

Breast Mastery

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Introduction

Hi! I'm Julia Robbie and today I'm going to talk to you about two things that play a big role in pleasing a woman...boobs! When men think about pleasing a woman, they often focus on the G-spot. And the G-spot is indeed the number one thing to focus on if you want to give a woman an orgasm. But if you want to increase the odds of getting her to cum, and make her cum more powerfully, try playing with her breasts.



There's even a way to give a woman a breast orgasm. That's right, you can give a woman a full-on orgasm just by playing with her breasts the right way. And if you play with her clit at the same time, it will further elevate her levels of pleasure. But we'll have more on that later. In the meantime, let's focus on breasts, what they're about, and what

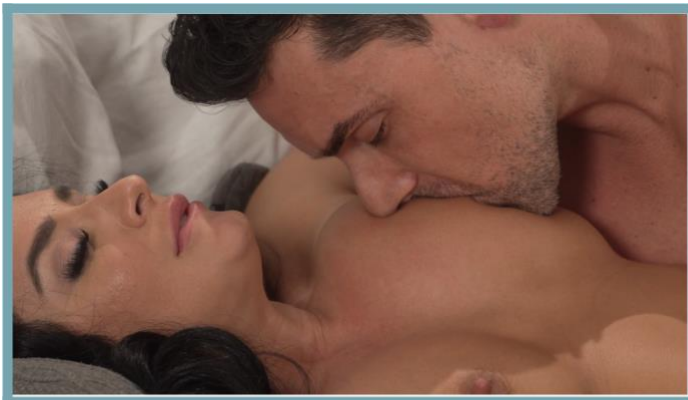
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you should be doing with them to take sex to the next level. So, what is it with breasts? Both men and women seem to be fascinated by them. They are sexualized, used in marketing schemes, and flaunted by women who have big ones. And those who don't have big ones will pay thousands of dollars for enhancements, push-up bras, and other items that make them look bouncy and bountiful. When you get right down to it, breasts serve a few basic functions. But let's not even focus on the baby-feeding stuff. We are here to talk about how breasts can be used to take your woman's sexual pleasure to 11. So, let's get going.

The Breast-Gasm

Now, I'm sure all of you are probably wondering, what is this elusive breast-gasm? So let's get right to it! Going back in time, it was previously thought that women could only achieve orgasms through vaginal stimulation. But today, we are finding that there are various ways to give a woman an orgasm. One is to play with her breasts. Don't believe the breast-gasm is real? Check out the science behind it.

When you suck or tug on a woman's nipples, it produces oxytocin, also known as the love hormone. This hormone is also released when women



breastfeed. Oxytocin is responsible for generating feelings of love and bonding during sex. It can also produce contractions in the uterus producing orgasms. What's more, nipples are very sensitive body parts

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that become even more sensitive when erect. With more than 800 nerve endings, you can easily see how nipple play can lead to an orgasm.

When you touch the breasts, blood flow in the area increases, similar to how a clitoris or penis becomes stimulated. You can see this as your woman's nipples become erect and the veins in her breasts become more visible. The increased blood flow also makes the breasts more sensitive. Sensitivity differs from woman to woman and may also change depending on the time of the month. Factors that come into play include where she's at in their menstrual cycle, whether she's breastfeeding or pregnant, and more. Some say women with small breasts are more sensitive than women with larger breasts.

Breasts are hardwired to a woman's genitals. If you stimulate a woman's nipples correctly, it will send tingles of excitement to her genitals. It arouses the clitoris bringing her close to an orgasm. So, the question is, how do you touch the breasts to produce an orgasm? This also varies from woman to woman. It takes some trial and error and lots of communication. But with the right methods, you are sure to have her screaming with pleasure without ever touching her G-spot.

