# 3 SEX TECHNIQUES TO WOW HER IN THE BEDROOM

## Live Your Best Sex Life

*written by*

**CAITLIN V**

*introduction*

# what is the Guide about?

Hey there! Congratulations, you've just made one of the best decisions of your life! You've decided to get better in bed and your woman is going to thank you in a big way!

YES!!! I'm here for that, and I'm here for you. I'm Caitlin V, and I'd like to be your personal sex coach and bedroom advisor.I've hand-picked the following tips just for you, to introduce you into my world... it's a world of sex, science, pleasure, joy, magic and fun. Welcome!Any man who knows these techniques and uses them wisely will see an instant boost in pleasure, orgasm, and connection with a woman.These three tips I am about to share for the first time ever are the magical moves that keep women pleased and coming back for more. Despite how POWERFUL these tips are, they're little-known.I've never seen anyone else online talking about these.And they're exclusive--I have never shared them publicly or talked about them on YouTube. I'm sharing with you because I know that with these three tips you'll be able to level-up your sexual skills INSTANTLY. I've worked with hundreds of people as a coach and the one thing I know...No matter how long you've been with your woman, Whether this is the first time or just the first time this week, You can ALWAYS get BETTER in bed. As a sex coach for men, my job is to help you gain the confidence, stamina, strength, and sexual skills to not just have great sex... But to have the best sex of your life. Through my YouTube channel I have helped millions of men get better, harder, and last longer in bed. If you like these tips and find that they super charge your sex life, Please check out my other offerings including free content on YouTube, My masterclasses: Come When You Want, She Comes Too, and Make Her Squirt: The Female Ejaculation Blueprint And of course apply for my one on one coaching designed to help you get better in bed!I'll follow up later with an email on all that. For now, let's get into these tips!

*Tip #1*

# The Horny Caterpillar

This first tip ALONE is about to super boost your sex life, because it uses a little known part of female anatomy, the roots of the clitoris.You read that right!

The clitoris, like a tree, is made up of two parts: the trunk above ground and the roots below.And the roots of the clitoris are actually extremely important to her pleasure.

Stimulating them is the BEST way to get her turned onBecause it starts the domino effect that ends in an explosive orgasm.

Since these roots are buried under the surface, we have to reach them from the surface level.

It's a little tricky to apply the right amount of pressure and movement to get the results we're looking for.

Luckily, I've got you covered!I named this technique the Horny Caterpillar because when you squeeze her lips like thisIt sort of looks like a hairy Caterpillar.

(Don't laugh, lol)

To use this technique you only need access to her outermost genital area, which means you can start using this while her panties are still on.

Which, honestly, is hot AF

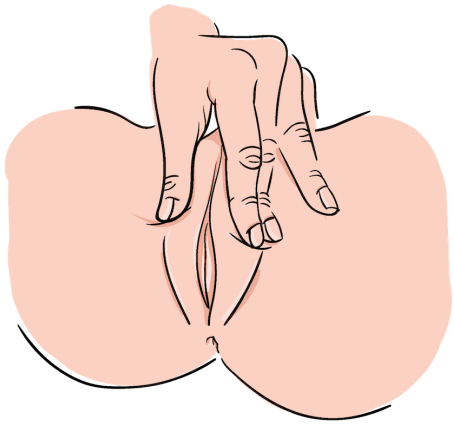
*Here How To Do It:*

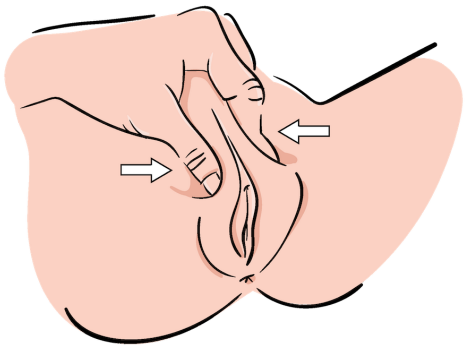
## Technique

- Place your hand facing down on her body, the line of her vulva (where her lips meet and the fun begins) should be parallel with your thumb and first finger.
- Gently grab and lightly squeeze the skin around the top of her slit, as if you were trying to grab her clitoris from underneath.
- You can feel the different organs as soft bumps under the skin, especially if she's turned on.
- Gently pull her clitoris away from her body,
- Then push it gently back towards her body.
- Repeat and troubleshoot, following her verbal and non-verbal cues as to what feels good for her

*What Does It Look Like:*

## Visual





*Now that You know*

## Final Thoughts

This motion puts delightful pressure on the legs and glands of the clitoris from outside her labia.

