

THE PLEASURE GUIDE

10 Essential Sexual Techniques

Step-by-step instructions · Safety notes · Pleasure benefits
Curated from leading sexual health educators and researchers

Angling · Rocking · Shallowing · Pairing · Erogenous Zones · BDSM Basics

About This Guide

This curated reference compiles the top 10 evidence-informed sexual techniques drawn from leading pleasure educators and researchers, including OMGYES Pleasure Report findings (survey of 3,017 US women), Lovehoney's sex educator series, LELO Volonté, Men's Health, and Between Our Thighs. Each technique includes clear step-by-step instructions, safety considerations, and identified pleasure benefits — organized into three practical categories.

Contents

CATEGORY A — PENETRATION TECHNIQUES

- | | |
|-------------------------------------|------|
| 1. Angling | p. 3 |
| 2. Rocking | p. 3 |
| 3. Shallowing | p. 4 |
| 4. Pairing | |
| 5. Coital Alignment Technique (CAT) | p. 5 |

CATEGORY B — EROGENOUS ZONE STIMULATION

- | | |
|-------------------------------------|------|
| 6. Clitoral Layering | |
| 7. G-Spot Come-Hither | p. 6 |
| 8. Full-Body Erogenous Zone Mapping | p. 7 |

CATEGORY C — BDSM BASICS

- | | |
|----------------------------------|------|
| 9. Sensory Play & Blindfolding | p. 8 |
| 10. Beginner Restraint & Bondage | p. 9 |

How to Use This Guide

Each technique is presented consistently so you can quickly find what you need. Whether you're incorporating this into your own practice, shared exploration, or educational curriculum, the format is designed for clarity and accessibility.

Three Categories

A — Penetration Techniques	Angle, rhythm, and depth variations during vaginal penetration, grounded in OMGYES Pleasure Report research.
B — Erogenous Zone Stimulation	Targeted stimulation of the clitoris, G-spot, and other highly sensitive body zones.
C — BDSM Basics	Consent-first introduction to sensory play, blindfolding, and beginner restraint techniques.

Each Entry Includes

- Overview — what the technique is and the evidence behind it
- Step-by-step instructions — numbered, clear, practical
- Safety note — physical and emotional considerations
- Pleasure benefits — who benefits and why it works
- Source citation — linked back to the original resource

Note: This guide is intended for adult educational purposes. All techniques assume enthusiastic, informed consent between adults. Individual anatomy, preferences, and physical health vary — treat all guidance as a starting point for personal exploration, not prescription. Consult a healthcare provider for concerns related to sexual pain or dysfunction.

CATEGORY A — PENETRATION TECHNIQUES

Research-backed angle, rhythm, and depth variations during vaginal penetration

1. Angling

Source: [OMGYES Pleasure Report \(Hensel & von Hippel, PLOS ONE, 2021\)](#)

Angling involves rotating, raising, or lowering the pelvis/hips during penetration to adjust exactly where inside the vagina the penis, toy, or fingers make contact. In the OMGYES Second Pleasure Report (n=3,017), 87.5% of women reported that angling made penetration more pleasurable — making it the most commonly used enhancement technique.

STEP-BY-STEP

- 1 Begin in any penetrative position (missionary, doggy style, or partner-on-top work well).
- 2 The receiving partner tilts their pelvis upward (toward the belly) and notices how internal sensation shifts.
- 3 Next, tilt the pelvis downward and compare the sensation — both partners check in verbally.
- 4 Use pillows or a wedge under the hips to maintain the angle that feels best without effort.
- 5 The giving partner can also adjust their own hip angle to fine-tune contact.
- 6 Identify 1–2 angles that produce the most pleasure and return to them deliberately throughout.

Safety Note Avoid extreme angles that cause discomfort or pain in the lower back. If cervical pressure feels sharp rather than pleasurable, reduce depth or adjust angle. Communication is essential — check in regularly, especially when first exploring.