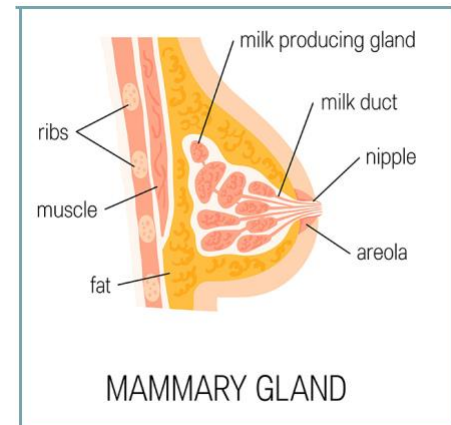
Breast Anatomy

Breasts come in a variety of shapes and sizes. They generally range from AA to F cup bra sizes. However, there was a particularly gifted woman named Annie Hawkins who boasted a 48V bra size. But let's get back on topic.

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To better understand how to please a woman, it's important to get familiar with breast anatomy. Breasts are made of fatty

tissue which determines how large they are. They also contain glandular tissue where milk is produced, blood vessels that carry blood, oxygen, and nutrients to the tissues, lymphatic channels which carry away waste, and connective tissue which helps bind the tissues in the breast together. Then there are the nerve tissues.



You want to concentrate on areas with plenty

of nerve tissue to produce pleasurable feelings. The nipples and areola are packed with nerve endings that make them sensitive to the touch, so this is an area that requires attention. The areola is the dark-pigmented area surrounding the nipple. While it is sensitive, it's not as sensitive as the nipple itself. This means you can be a little rougher with this part of the breast. However, any part of a woman's breast can be sensitive. The upper quadrant is another area to pay close attention to. Lots of women love it when you touch the top of their breasts.

Erotic Exploration

As mentioned earlier, there is no right or wrong way to please a woman when it comes to breast play. It's all about erotic exploration. You can try very gentle touches on the exterior of the breast. Or you can blow gently on the breast to send shivers of delight through her body. I recommend these techniques during early foreplay. When things get more heated, you can experiment with rubbing, massaging,



cupping, squeezing, stroking, licking, sucking, and even some gentle biting. Pay attention to her reaction to find out what's working and what isn't. And don't be afraid to encourage verbal communication to find out what she likes.

Now, I'm going to take you through a step-by-step technique you might have success with. Start with very light touching on the outside of her breasts including the upper and lower areas. Use your fingertips and nails to tickle and tease her. Do this all over her breasts but avoid the nipple area. At this point, you are just

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teasing, working her up to get her aroused.



When you finally touch her nipples, she'll be about to explode. Continue with the light touches while working your way to the center of the breasts without touching the nipple. Go towards the center, and then work your way back. Use a fingertip massage which involves massaging small circles from the outside of the breasts. Working your way towards the nipple and then back again will get her even more aroused so she will be anticipating that nipple contact.

The next move is to touch the nipples - but you should only graze them lightly. Don't stay there. Spread your hands out wide so you can fully grasp both breasts. Then work your fingertips inward so you gently but firmly hug each nipple. Note

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that you should avoid staying on the nipple area too long. You are still in the teasing phase. And the movements you are using are one of the most erotic types of breast stimulation. Now gently pinch the nipple area.

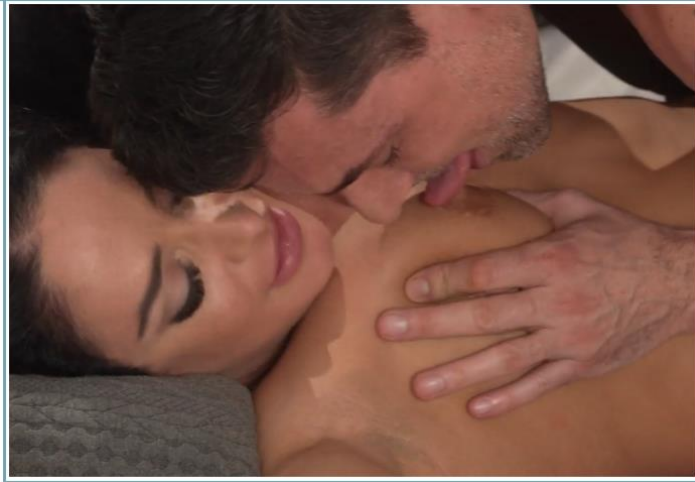
You have to be very careful here as you don't want to hurt her. The

