

How to Eat Pussy: Step-By-Step Guide

The Power Moves | 23 November, 2018 | by Lucio Buffalmano

WARNING: This article contains explicit images. If it's not for you, stop. If on the other hand, you're wondering how to eat pussy, keep going.

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1. Relax & get in the mood

An environment conducive to sex and romance will always help women to orgasm and get into the mood. Dim the lights, switch on the candles, [put on good music](#).

Most of all, though it's a frame of mind that you want to convey: that sex is natural and good. You want to provide an environment of safety where she can trust you and where she can be herself and let go. Be the chaperone of that world of pleasures: take her hand and let the dances begin.

2. Warm her up

Imagine the clitoris as the final prize of a journey, not the beginning.

Start kissing her inner thighs and slowing moving to her vagina.

Then kiss her lick the labia and the area around her vagina.

Feel free to look at her here, but avoid any inquisitive look as if to ask "is this OK".

Look at her with lust and passion.

Then go up to her lips as well. Kiss her.

Kiss her with her vagina juices still on your lips: show her that during passion there is no disgust (but be prepared not all women will like this: be quick to get the hind and keep going without breaking the mood).

3. Tease your way to the main dish

Make it a bit of a tease.

Build your way up to the clitoris, groan as if you're just about to go for it.

Then go right back to kissing her thighs and then slowly again to the vagina.

If the mood is right she will be begging you to begin eating her pussy in earnest.

4. Use your fingers

In the beginning, use your hands to caress her, running her around her side, touching her breasts, her legs, her thighs.

Penetration is not strictly necessary: you can successfully eat pussy without ever going inside.

However, it can be a bonus. In my experience, even women with no vaginal sensitivity prefer cunnilingus with fingers-action.

Don't stick your fingers inside too quickly though. You can begin playing with the entry of her vagina as soon as you start seeing her pussy getting moist.

When she is ready, enter her and use your finger either to stimulate her G-spot or to simulate a penis action.

G-spot Stimulation

To stimulate the G-spot, your palm must face upward and you must look for a spongy area that feels different from the surroundings of her vagina wall.

You can stimulate it left and right or with a "come here" motion.

Some women will recoil with you find it: it's not a bad sign, but it means it's too early. Go back to it when she's nearer orgasm.

Penis-Like Motion

If you use your fingers to stimulate a penis, start slowly, without pulling the fingers fully out. And accelerate as she nears the orgasm.

5. Eat her out: focus on clitoris

Alright, we have explained enough that to eat pussy well you need to prep it up, make her comfortable, build your way to it and tease her.

All appetizers are important, but the main dish is the main dish. And the main dish of your pussy eating marathon is the clitoris.

The clitoris is what will most likely and most reliably give her an orgasm.

The Clitoris is Very Sensitive

The clitoris is a highly sensitive area. The tongue is good for it because it's soft and naturally moist.

However, some women might still recoil if you attack it too early or too aggressively.

Another good reason to warm your way up to it.

6. Get into a steady rhythm

Once she is moaning deeply and you're fully focused on the clitoris, don't switch. It's not the time to tease anymore.

Most women prefer a steady rhythm that accelerates as nears peaking time. But if you are getting tired and find it difficult to get quicker, focus on keeping the steady rhythm: she will love it as well.

7. On the home stretch: keep going

Some women will get hotter and hotter when they near the orgasm. They will quiver and move, some even try to pull back or swaying their hips.

Keep it steady, don't let her go and don't stop!

She wants you to finish her off now.

Don't ask questions when she is nearing the orgasm:

Note: unluckily both YouTube & Vimeo are quite conservative and this video got flagged by the community of prudish.

8. Ease down once she reaches the orgasm

This is where penetrative sex differs from cunnilingus.

With penetrative sex, you can keep going and give her multiple orgasms.

But with cunnilingus you want to stop because many women switch from a positive sensation on their clitoris to a negative, even painful one right after orgasm.

In doubt, stop.

9. Enjoy yourself

Sex is pleasure.

Giving pleasure is pleasure and making love is the best activity in the world.

Relish the moment, ravish her and lose yourself in pussy.

Pussy Eating Position

Most people think of a missionary position when eating pussy.

And that's all fair and good.

Here are a few variations for you to consider though:

- **She standing**, him on his knees: this might feel demeaning to some men. But it's a good way to start sex. Imagine she's coming off the shower, freshly shaved and half-naked. You attack her while on your knees and then transition to horizontal
- **Sitting on his face**: I'm not a big fan of this one as it feels less in control and your movements are also impaired. But don't knock it off until you tried it...
- **She standing**, him laying down –[like this](#)–

- **Doggie style licking:** Get her down doggy style and lick her from behind. Make sure she's thoroughly clean if you know what I mean -and avoid if you're not sure-
- **69:** eating pussy properly during a 69 is easier said than done. And that's exactly the reason why you should challenge yourself to it.