Pleasure Benefits Allows the penis/toy to make more consistent contact with the clitoris and internal anterior wall (G-spot region). Many women find that upward pelvic tilt (67–83% in the study) creates the most direct internal stimulation. Removes guesswork by giving both partners language and awareness.

2. Rocking

Source: [OMGYES Pleasure Report · Awakenings Counseling summary](#)

Rocking replaces in-and-out thrusting with a forward-and-back grinding motion while the penis or toy stays fully inside the vagina. The base of the penis (or toy) maintains consistent contact with the external clitoris throughout. 76% of women in the OMGYES study reported this technique increased pleasure.

STEP-BY-STEP

- 1 Start in a position that allows deep, full insertion — Cowgirl or Lotus are ideal.
- 2 Rather than thrusting in and out, keep the penetrating partner fully inside.

- 3 The giving partner rocks their pelvis forward and back in a wave-like motion (think: a rocking chair, not a piston).
- 4 The base of the penis/toy should maintain consistent contact with the clitoral area throughout each rock.
- 5 Adjust speed from slow and deliberate to steady rhythm based on feedback.
- 6 Combine with gentle pressure from the giving partner's pubic bone against the receiving partner's clitoris for amplified effect.

Safety Note Avoid prolonged rocking if the receiving partner experiences discomfort at the cervix or lower back. Maintain open communication about pressure levels. This technique may require lubrication top-ups.

Pleasure Benefits Provides continuous external clitoral stimulation during penetration — a key factor in orgasm for the majority of vulva owners. Reduces performance pressure around thrusting speed/depth. Creates a slower, more attuned intimacy rhythm that benefits both partners.

3. Shallowing

Source: [OMGYES Pleasure Report](#) · [Lovehoney Sex Positions Guide](#)

Shallowing focuses penetrative touch just at or slightly inside the vaginal entrance — the most densely innervated area of the vaginal canal. 84% of women in the OMGYES study found this technique pleasurable. The vaginal opening contains the highest concentration of nerve endings; deep penetration does not necessarily mean more sensation.

STEP-BY-STEP

- 1 Position yourselves for penetrative sex using a side-lying (spooning) or missionary position.
- 2 Instead of full insertion, the giving partner enters only 1–2 inches — just past the vaginal opening.
- 3 Use slow, deliberate shallow thrusts, keeping movement near the entrance.
- 4 Vary with: using just the tip, pausing at entry point, or circular motions at the opening.
- 5 Alternate between shallowing and deeper penetration to contrast sensations.
- 6 Fingers, tongue, or a toy can substitute for the penis — the technique is about location, not tool.

Safety Note Never use pain as a depth guide — if deep penetration causes discomfort, shallowing may be preferable throughout. Ensure the giving partner does not inadvertently thrust deeper during heightened arousal. Keep lube accessible.

Pleasure Benefits Stimulates the highest-density nerve cluster of the vaginal canal. Builds intense anticipation before deeper penetration. Useful for people with vaginismus, cervical sensitivity, or size-related discomfort. Creates a teasing, edging-adjacent dynamic that can prolong and intensify arousal.

4. Pairing

Source: [OMGYES Pleasure Report](#) · [ScienceAlert](#)

Pairing means combining vaginal penetration with simultaneous clitoral stimulation — either self-applied (Solo Pairing) or by a partner (Partner Pairing). 69.7% of women in the OMGYES study reported this enhanced pleasure. Since the majority of vulva owners require clitoral stimulation for orgasm, Pairing bridges the anatomical gap between internal and external pleasure.

STEP-BY-STEP

- 1 Agree in advance whether this will be self-pairing or partner-pairing.
- 2 Solo Pairing: During penetration, the receiving partner reaches down to stimulate their own clitoris with fingers or a small vibrator/bullet vibe.
- 3 Partner Pairing: The giving partner reaches between both bodies to apply clitoral stimulation with a finger or holds a small toy in place (wearable couple's vibrators also work).
- 4 Experiment with vibrators designed for couple use (e.g., LELO Tiani Duo) that sit between partners and stimulate the clitoris hands-free during penetration.
- 5 Synchronise stimulation rhythm with penetration rhythm — or deliberately offset them to create layered, alternating waves of sensation.
- 6 Communicate preferred pressure and speed; these may differ from solo preferences.

