

10 Ways to Make Missionary Sex Anything But 'Vanilla'

It's easy to dismiss missionary-style sex as utterly uninspired and snooze-worthy. The sex position — in which the receiving partner lies on their back and the giving partner is on top — is often considered the most vanilla, basic, and conventional way to get it on. But it deserves much more credit than that.

"Far from the 'boring vanilla sex' stigma that missionary, unfortunately, has associated with it, this position offers an opportunity for more emotional intimacy because you are face to face with your lover," says Kiana Reeves, Chief Brand Officer and educator at sexual health and wellness company Foria.

In fact, in this position, you could feel an especially powerful connection to your partner because you're able to look in their eyes, kiss, and enjoy full body contact, says Reeves.

Plus, there are lots of ways to take the classic position to the next level that you may not have considered. Here are some expert tips on "remixing" missionary for even more pleasure.

1. Consider it just one part of a "multi-course" experience.

Lyndsey Harper, M.D., a board-certified ob-gyn and CEO of sexual wellness platform Rosy, encourages people to think of missionary sex as one "delicious dish on the buffet." "There are so many other options and add-ons before, after, and during," she notes.

Anne Hodder-Shipp, an American College of Sexologists (ACS)-certified sex educator, agrees, noting, "Missionary doesn't have to be the main event, or even the final event, so enjoy missionary like you would any other kind of sex — and remember that sex doesn't have to stop just because one partner has orgasmed."

2. Be sure to warm up.

Before diving into missionary — or any position, for that matter — enjoy activities that will boost your arousal, like sexting with your partner or reading an erotic story (alone or together), suggests Dr. Harper.

You might also try oral sex, vibrator stimulation (for clitoral stimulation, reach for the LELO's SILA Cruise), manual stimulation, role play, bondage/blindfolds, and dirty talk, suggests Laurie Mintz, Ph.D., LELO sexpert and author of *Becoming Cliterate* and *A Tired Woman's Guide to Passionate Sex*. "As long as it's pleasurable and consensual, the sky's the limit!" she says.

3. Try this lazy morning sex variation.

Instead of one partner climbing on top of the other, consider a relaxed twist on missionary: Both partners can lie on their sides, facing one another while the receiving partner's leg wraps around the giving partner's body to make room for penetration, advises Reeves. This variation might be more comfortable — and maybe a bit lazier and tailored to morning sex.

4. Incorporate pillows.

"Start with pillows that can be placed under the bottom of the receiving partner," recommends Shannon Chavez, Psy.D., a psychologist and sex therapist in Los Angeles. This will elevate the hips, which, in turn, will enhance pressure, friction, and sensation to increase their pleasure potential.

5. Get edgy.

Have the penetrating partner stand at the end of the bed, facing the head of the bed, and the receiving partner can lie on the bed with their hips and booty toward the edge, recommends Mintz. "The advantage of this is novelty and again, changing the angle of the penetration," she notes.

6. Consider these moves for deeper penetration.

If you want to intensify the position, the receiving partner can lift and fold their legs against your chest while still lying on their back for deeper penetration, says Reeves. "Or you can ask your partner to hold your legs spread open and out up towards your shoulders for a different angle and deeper penetration," she notes.

7. Prioritize clitoral stimulation.

"Clitoral stimulation is key for people with vulvas in any position," says Reeves. "It significantly increases your chance for orgasming during a sexual experience, and can help you reach different types of orgasms through the connected pathway of the clitourethralvaginal complex. This is a long word for the simple idea that all of our pleasure wiring works together when stimulated separately, which is how we can experience different combinations of orgasms."

In order to achieve clitoral stimulation during missionary sex, you can use your hand or your partner's hand or consider adding a vibrator, explains

Dr. Harper. "A small bullet vibrator works best in this situation because it doesn't get in the way or a combined vibrator that can stimulate you and your partner at the same time works for some couples as well," she notes. One to try: LELO's Tiani 3 or TOR 2.

8. Try an anal toy.

Missionary lends itself to anal stimulation. Either — or both — partners can wear an anal toy, and it might feel especially pleasurable to the receiving partner, because it offers the sensation of being "filled up," says Hodder-Shipp. "It's also a great way for the giving partner to experience additional stimulation hands-free," she notes.

If you happen to be the one lying on your back just make sure it is a butt plug with a flat end, so it doesn't get in the way or cause discomfort, recommends Reeves.

9. Zero in on sensuality.

"The missionary position allows you to use the senses as an arousal booster," points out Chavez. For instance, you can take in your partner's smell by nuzzling your face in their chest or neck while getting warmed up, she notes.