This kind of indirect stimulation early on will help get her fully aroused before you're even ready to smash.

Once she's worked up, it's time to move onto technique number two...

*Tip #2*

# The Sushi Roll

This is one of my favorite techniques EVER! It works by getting her closer to orgasm while teasing her at the same time.

Many women use this technique to give themselves orgasms yet don't tell men about it!

This will be your secret weapon, casanova!Imagine sliding your fingers down her panties.

When you get between her legs you feel wetness, she's juicy, turned on, and ready for you to work your magic. Knowing that this is the most sensitive part of her body, you want to treat it delicately.

But if you go too delicately she'll think you are teasing her, or worse, that you don't know what you're doing.

You probably know that the easiest way to make a woman climax is through stimulating her clitoris. But few men know that the clitoris is actually made up of three different parts, that all need to be stimulated differently.

In fact few WOMEN even know this, which is what makes this move so special. This technique is called the Sushi Roll and you'll see why I named it that in just a minute!The Sushi Roll works because it uses a unique finger technique to stimulate the shaft of the clitoris. This quickly brings her close to the edge of orgasm and it's guaranteed to cement your sex god status.

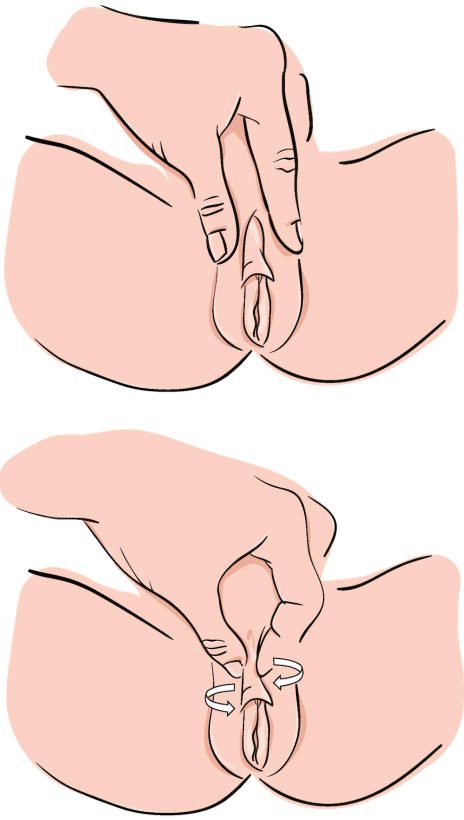
*Here How To Do It:*

# Technique

- Start by getting your pointer and middle fingers wet (dry fingers can irritate her sensitive skin).
- Bonus Tip: Stick your fingers in her mouth and make her lick them to get them all wet
- Reach down between her legs
- Locate her clitoris, it will feel like a raised nub near the top of her vulva, at the center point just underneath her public hair.
- Place each finger on either side of her clitoris
- Begin to stimulate the UNDER side (aka the shaft) of the clitoris between your fingers by rolling it between your fingers and thumb
- Experiment with different finger movements, speeds, and pressures until you find one that really works for her
- Don't stop until you're both ready for direct stimulation of the clitoris with hands or mouth

*What Does It Look Like:*

# Visual



*Now that You know*

# Final Thoughts

Your girl will be sent to the moon and back when you use this technique on her. You see, most guys go for the direct stimulation, Mashing the "button" of the clitoris WAY harder and more directly than they need to.This is a finesse move, which is why it's the ultimate foreplay technique. She'll be BEGGING you to touch her clit directly after a few minutes of this indirect touch. And you'll look like a fucking master of female pleasure because NO ONE knows about how to get her turned on like this. Which is when you introduce the third technique.