Safety Note Ensure adequate lubrication for both internal and external stimulation. Avoid placing a vibrator at maximum intensity without checking comfort first. Partner Pairing requires hand positioning awareness to avoid unintended pressure on the urethra.

Pleasure Benefits Addresses the most common reason vulva owners don't orgasm during penetration — insufficient clitoral stimulation. Dual stimulation creates a cognitive 'pleasure flood' that can intensify and accelerate orgasm. Normalises incorporating toys or hands during partnered sex.

5. Coital Alignment Technique (CAT)

Source: [Between Our Thighs — Best Sex Positions Guide](#)

The Coital Alignment Technique (CAT) is a modified missionary position where the giving partner shifts their body upward so their pelvis aligns directly over the receiving partner's clitoris. Movement becomes a rocking grind rather than thrusting, creating sustained clitoral contact throughout penetration. It combines elements of Rocking and Angling into a single position.

STEP-BY-STEP

- 1 Begin in missionary: the receiving partner lies on their back, giving partner on top.

- 2 The giving partner slides their entire body approximately 2–3 inches higher than standard missionary — so their pubic bone is directly above the receiving partner's clitoral area.
- 3 The giving partner's legs extend and rest on the outside of the receiving partner's legs (not between them).
- 4 Movement: both partners rock in an up-and-down grinding motion together — forward on inhale, backward on exhale — rather than thrusting.
- 5 Maintain full-body contact; the less space between bodies, the more consistent the clitoral pressure.
- 6 Keep rhythm slow and synchronised; this is not a technique that benefits from speed.

Safety Note The CAT requires sustained close body pressure — check in about pressure levels frequently. Not well-suited if the giving partner has lower back pain. The receiving partner may feel additional pressure on the cervix; speak up if discomfort arises.

Pleasure Benefits One of the few partnered penetration positions with built-in, consistent clitoral stimulation requiring no additional hands or toys. Promotes deep emotional intimacy through full-body contact and face-to-face connection. Shared breathing and synchronised rhythm can induce a meditative, tantric-adjacent state of arousal.

CATEGORY B — EROGENOUS ZONE STIMULATION

Targeted techniques for the clitoris, G-spot, and broader body zones

6. Clitoral Layering

Source: [Healthline — Erogenous Zones Guide](#) · [Vush Stimulation](#) · [Men's Health](#)

The clitoris contains over 10,000 nerve endings — more than any other human body part. Clitoral Layering is the practice of building stimulation progressively: beginning with indirect touch (over the clitoral hood), moving to direct contact, then varying pressure, speed, and direction to find the precise combination that generates the strongest response. Layering prevents desensitisation and builds sustained arousal.

STEP-BY-STEP

- 1 Start with indirect stimulation: touch the mons pubis (the soft mound above the clitoris) with flat palm circles or light pressing.
- 2 Move to hood-level contact: trace circles over the clitoral hood without direct skin contact using a lubricated fingertip or thumb.
- 3 Gradually increase pressure and make contact with the glans (tip) — try circular, up-down, side-to-side, and figure-8 motions.
- 4 Introduce a bullet vibrator or clitoral suction toy; begin on the lowest setting to calibrate sensitivity.
- 5 Alternate between direct stimulation and pulling back to hood-level — this edging approach amplifies arousal with each return.
- 6 Notice which motion (tapping, stroking, pulsing, sustained pressure) produces the strongest response and focus there.

Safety Note Avoid prolonged high-intensity direct stimulation without breaks — this can cause temporary numbness or overstimulation. Always start gentle; sensitivity varies greatly between individuals and across the menstrual cycle. Use quality water-based lube — friction without lubrication reduces pleasure and can cause irritation.

Pleasure Benefits Systematic layering prevents habituation and preserves sensitivity. Building from indirect to direct stimulation trains heightened arousal response over time. The most reliable pathway to orgasm for vulva owners — 70–80% of women require clitoral stimulation to orgasm (OMGYES / Kinsey Institute data).

