's Sexiest New Rule Breaker

# OUR BIGGEST SEX Q&A

Answers to Your Most Private Questions!

### ORGASMS MADE EASY!

Enjoy One... Every. Single. Time.

# #1

## The Way To Tell If He's Truly Into You

## HOT-BODY SECRETS

You're Gonna Love Being Naked!!

### Is Your Face Aging Too Fast?

Find Out in The Linda Wells Skin-Care Report

MARCH 2017

\$4.99



Don't Miss Our New Show SO COSMO on E! Details



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MARCH 2017



**Celebrate spring with a sexy new style.**

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# Crack Your Orgasm Code—

by Tonight!

Sometimes, having the perfect climax—or just one at all!—can feel like decoding a riddle...that's wrapped in a mystery... hidden inside an enigma. (Yup, we just paraphrased Winston Churchill. In a sex story.) Gratefully, women can enjoy a veritable buffet of orgasmic experiences—from our lips to our nips to our toes. Follow our guide to finding your bliss.

BY JULIE VADNAL



## 1 Get Over What's Blocking You

### THE BIG THINGS...

#### You're in the Wrong Headspace

It's easy to let your mind wander: *Is my cellulite showing? Is he liking this? Am I liking this?* "Anything that engages your brain can be distracting," says neuroscientist Nicole Prause, PhD, founder of the sexual biotechnology lab Liberos. "If you want to orgasm, you have to shift into a zoned-out state." Close your eyes and focus

on the physical—his hand on your breasts, the way he kisses your neck—to filter out noises in your head.

#### You're Not Sure What Works for You

So...practice! Start by tracing a finger along your labia and clitoris—95 percent of us need clit stimulation to O—or try out a vibrator. "Masturbation is the cornerstone to good sex," says Laurie Mintz, PhD, author of *Becoming*

*Cliterate*. "Once you know what you want, transfer that to sex with a partner."

#### You're Scared to Ask for What You Want

Trust us, guys don't mind a little guidance—in fact, they feel serious pride if they make you see frisky fireworks. Be direct with phrases like "Touch me there" or "That feels amazing." Even easier: Move his hands directly where you want them to go.

### ...AND LITTLE THINGS

#### It's Allergy Season

Antihistamines can dry up your nasal passages...and your penis passage. Use lube!

#### You Have Cold Feet

Literally. Women who wore socks during sex were more likely to peak than those who didn't, per recent research.

#### You Guzzled Coffee

Caffeine can restrict blood to your hoo-ha. Skip the java. Your vagina will thank you.



## 2

## TRY A NEW ANGLE

The Coital Alignment Technique, or CAT (meow!), is a spin on missionary that stimulates your clitoris during sex. Get in proper fornication formation by lying flat on your back as he presses his body against yours, lining up your pelvises, while he thrusts in an upward motion (versus the usual horizontal push-pull). This way, his pubic bone rubs against your clitoris as you rock your hips together. (Wish you could send this move's inventor a thank-you card? Us too!)

## Climax Conundrums

## SHOULD I EVER FAKE IT?

It's a pretty bad idea. "You're training your partner to do something that's not pleasurable for you," says Mintz. "That doesn't benefit anyone."

## DO I HAVE TO COME EVERY TIME?

There's no rule that says so, and you may feel just as great sans climax: Prause's research shows that an aroused brain and an orgasming brain look pretty similar. "And your body still gets most of the benefits," she says.

## WHAT IF I'VE NEVER ORGASMED?

About 10 percent of women say they've never come, says Mintz. But keep in mind: "Not every orgasm is an earthquake. Some feel more like ripples."

## 4 Go for an Oral O

As your partner heads downtown, try out any of these breathing moves. Each plays double duty, says Mintz: Measured inhaled and exhaled calm any *Is this taking too long?* worries while also creating and relieving muscle tension—all of which lead to major pleasure.

► Inhale deeply through your nose or mouth, then visualize that you're exhaling through your lady parts. Sounds weird, totally works.

► Pant in short, rhythmic gasps from your mouth. Research shows that trancelike breathing can enhance your good feels.

► Hold your breath for several seconds at a time as you're about to orgasm. It creates crazy-amazing tension before the big moment.

## SLOW THE EFF DOWN

On average, it takes a woman 20 minutes to orgasm with a partner. The number of minutes for dudes? Four. So what we're saying is: Give yourself plenty of "everything but" windup time. Stage a sexy striptease. Guide his hands up and down your body with massage oil. Vow to make out—and make out only—for five full minutes. By the time you get to the actual act, you'll both be totally turned on.

## Stock Your Nightstand

MAKE SOLO—AND PARTNERED!—PLAY EVEN MORE 0—MAZING WITH ONE OF THESE TOYS.



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