*Tip #3*

# Sexual Suction Cup

Now that she's nice and warmed up with your fingers, use this move to bring her the cusp before you take her over the edge.This technique feels AMAZING for a woman and brings her closer to orgasm. It also gives you a chance to "switch things up" with your mouth while you're going down.Over 60% of women report needing direct clitoral stimulation to reach orgasm.

But I believe that's because their men don't know this technique.

The sexual suction cup actually makes her clitoris MORE sensitive to stimulation, Making it way easier for her to orgasm during sex. MULTIPLE times.This technique is one of my favorite things for a man to do to me,And I'm sure your woman will love it as well.You see, a woman's clitoris is made out of the same kind of tissue as a man's penis. That means that when she is aroused, it fills with blood and gets bigger. This is why her clitoris looks different when you start having sex and when you're finished.What does this all mean for you? Well the same way that penis pumps and cockrings give you an EXTRA boost, You can easily provide the same for her, Without her even knowing it.

Thus making her MORE sensitive, more ORGASMIC, and making you feel even bigger and better inside of her.And you can do ALL THIS with just your mouth. No extra gear required.For this tip to work, you need to be really up close and personal. In other words, you have to have your face between her legs.Once you're there, go about eating her out the way you usually do... (hopefully you're already pretty good at licking pussy, if not I can teach you).

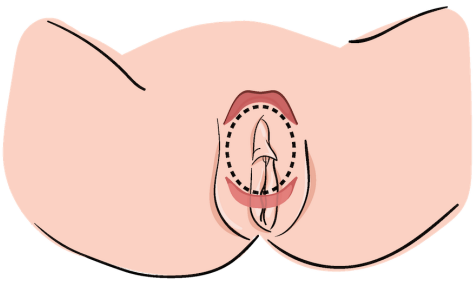
*Here How To Do It:*

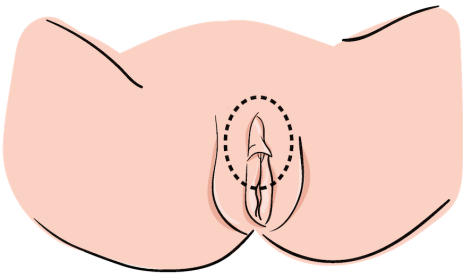
# Technique

- Start by licking her and pleasuring her with your lips and tongue
- Once you've gotten into a rhythm switch it up by opening your mouth wide.
- Your upper lip will be on her skin above where her clitoris isYour lower lip will be below her clit, almost to her vaginal opening
- Create GENTLE suction by sucking with your mouth
- (Remember we aren't going for a hickey here, just a little pressure will do)
- Experiment by moving your lips, creating larger or smaller circles
- Play with her by moving your mouth while maintaining the suction
- If she's really into it, try sucking a bit harder
- REMEMBER: Only use this technique SPARINGLY, if you use it too often you'll wear her out!

*What Does It Look Like:*

# Visual





*Now that You know*

# Final Thoughts

Now a couple things to keep in mind:

For some women, this will be an instant turn on,If so, yay!!!

For others, this will be a strange sensation that they've never felt before. That's okay too!

Once you're done her clitoris will be more filled with blood Meaning that it will be more sensitiveAnd easier to reach (multiple) orgasmsYippee!!!I

# Congratulations and Celebrations!

Well my friend, you are now in the possession of some POWERFUL knowledge.

These three techniques, used individually or together, will help you to WOW her in bed.

If you use these appropriately, she'll be way more likely to have an orgasm during sex,

WAY more likely to be multi-orgasmic,

And WAY more likely to have her first orgasm, even if she's never had one before. Yeehaw!!

May you use your new skills for good rather than evil ;) kidding of course!

Go out there and use these techniques to get your woman (or the women in your future) off with INTENSE, FULL BODY orgasms.

The kind that only YOU can provide.If you want more where that came from, just stay tuned.

I'll be sending some of my best content to your inbox over the next few days.

In the meantime... sending you big, huge, wet, juicy love!

To the best sex of your LIFE,

Xoxox
Caitlin