7. G-Spot Come-Hither Technique

Source: [Healthline Erogenous Zones](#) · [Vush Stimulation Blog](#)

The G-spot (Gräfenberg spot) is an area of erectile tissue on the anterior (front/navel-facing) wall of the vagina, approximately 5–8 cm inside. It can cause intense pleasure and sometimes female ejaculation when stimulated. Optimal stimulation requires adequate arousal beforehand, as the area becomes more pronounced and sensitive when engorged.

STEP-BY-STEP

- 1 Ensure at least 10–15 minutes of foreplay or clitoral stimulation first — the G-spot is less accessible and less sensitive when unaroused.
- 2 Insert one or two fingers (palm facing up toward the navel) about 2–3 inches.
- 3 Curl the fingers in a 'come hither' beckoning motion — stroking the front vaginal wall with the pads (not tips) of your fingers.
- 4 Notice a slightly ridged, spongy area that feels different from surrounding tissue — this is it.
- 5 Vary: sustained pressure, rhythmic tapping, or a faster in-out curved motion; communicate which feels best.
- 6 For toys, use a curved G-spot vibrator or dildo. For penetrative sex, doggy style and spooning position the penis/toy naturally against the G-spot.

Safety Note Some people experience an urge to urinate during G-spot stimulation — this is normal and usually passes with continued stimulation. Empty the bladder beforehand if concerned. Nails must be short and smooth to prevent internal tissue injury. Never force pressure if the sensation is painful.

Pleasure Benefits G-spot stimulation can produce deeper, more full-body orgasms than clitoral stimulation alone, and in some individuals produces female ejaculation. Combining G-spot touch with clitoral stimulation (Pairing) can intensify orgasm significantly. The technique builds body literacy and internal awareness — valuable for both solo and partnered exploration.

8. Full-Body Erogenous Zone Mapping

Source: [Men's Health — Complete Guide to Erogenous Zones · Healthline](#)

Erogenous Zone Mapping is a structured exploration of the body's full range of pleasure points beyond genitals. Research shows that stimulating non-genital erogenous zones activates dopamine, endorphin, and oxytocin responses, priming the body for deeper arousal and stronger orgasm. Key non-genital zones include: ears, neck, nape, nipples, inner arms/armpits, navel area, inner thighs, and feet.

STEP-BY-STEP

- 1 Ears: Lightly kiss, lick, or nibble earlobes; whisper or breathe softly into the ear.
- 2 Neck: Graze fingernails along the back of the neck; softly kiss the sides and front; move from behind the ears toward the collarbone.
- 3 Nipples: Begin with light circular touch around the areola before contacting the nipple; progress to licking, sucking, gentle flicking. Nipple stimulation activates the same brain region as genital touch.
- 4 Inner thighs: Kiss, stroke, or nibble the upper inner thigh — deliberately approach but tease away from genitals to build anticipation.
- 5 Navel and lower abdomen: Trace circles with fingertip, tongue, or an ice cube around the navel toward the pubic area.

- 6 Perineum (between genitals and anus): Apply light pressure or stroking — highly sensitive in all bodies; produces full-body arousal response.

Safety Note Always check in before touching new areas — not all erogenous zones are equally welcome for all people. The neck and ears are sensitive for many; avoid excessive suction that leaves marks without explicit consent. Temperature play (ice/warm oil) requires checking skin sensitivity first.

Pleasure Benefits Builds full-body arousal before genital contact, resulting in stronger and more easily achieved orgasm. Deepens emotional intimacy and embodied awareness. Dopamine/oxytocin loop activated by touch makes the experience emotionally meaningful beyond physical sensation alone (Men's Health, 2025).