movement is very exact, and if done correctly, it will bring her close to orgasm. Pull the roots of the areola and not the nipple itself. Use a long, smooth tugging motion to avoid a hard pinch. Don't twist her nipples as that could hurt her and make her not want to move forward with the experience.



Now you are ready to bring your mouth into play. But again, you don't want to go straight for the nipple. You want to build up the tension by kissing her erotically. Then lightly bite and lick the erogenous zones around her breasts such as her neck, shoulders, and ear. Work your way down until you get to the breast area.

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At this point, your woman should be fully aroused. She should be writing beneath you, working her legs, and pivoting her body upwards as if she wants you deep inside her. But this is only about the breasts... at least for now. When you start using your mouth, follow the rule of saving the nipples for last. So start licking, sucking,

and kissing the area around the nipple. Then hold her breast in your hand and squeeze lightly.

This should bring the nipple up so it's in a perfect position for you to wrap your mouth around it. Start by gently licking around the nipple and flicking your tongue over it. Once you are in this position, use different techniques to determine which she likes the best. Vary between sucking, tugging, and playing with her nipples. It's important to pay attention to how she's reacting to your touch so you can figure out what she likes best.

Asking for verbal confirmation could be helpful but not all women like to talk during sex so it's best to go off body language. Even if she seems to like one technique best, you should change things up. After a while, her body will become immune to the same movement. Switching to another technique will introduce her to

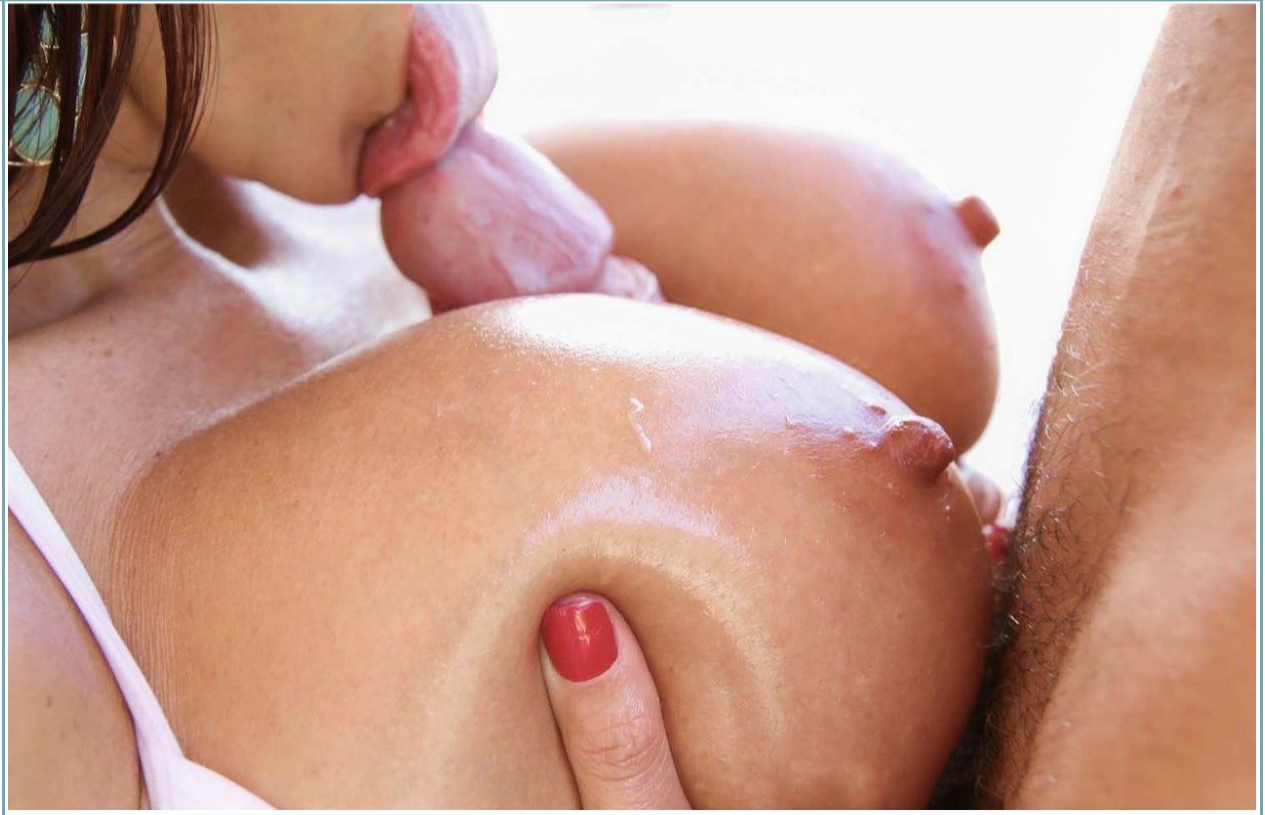
something new that she may like as much or more. Then, when you go back into a favorite position, it will be even more arousing for her. Mouth techniques are a very powerful tool when it comes to achieving a breast orgasm for a woman.

