

HOW TO FIND THE G-SPOT

Where is the exact location of the G-spot on a guy and on a girl?

Get ready for the exploration of a life time! Make sure you come prepared with an open mind, patience, time, privacy and a relaxed body. Take the phone off the hook, have a shower, cut your nails and prepare for a night full of discoveries.

The urethral sponge aka the G-spot can be found about 2 inches inside the tummy side of the vagina. Women need to be aroused before you “attack” their G-spot. You will need to use a curved dildo or flexed fingers for better stimulation. If you are using your fingers (index and middle finger), try to stroke the area with an inverted “walking of the fingers” movement. You will also notice that the tissues there are spongy, ridged and rough to the touch. With your other hand, you can try to press down on the lower belly, just above the pubic bone in order to increase the pressure on the G-spot. If you continue stimulating her that way, you may be able to make her squirt or ejaculate. In order to do that, the girl needs to get to a point of high arousal where she feels the need to urinate. If she pushes down at that point, a gush of liquid will be propelled. And no, it is not urine. The ejaculate is produced by the Skenes glands (para-urethral glands) and it is closer in constitution to the male ejaculate than to urine.

If you want to find HIS G-spot, make sure your man is relaxed and comfortable. Start by massaging the taint or perineum (area found between his scrotum and anus). With a well lubed finger, probe the anus increasing pressure gradually. Don’t forget, this is a big taboo for most men so be gentle with him! At about 2 inches in facing the belly (not that different from women!), you will come in contact with a small lump, the size of a chestnut. Use different strokes to discover what type of stimulations he likes. Some men prefer a constant intense pressure on the prostate gland while others go crazy with gentle thrusting. All of this exploration can be done while giving your man a blow job. It may help him relax more when you go close to what he considers a forbidden zone.

As usual, I would suggest discussing the idea of finding each others G-spots before surprising your partner with this very powerful and personal quest. The experience should be quite intimate as you are letting your partner closer to you and vice versa. If you can’t find the G-spot you can always try another time. I firmly believe that the biggest G-spot for both men and women is in their brain so flirt, tease, seduce your partner till he/she can’t stand it anymore!

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