

The Blow Job Bible



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Fellatio, oral sex, giving head: Whatever you prefer to call it, the blow job is an exciting sex act to have in your pleasure arsenal. Though taking full control of your partner's penis (or strap-on!) can certainly feel empowering, you may have wondered if your oral sex technique could use a little improvement. How do you give good head, anyway? Sex ed *definitely* didn't cover this.

Well, it's ultimately subjective—as is the case with every sexual act, different people like different things. But for many, just receiving a blow job is a huge turn-on. "[People] love blow jobs because the act feels like [vaginal] sex, but it's a very different experience—they get to relax and receive and just enjoy what's happening in front of them," says Vanessa Marin, LMFT, a certified sex therapist in Los Angeles.

The visual element of watching one's own penis slip in and out of a mouth really gets a lot of people going, Marin adds. Not to mention, unlike a hand job or even penetrative sex, there's no easy way for someone to replicate the sensation of a blow job on their own. After all, your mouth is wet and warm, like a vagina (or a lubed-up hand), but your lips and tongue are living, roving, irreplaceable works of art.

Giving *or* receiving oral sex isn't everyone's thing (reminder: your sexual preferences are only decided by you, and no one should ever make you feel bad about them!), but if you're new to the world of blow jobs—or curious about trying some new moves and techniques— you've got a lot of options. Here's exactly how to take your oral sex game to the next level, according to certified sex therapists.

1. Make sure you have consent.

No matter how well you know your partner or how much you've engaged in other forms of sex, establishing consent before engaging in *any* sexual act is crucial, says Lisa Lawless, PhD, a sexual health expert and CEO of Holistic Wisdom.

Even if things are hot in the moment and you're positive they're ready for a blow job, ask the person beforehand instead of assuming they want something. “This allows partners to feel safer, comfortable, valued, less anxious, and uninhibited while being free to enjoy all the pleasure sexual play can provide,” Lawless says.

2. Get in a comfortable position.

There's nothing worse than giving a blow job and getting a cramp or feeling physically uncomfortable in some way. So, make sure you and your partner are in sustainable positions to make the situation more enjoyable all around. “A comfortable position provides physical ease, minimizes discomfort, and improves concentration and sexual performance,” says Lawless. “It can also assist with endurance, creativity, and overall satisfaction.”

Do you prefer giving or receiving oral?

I'm a giver. Do I have to choose?!

One go-to position might be kneeling between your partner's legs so you can "easily cup the testicles," says Jenni Skyler, PhD, an AASECT-certified sex therapist and director of The Intimacy Institute. This position will also help you move from your core, as opposed to over-straining your neck muscles.

If your knees still feel uncomfortable, though, you can use cushions (or [a sex pillow](#)) for extra padding, suggests Skyler.

3. Use lube.

Lube can be a game-changer in all types of sexual activity, but especially during blow jobs. Plus, sometimes, generating enough saliva can be difficult, especially if you're dehydrated, Skyler says—but using lube will make the experience easier, hotter, and wetter all-around.



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In addition to preventing discomfort for both people, “a flavored lubricant can make it more enjoyable for the giver as well,” Lawless adds. Whether you like the taste of coconut oil or prefer a water-based lube, there are plenty of lube options out there that can change your blow job game. Try out a few and see what you and your partner like most!

4. Be enthusiastic.

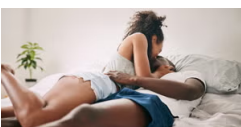
One of the most important rules of giving good head is actually *wanting* to give good head. "The biggest complaint I hear from clients about blow jobs has nothing to do with technique and everything to do with their partner's enthusiasm about it," Marin says. "Recipients will have a great time if they know their partner is enjoying it."

To be clear, you should **never** do something you're not comfortable with just because a sexual partner asks you. But if you're considering going down on someone—which, if you're reading this, you probably are—the best thing you can bring to the BJ party is a good attitude.

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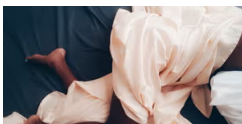
Enthusiasm will make your partner feel desired, and if you're not into it, they'll likely be able to tell (and it probably won't feel great for *either* of you). "If someone is earnest and motivated to please [their partner], that's 90 percent of it," says Kimberly Resnick Anderson, LCSW, a certified sex therapist based in Los Angeles.