CATEGORY C — BDSM BASICS

Consent-first introduction to sensory play, blindfolding, and beginner restraint

9. Sensory Play & Blindfolding

Source: [LELO Volonté — Sensory & BDSM Play Guide](#) · [MyPleasure BDSM 101](#)

Sensory play involves intentionally heightening or altering physical sensations during intimacy — most accessibly through blindfolding. When one sense (sight) is removed, the brain redirects attention to touch, sound, smell, and temperature, amplifying all remaining sensations. Blindfolding is considered one of the most beginner-friendly BDSM entry points. Additional sensory tools include feathers, massage candles, pinwheels, and ice.

STEP-BY-STEP

- 1 Negotiate first: discuss which sensations are welcome (temperature, texture, pressure) and which are off-limits. Agree on a safe word (e.g., 'Red' = stop immediately, 'Yellow' = slow down).
- 2 Choose a soft, comfortable blindfold (satin eye mask or sleep mask) — avoid materials that restrict breathing.
- 3 With the receiving partner blindfolded, begin with familiar touch in familiar locations — this builds trust and adjusts their sensory baseline.
- 4 Introduce contrast: alternate between a feather and fingertips; warm massage oil followed by an ice cube; soft kissing followed by light nibbling.
- 5 Slow down deliberately — the anticipation of not knowing where the next touch will land is a core component of the arousal effect.
- 6 After the session, remove the blindfold gently, allow eyes to readjust to light, and transition into aftercare (cuddling, conversation, hydration).

Safety Note Never leave a blindfolded partner alone or in a position where they cannot signal distress. Check in verbally throughout — blindfolding removes non-verbal visual cues for the giver. Do not use blindfolds on partners with claustrophobia, PTSD triggers, or anxiety without explicit discussion. Never combine blindfolding with restraint on a first session.

Pleasure Benefits Removing sight heightens all remaining senses, making touch significantly more intense and surprising. Creates a dynamic of erotic anticipation and trust. Introduces the giving partner to an active care role, deepening connection. Low barrier to entry — requires no special equipment and can be introduced into any existing sexual practice.

10. Beginner Restraint & Bondage

Source: [LockInks Bondage Guide](#) · [The Pleasure Chest Bondage Basics](#) · [LELO Volonté](#)

Bondage — consensual restriction of movement — is a foundational BDSM practice that enhances intimacy through power exchange, trust, and heightened sensation. For beginners, this means soft wrist

or ankle restraints (never metal handcuffs), or even hands held above the head. Bondage is not about immobility for its own sake — it's about choosing to surrender or hold control in a context of deep mutual trust.

STEP-BY-STEP

- 1** Pre-scene negotiation: agree on roles (who leads, who receives), hard limits (non-negotiable nos), soft limits (negotiable with caution), and safe word/signal.
- 2** Start with the simplest form: the giving partner holds the receiving partner's wrists gently above their head during intimacy — no props required.
- 3** If both partners want to progress: use adjustable velcro cuffs or padded fabric restraints (avoid rope or metal for first sessions).
- 4** Restrain only safe body areas: wrists, ankles — never the neck, joints, or areas with major blood vessels.
- 5** Check circulation every 5–10 minutes: restraints should be snug but allow two fingers to slide underneath. Watch for tingling, numbness, or colour change in extremities.
- 6** Have safety scissors accessible at all times. Keep sessions to 10–15 minutes initially.
- 7** Aftercare: after the scene, gently massage any restrained areas, offer water, provide physical comfort (cuddling), and debrief what felt good and what to adjust.

Safety Note Never tie restraints around the neck, near joints, or over nerve pathways. Always have a quick-release option (safety scissors) within reach. Do not leave a restrained partner alone for any reason. Stop immediately if the receiving partner uses the safe word, signals distress, or shows signs of numbness/circulation restriction. BDSM is contraindicated during periods of significant emotional distress or intoxication.

Pleasure Benefits Power exchange creates a profound trust dynamic that can deepen emotional bonding. The restrained partner experiences heightened vulnerability and sensory focus. The active partner develops attunement to non-verbal cues and care-giving skills. Research on consensual BDSM practice indicates participants report higher communication quality and relationship satisfaction compared to non-practitioners (Ubie Health, 2025).

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