Other Techniques To Enhance Breast Arousal

There are several things you can do to make your breast play even more pleasurable for your woman. For example, you can encourage her to try erotic breathing. These are deep belly breaths that involve inhaling slowly and deeply through the nose and exhaling through the mouth. It is said to increase libido and pleasure and open up the connection between the heart and the genitals. Another thing you can encourage is vocalizing.

When women vocalize during sex, it often brings them closer to orgasm and increases pleasure. Heavy breathing, moaning, screaming, and even crying or laughing will work. Squeezing her PC (pubococcygeus) muscles will also increase pleasure. These are the trampoline-like muscles that stretch from the pubic bone to the coccyx forming the floor of the pelvic cavity. Pelvic thrusts, rocking her pelvis during foreplay, and sexual stimulation in the area will increase blood flow in the genitals making a powerful orgasm more likely. It also helps with lubrication. You can also work these muscles by asking her to squeeze and contract them.

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A penis-to-breast massage is also very erotic. It can only be done when the man is rock hard. Once erect, lube your penis and use the head to play with her nipples. Squeeze her breasts together and work your penis in between her breasts as if you were fucking her pussy.

Genital Play

Although a breast orgasm is possible, not every woman will be able to achieve it. Genital play may be necessary. Fortunately, all the breast-play you are doing will make her so aroused that she's likely to cum as soon as you touch her or as

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soon as she touches herself. There are various types of genital play you can try. You can let her masturbate with her fingers or you can have her use a toy on herself until she explodes with pleasure.

Or you can play with her genitals to get her

to cum. If you go this route, hook your fingers into her vagina working your way up and out towards the outer part of the vagina. This should put you in a position where you are hitting her G-spot, so you are likely



to make her cum. Keep in mind that the techniques mentioned in this section should be performed while you continue your breast play. Keep on sucking, licking, and grabbing while working to please her in other ways.