5. Initiate with a little foreplay.

Seducing your partner, teasing them, and letting them know how much you want them are great ways to get the party started. "Teasing is really important because when we can't have what it is that we want, that creates desire," **Lori Buckley**, PsyD, a licensed psychologist and AASECT-certified sex therapist in Pasadena, California **previously told *Women's Health***. If you're already cuddling or making out, you can try whispering in their ear what you want to do, or discreetly touching them, Buckley says.



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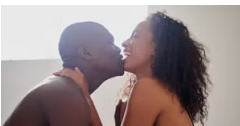
You can even give them a sexy massage, rub some lubricant on them, or tease them with a sex toy before a BJ to get them hot and ready. You can also listen to an erotic podcast, watch porn together, read erotica out loud to each other, or play a sex game to set the mood. Chances are, you won't be able to keep your hands off of each other—and the sweet anticipation will make the blow job experience that much better when it finally happens.

6. Use a combination of your mouth, lips, and hands.

Now, onto the basics! While there are many ways to give a blow job, a simple way to start is by wrapping your dominant hand around the shaft of the penis, then adding your mouth. You can connect your hand to your lips—as in, press your index finger and thumb (which are making an O sign) against your lips and keep them sealed there—and experiment by moving your hand and lips up and down the penis. Of course, you can also keep your mouth in one place and move your wet hand up and down separately.



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“Using your hand to pull any loose skin on the penis downward and squeezing the base is a great way to force the blood into the most sensitive spot, the frenulum,” Lawless says. In general, she recommends “laying the penis flat against the pubic area,” which allows it to be in a natural position. “From there, you can use both hands to hold the back as you suck, lick, kiss, and blow on the front,” she says. “[Try] opening the mouth slightly and running up and down the length of the penis down to the testicles.”

7. Use your tongue to tease them.

Chances are, your partner is going to be over the moon the minute they feel your mouth on them. After all, your lips and tongue provide warmth, texture, and wetness that your partner can't necessarily get elsewhere! When going down on your partner, both Anderson and Marin suggest keeping your tongue soft and relaxed in your mouth, then using the tongue to tease their sensitive areas.

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For example, you can use the tip of your tongue to trace the head and frenulum—the underside where the penis head (if circumcised) meets the shaft, they say. Those two areas (especially the frenulum) are *packed* with nerve endings—so, expect your partner to go wild. You can also use the flat side of your tongue to lick from the bottom of the shaft to the very tip and down again, or throw in a few tongue flicks.

The possibilities are endless when it comes to tongue technique, so have fun with it and you'll be sure to find your partner's sweet spot in no time.

8. Try the "wrist twist," or the "corkscrew" method.

Once you start finding your rhythm, try mixing up your technique a bit with a little "wrist twist" action, suggests Lawless. The premise? With your mouth on the penis, rotate your firm wrist in clockwise circles as you move your hand up and down. There's also the "corkscrew" method, which involves twisting your head as you bob up and down, adds Lawless.

"This provides intense stimulation, especially when you do it toward the tip of the penis while holding the base firmly, forcing the blood into the penis and making it quite sensitive," Lawless says. "For added pleasure, press your tongue against the frenulum as you come up to the head of the penis while doing the corkscrew technique."

9. Stimulate other parts of the body while you suck.

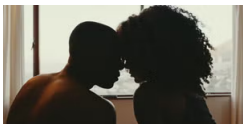
The best part about oral sex is that it doesn't *only* have to involve mouth-to-penis action. To turn your partner on even more, try stimulating other parts of their body like their inner thighs, hips, and **other erogenous zones**. "Focus beyond just the penis," Anderson says. "Some people like **nipple stimulation**, touching their leg... make it a full-sensory experience, beyond just the pelvic region."



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10. Play with the balls.

This one's totally up to the receiver's personal preferences, but if your partner likes to have their testicles stimulated, you may want to incorporate the move into your BJ routine.

“Gently wrap a thumb and index finger around the testicles and pull them gently away until you have slight surface tension on the end—the spot farthest from the body,” Lawless says. “Then, gently run your tongue in a circle and flick it against and around that end area. You can even use your fingertips [or] you can also do what is known as ‘tea-bagging’ by taking the testicles into your mouth and lightly licking and sucking.” All of these actions create a pleasurable teasing sensation, Lawless says.

11. Try dirty talk.

Another great way to heat things up during a blow job? Exploring dirty talk. “Dirty talk can intensify arousal, anticipation, and provide valuable communication during oral sex,” Lawless says. “It provides enhanced intimacy, fun, and desire between both partners.”



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