

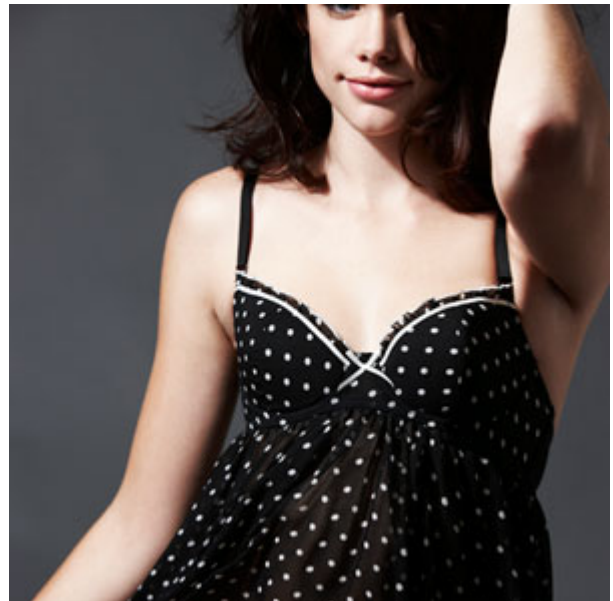
COSMOPOLITAN

Yes, You Have a G-Spot

New research confirms it: All women have one — that mysterious little area capable of producing insane pleasure. Here's everything you need to know to work its magic.

BY JANE KATZ

Even if you haven't personally experienced its power, you've heard about the G-spot: an erogenous zone located inside the vagina that can produce some pretty intense sensations. Thing is, it can also produce some intense frustration because it is, for many women, so damn elusive. And though the whole notion of the G-spot is hardly new — sex researchers have touted it for years — the medical establishment was always skeptical as to whether it really even existed.



Well, we're bringing you some great news:

The G-spot is a very real part of your anatomy, newly documented in MRI scans and biopsies by medical doctors. Thanks to this new research, we now know that every chick is capable of experiencing more concentrated sexual pleasure — including powerful orgasms, says Irwin Goldstein, MD, director of sexual medicine at Alvarado Hospital, in San Diego, and editor-in-chief of the *Journal of Sexual Medicine*.

Here, we'll guide you to yours — yes, you *will* find it. Then we'll explain what to do once you're there so you can reap the blissful benefits.

What It Is, Exactly

There's some disagreement about the size of the G-spot; it may range from a quarter inch to a couple inches along the upper wall of your vagina, about an inch or two past your vaginal opening. Underneath it is highly sensitive tissue that, when touched the right way, triggers feelings of sexual happiness, explains Debby Herbenick, PhD, lead researcher and associate director of the Center for Sexual Health Promotion, at Indiana University Bloomington's School of Health, Physical Education, and Recreation. G-spot sensations have been described by some women as more intense than those they feel via clitoral stimulation — more of a warm, flushing feeling that resonates deeply throughout their entire body.

Even experts who always believed in the G-spot weren't sure whether it was a distinct gland or merely the collection of nerve endings extending from the underside of the clitoris. Here's what researchers are sure of: The G is its own entity, analogous to an organ in the male body. It's known as the female prostate because its tissue surrounds an area that produces chemicals similar to those made by the male prostate, a gland that creates fluid to nourish sperm, explains Dr. Goldstein.

Another similarity between the male prostate and the G-spot: When their G is aroused, some women say they experience a wetness unlike they do during other types of stimulation. And some say they even ejaculate a clear, odorless fluid upon orgasm.

Where to Locate It

Lie back and relax — embarking on your first G-spot mission can take patience. Start by spreading your legs and bending your knees, so your vagina is open and accessible. With your palm facing up, insert two fingers inside, pressing your fingertips against the center of the upper vaginal wall. "You're seeking a spongy, puckered, or slightly ridged

area, like the roof of your mouth," explains Celeste Hirschman, assistant professor at the Institute for Advanced Study of Human Sexuality.

If after several minutes you're still coming up empty-handed, think of a sexual fantasy — seriously. When you are aroused, the G-spot fills with fluid, making it swell and become larger. "You'll have an easier time locating it if you are turned on," says Hirschman.

One sort of strange tip-off that you've found it: a sudden need to pee. "Because the G-spot is so close to the urethra, touching it often triggers that urgent gotta-go feeling, as if you have to urinate," explains Bat Sheva Marcus, PhD, clinical director of the Medical Center for Female Sexuality. No need to run to the restroom; it's a false alarm. After a few seconds, the urge may pass, and you'll probably soon experience a blooming, heated kind of sensation that becomes more and more intense as you touch and stroke the area.

Continue to experiment on your own with different speeds and pressures. Of course, don't be surprised if you find yourself closer and closer to orgasm. There's no reason to hold back — let yourself experience a superintense G-spot O on your own before you show your man how he can take you there.

Guiding Your Guy to Your G

You know how it took your guy a little trial and error to master your body's *other* pleasure points early in your relationship? Expect the same with your G. As excited as he'll be to help discover its potential, it's uncharted territory for most men.

The easiest way to start him off: Have him gently slip a finger or two inside your vagina, and then softly feel along your upper vaginal wall. If he is having trouble finding the right spot, encourage him to kiss you or touch your nipples or outer V zone — remember, the more aroused you are, the more your G will stand out, making it easier to locate.