"Eye gaze and visually connecting with your partner can increase arousal and release hormones that accelerate feelings of safety and bonding," adds Chavez. Missionary also allows you to talk to your partner, read their facial cues, and more readily take in any noises they might make during sex. "All of these factors can increase your own arousal and desire," says Chavez.

10. Share your needs.

"For women, depending on where we are in our cycle and what is going on in our pelvis, some positions just may not do it for us at certain times while others may be uncomfortable or downright painful," acknowledges Dr. Harper. For that reason, if you ever experience sexual pain, you'll want to make sure to communicate it with your partner.

"Sometimes this can be alleviated by a slight change in angle of position for you or your partner, decreasing the depth or angle of penetration," says Dr. Harper. "This can be achieved by rotating either partner's body slightly or by placing a small pillow under the bottom partner's hips."

Want to Orgasm During Missionary? Try This Move

Think the missionary position is a futile mission when you're trying to climax? Think again. Psychologytoday.com posted a few techniques to reach the big O while in the most basic sexual position. Here's what you had to say: Johnella commented via Facebook: "I like missionary, but he better know how to work it." MI wrote via Facebook: "If I was having sex, I would try it several times tonight!"





Think the missionary position is a futile mission when you're trying to climax? Think again. Psychologytoday.com posted a few techniques to reach the big O while in the most basic sexual position. The article, introduces the 'coital alignment technique' or CAT. "Instead of the man lying on top of the woman chest-to-chest with his penis moving more or less horizontally, the man shifts himself forward so that his chest is closer to one of her shoulders," Psychology Today explains. "As a result, his penis moves more up and down. In other words, the man rides higher on the woman's pelvis and the boy base of his penis makes more contact with the woman's clitoris. This increases direct clitoral stimulation and may provide enough to allow her to orgasm." The CAT method's nothing too new. It was introduced in 1988 by sex researcher Edward Eichel and we've probably done some variation of it without knowing its technical name. Why not try it again tonight? Even if you don't have an orgasm during intercourse, you'll have fun trying. Plus, the truth is, even the most adventurous lover knows that missionary is where it's at sometimes. Who doesn't want to lie on her back, be snuggled really tightly and get off all at the same time?

PENETRATION LIKE YOU'VE NEVER KNOWN IT - Dr. Rachael Ross



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PENETRATION LIKE YOU'VE NEVER KNOWN IT



PENETRATION LIKE YOU'VE NEVER KNOWN IT, Prince sang about it and the smoothest of lovers have perfected it. LOVE TO THE NINES. When used properly NINES can send any couple to a place that they have never been. The NINES will take you straight to that post-orgasm place that we all dream about.

1. Choose a position where the male is in the dominant position. The male must be in a dominant position because he will control the rhythm and the deep and shallow thrusts.
2. The secret to THE NINES is in the pattern of shallow to deep strokes.
3. First use the head of your penis to penetrate the vagina NINE TIMES. Even though it will be tempting to penetrate deeply, resist the urge and just do nine shallow strokes. After nine strokes she will almost beg you for the deep one, so after the ninth shallow stroke, go deep into her vagina. . .ONLY ONCE. Stay inside of her vagina for a moment and then withdraw. You have completed the first of nine sets.

4. The next cycle you must make EIGHT shallow strokes and TWO deep strokes. . .then SEVEN shallow strokes and THREE deep strokes.
 - o 9 deep strokes and 1 shallow
 - o 8 deep strokes and 2 shallow
 - o 7 deep strokes and 3 shallow
 - o 6 deep strokes and 4 shallow
 - o 5 deep strokes and 5 shallow
 - o 4 deep strokes and 6 shallow
 - o 3 deep strokes and 7 shallow
 - o 2 deep strokes and 8 shallow
 - o 1 deep strokes and 9 shallow
5. The first few times that you do the NINES, neither one of you will make it through the complete cycle without orgasm. It is quite an overwhelming feeling. So prepare for intensity!
6. The male determines the rhythm that the NINES takes place, but more success will be had if you use a slow pace.
7. When you withdraw your penis from her vagina, her vagina will automatically contract instinctively in an attempt to hold onto your penis. This will allow her to anxiously anticipate and almost beg you for re-penetration.
8. Continue subtracting shallow strokes and adding deep strokes until you reach the final set which consists of one shallow stroke and nine deep strokes.
9. NINES consists of NINE sets of TEN strokes.
10. NINES is perfect for a man who has problems with premature ejaculation or has a partner that wants him to penetrate her for long periods of time. It will make her orgasm quicker and it will make him last longer.