Quick Tips to Eat Pussy

Here are a few more guidelines:

- **Cut your fingernails short:** this is really important, *especially* if you use your fingers inside of her with a penis-like in & out motion.
- **Warm-up your hands:** if you have a tendency to get cold hands during winter, warm yourself up first. A great simple way is to wash your hands with hot water
- **Wash your hands:** it's basic hygiene, and it will also help some women relax and feel more comfortable. Don't be the guy women have to remind basic hygiene to
- **Praise the pussy:** tell them her pussy is turning you own, but even more: show it
- **Ask what she likes:** some rules apply to almost all women, but there is huge variance among women -much more so than among men-. So ask her what she likes
- **Experiment:** women often don't know what they like. And some don't feel comfortable sharing. So experiment and discover

When it comes to bear, some people say not to keep a stubble for men.

I have a stubble most of the times and no lady ever complained. You're not rubbing your cheeks against her after all -albeit you might. Now *then* it might better not to have a stubble-.

Eating Pussy Mistakes

- **Making it a chore**

I remember years ago when it was about to end with an ex-girlfriend of mine.

She complained that I looked bored. I was indeed and all I wanted to do was "repaying her the favor".

From there it quickly devolved into an argument.

Worst cunnilingus ever.

If you do it, do it passionately.

Otherwise, don't it at all.

- **Asking questions during cunnilingus**

Unless you're a very beginner, try not to ask questions.

Most guides tell you to "ask her", but the truth is that rational verbal interaction during sex and orgasms douses the flames. It's like saying that you don't have enough chemistry, and people who are overcome by passion and lust usually don't discuss rationally while doing it.

Try to go off based on her reactions instead, and if you still have questions, there is always after sex to talk.

- **Badgering before she's lubricated**

If when you're about to insert a finger in her pussy you notice it's not yet well lubricated, wait, and work

with your tongue a bit more.

The worst you can do is to hard-finger a dry vagina with violent up and down motion.

A penis on a dry vagina is unpleasant enough, but fingers are worst (only topped by fingers with long fingernails).

Pussy Licking FAQ's

Here are a few common questions on cunnilingus:

- **Is it better to give orgasm with your penis or with your tongue?**

To answer with man-speak: is it better to drive a Ferrari a Porsche?

It depends on the model, the driver and what you feel like. Both are great and it's best to have both. But the Ferrari is just that little better.

Orgasms with your penis are the Ferrari: some women might deny it, but making her come with your penis is superior. At the very least, she will hold you in higher esteem.

- **Does cunnilingus provide strong orgasm?**

Absolutely.

Women can experience several types of orgasm. To keep it short -but admittedly at the cost of being imprecise-, [we can differentiate two main types of female orgasms](#): vaginal and clitoral.

Vaginal tend to be more powerful, with some describing it as "deeper". Vaginal orgasm, in some women, is more elusive. Clitoral orgasms are a bit easier to reach, and eating pussy tend to give clitoral orgasms.

- **I hate eating pussy, do I have to?**

No, you don't have to.

However, it's a great skill to have.

Why should I learn to eat pussy?

Countless reasons, including better and more diversified sex life.

Also, there might be a time where you don't feel like having sex and want to give her an orgasm. Or you want to last longer and switching to cunnilingus will give you some time off.

- **Do women like their pussies being licked?**

Absolutely.

I have never met any woman who said no to cunnilingus and never heard any woman saying they don't. Some never tried it, but that doesn't mean they wouldn't like it.

Women who refuse might be self-conscious.

- **What if she passes gas?**

Hopefully, she will pull you up if she has to. If she is pulling you up, it might be a good idea to actually go up :).

However, some women will also pull you up when they're hot and steamy because they want to be penetrated.

Technical Aspects of Eating Pussy

Here are some more technical aspects for beginners.

1. Where is the clitoris

The clitoris is here:

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On the first licks place your thumb ride above it and pull the skin up so you can lay it bare.

Don't get too hang up on pictures and anatomy though: you don't need it.

When you feel a little bump with your tongue, that's the clitoris.

The clitoris will also enlarge when aroused, and you might not even need to pull the skin up.

I remember a woman once saying "oh my God I was so horny, have you seen how big my clitoris was".

2. Early Licks

It's OK to straight for the clitoris to give her a quick jolt of excitement before you even remove her panties.

At the very beginning the labia of the vagina will be closed in resting position, looking like this:

Evoluke [CC BY-SA 3.0 (<https://creativecommons.org/licenses/by-sa/3.0/>)], from Wikimedia Commons – Cropped

To be sure you find the clitoris, separate her labia and lick with an upward option: you will surely lick the clitoris that way.

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