Props

You can also increase her pleasure during breast play by using props. For example, ice cubes can turn a girl on. The thrilling cold sensation of an ice cube on her nipple will have her tingling all over. If your woman doesn't like the cold, you can use heat cubes instead. They're like ice cubes but they can be warmed and used with

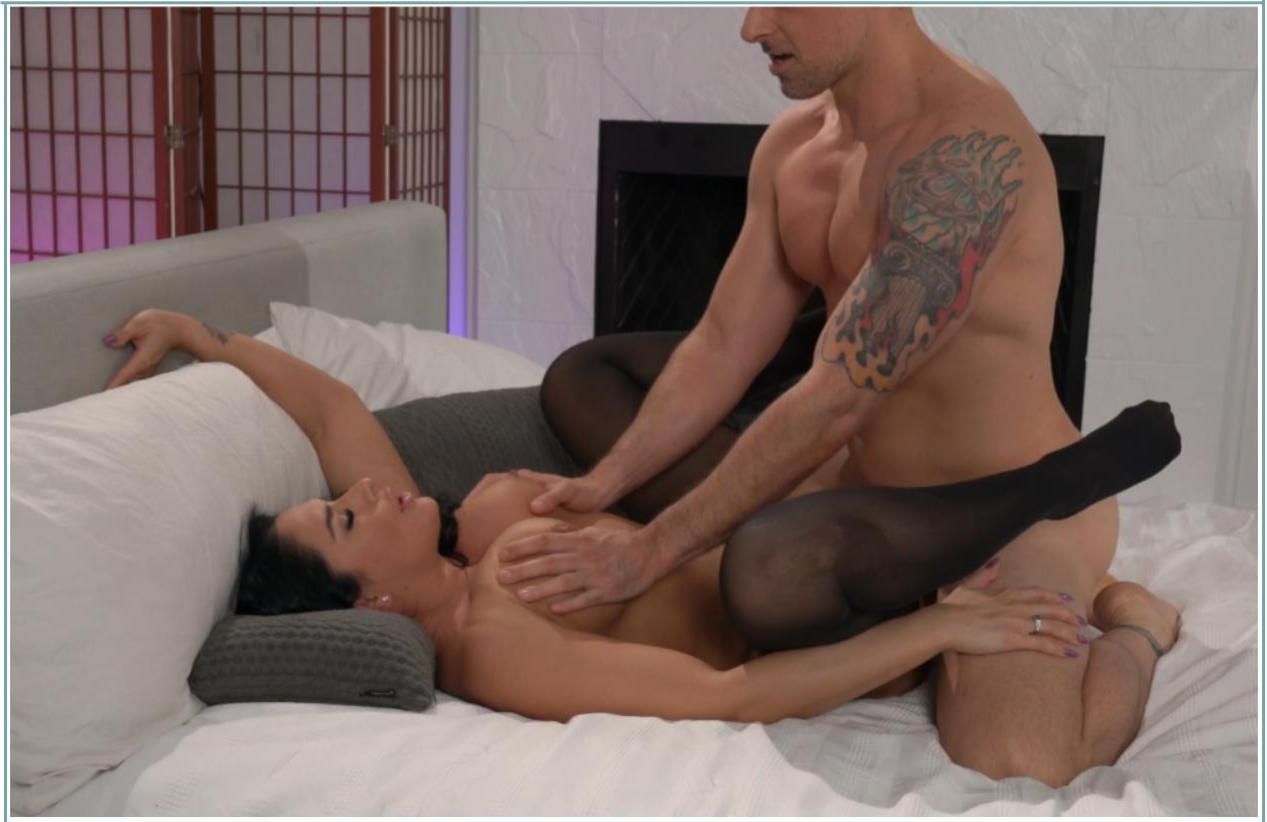
shaken cocktails. Only this time, you're not going to put them into cocktails. You're going to put them on your lady's breasts. She will be aroused by the warm sensation. A vibrator can also be thrilling on the breast area. The vibrating sensation will be very arousing, getting her nipples to perk up in seconds. Another prop you can use is a feather. A feather is ideal for those light teasing touches during early nipple play. If your lady is more hardcore, she may like nipple clamps. Be careful when using nipple clamps as they can be quite painful on sensitive nipples. You should never use them on anyone who doesn't know what they are getting into. If your woman has never used nipple clamps before but has expressed an interest, be aware that most of them can be loosened and tightened. Try using them in a looser setting if you are just starting out.