Also consider placing a few pillows under your butt and widening your legs, which will open your vagina more and give him greater access, says Danielle Harel, PhD, professor of sexology at the Institute for Advanced Study of Human Sexuality. Once he's hit the spot, ask him to massage it in slow, gentle circles. Try different caresses,

such as figure eights or a rapid succession of pulses. The G can take a lot of pressure, so you may want to ask him to press harder.

One G-spot touch technique he definitely should treat you to is tapping. "Have him use just the tip of his finger to tap firmly and repeatedly on your G-spot," says Harel. There's a biological reason for why this feels so awesome, she explains. "The most intense moments of touch along any body part are usually the first few seconds. By tapping, it's as if he's touching your G for the first time over and over again, building waves of sensation that can culminate in an incredible climax."

Sex Moves That Increase G-Spot Pleasure

Woman-on-top is a definite G-spot winner. Think about it: When you're facing your guy yet leaning back at a slight angle, his penis naturally rests against your upper vaginal wall, and even the slightest thrusting means he can easily stimulate your G. Plus, being on top puts you in control of the depth and speed, letting you adjust your guy's penis so his strokes always hit the spot, says Harel.

Doggie-style also offers maximum access, especially if you're lying on your stomach with your legs spread only slightly. "Being on your stomach with your legs close together sandwiches the vaginal walls, so it's almost impossible for your guy's penis not to come in contact with your G-spot," says Herbenick.

And don't discount missionary position. Go with this modified version in which you're on your back with your knees bent and feet resting flat on the bed. Raise your pelvis by propping a few pillows under your butt. Your guy should sit up and enter you so he's thrusting at a slightly upward angle, which gives his penis access to your upper vaginal wall. "This way, you'll feel direct stimulation of your G with each back-and-forth thrust," says Harel.

The Ultimate Trick for G-Spot Bliss

One bedroom trick involving the G-spot tops them all when it comes to a knee-buckling climax: the blended orgasm. This combines G-spot stimulation while you or your guy plays with your clitoris, working up to a double-your-pleasure orgasm. "The nerves of

the clitoris extend very close to the G-spot, so reaching peak via the two types of touching at the same time is about as intense as it gets," says Hirschman.

To experience a blended orgasm during foreplay, have your guy caress your clitoris with his fingers while he's massaging your G with one or two fingertips from his other hand. "As you get more excited, lift your pelvis to meet his fingers so you're almost thrusting against his hand," suggests Hirschman. Another toe-clenching move she recommends: "Ask him to flick your clitoris with his tongue while he's manually manipulating your G-spot."

When it comes to achieving blended-O bliss during intercourse, your best bet, again, is woman-on-top. "While you are angling your body so his penis rubs against your G and also supporting your body weight with your hands on the floor, have your guy play with your clitoris," says Harel.

Another blended-O position is doggie-style, with you kneeling low on your knees and forearms and your pelvis lifted off the bed so either he or you can reach your clitoris. Heighten the pleasure even more by having your guy thrust a bit...and then order him to stop so one of you can switch to stimulating your clitoris. Then ask him to resume...but stop again as you brush your clitoris with your fingers.

Finally, when you can't take it anymore, encourage him to stimulate your inside and outside pleasure zones until you surrender to orgasm. "Because you're both involved in bringing you to a blended orgasm, you experience not just deep physical pleasure but a deep emotional connection as well," says Harel.

Boosting the Power of Your G

Practice makes perfect, and that's especially true when it comes to your G-spot. The more you stimulate it and incorporate it into your sex repertoire, the easier it'll be to achieve G-spot nirvana.

Besides having more sex, you can deepen the sensations you feel by regularly doing Kegel exercises. You've heard of these — it's when you contract your pubococcygeus muscles, as if you were trying to stop your urine stream. "Repeatedly doing Kegels will

strengthen your vaginal muscles, giving you a tighter grip during intercourse that helps add more pressure to your G-spot," says Hirschman.

Here's how to do 'em: Zero in on the muscle in your pelvis that can stop the flow of urine. Squeeze as tight as you can, hold for 5 seconds, and then release. Repeat 10 times, multiple times a day. Do the exercises during your downtime while stuck in traffic, in the shower, or sitting at your desk at work. Ten minutes of Kegels a day should make your G more responsive.

"The Weird Way I Found My G-Spot"

"While we were messing around, my guy put one finger inside my vagina and then tilted my hips upward with his other hand. That minor change in angle opened me up a bit, so his fingertip was able to brush against my spot. It felt explosive."

—Darcy, 24

"One night, my guy was thrusting extraslowly during missionary. It felt awesome, but then it was like a switch in my body went on, and I realized he was hitting my G-spot over and over with each stroke."

—Deanna, 20

"I was lying on my back and my guy's pointer finger was inside me, palm side up. He was moving his finger as if saying 'Come here, baby.' I felt the tip rub against my vaginal wall and intense pressure build up."

—Sara, 33

"When my boyfriend entered me from behind one night, his penis somehow pointed directly against my G-spot, and the sensation was really intense. This is the only way I can have a G-spot orgasm, and it always makes me scream."

—Tina, 22