Sexual Positions That Allow For Breast Play

Missionary

Several sexual positions allow for breast play. For example, there's the missionary. Missionary is ideal because you are both facing each other making it very easy for you to grab her breasts, lick them, play with them, and all that good stuff. If you are on top, you can vary your position, so you are lying over her. Then you can pump into her while stimulating her breasts with your hands and mouth. Or you can get into a more upright position and hammer her while holding on to her breasts for leverage.

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Standing missionary is also a good one. Prop your lady up on a high bed or table and stand between her legs. This will give you maximum thrusting power and it will leave you with one hand free for breast stimulation. While in missionary, you can easily get her into the legs up position. This involves you lifting her legs, so they are straight up and over your shoulders. It produces a tight fit that provides ultimate stimulation. It may be difficult for you to reach her breasts in this position, but if you work your way down so her legs are spread but still over your shoulders, you will be in an ideal position for breast play. You can go from there to give her the time of her life.

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Cowgirl

A cowgirl position is also great for breast play. You are still facing each other giving you the ultimate access to her breasts. And with her on top, you can watch her breasts bounce up and down which is erotic for you both. Similar to missionary, your woman can work in different positions for different kinds of breast play when she's on top. She can lean down over you to slowly grind against you. This will allow her breasts to hang in your face so you can lick them. You can also get her into an upright position where she's bouncing up and down on your dick and squeeze both her breasts in your hands. In addition to providing stimulation, it will also assist with the up and down movement making for hard and fast sex.



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Spooning

The spoon position is another that's great for breast play. This involves the man lying behind the woman with both parties on their side. The man enters the woman from behind. It's a nice position because it keeps her tight which boosts sensation. It's also comfortable for you both making it conducive to orgasm. But another reason spooning is so great is that it gives the guy plenty of opportunity for breast play. You can reach from behind to squeeze her breasts. Or you can wrap your arm completely around her upper body, so it cups her breasts. This also helps with leverage.



Doggie Style

Doggie style may not seem like an obvious position for breast play since the woman will be turned away from you. But with a bit of creativity, it can work in your favor. There are a few doggie-style positions you can choose from. For example, you can lie flat on top of her. This is another good one for tightening her up which increases sensitivity and gets you closer to her G-spot. When she's in this position,

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she'll be lying close to the bed, so you'll need to reach around and grab her breasts. But it will be easier for you to access her breasts in a doggie-style position if she is bent over on her knees. Then you can reach around and latch on to her breasts. This will give you plenty of leverage as you pump away. You can also work her into a more upright position and bang her from behind.



Reverse Cowgirl

It may seem almost impossible to get to a woman's breasts in the reverse cowgirl position. But where there's a will, there's a way. You will need to reach up and wrap your arms around her to grab her breasts. Keep in mind that it won't be easy. It's best to gently play with the breasts rather than grab them roughly. If she falls backward, it could be painful for you both.

Oral

If you want to give your woman ultimate pleasure during oral, breast play is the way to do it. You can reach up to grab her breasts while you are busy pleasuring her down below. But don't let it get to a point of distraction. If you're concentrating on

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her breasts so much that it detracts from the tongue action, get off the breasts and get back in the game.

Lotus

Another position that's good for breast play is the lotus position. This involves the man sitting cross-legged and the woman straddling him with her legs wrapped around his hips. Lotus puts the couple face to face which is ideal for breast play. But with the two partners close, it won't give you much room to work your magic. However, some gentle touching will be nice. Lotus also allows her to rub her breasts against you which will add to the excitement.

Conclusion

Breast play is a huge part of the sexual experience. Now that you know the moves, you can give her the ultimate pleasure. It will take some trial and error, but in time, you'll get it down to a science. Which of these techniques will you be trying to take your sexual experience to the next level?