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JULY/AUGUST 2023

EXPERIENCE INTIMACY

RESTRAINTS

**CURIOUS? UNSURE?
YOU DON'T NEED TO BE**

**JONI
MORRISSEY**

*12 tips to give
amazing
head*

WHAT'S NEW

**NEW SERIES
LET'S TALK ABOUT SEX**

All things related to Womens
Bodies, Health and Sexuality.

SPI

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EVER TRIED BEING TIED UP?

Curious about Bondage? Something about that word can stir thoughts of dark rooms, leather and chains and pain...But it can be far from this.... I like this definition from the Cambridge Dictionary *"the activity of tying parts of a person's body so that they cannot move in order to get or give sexual pleasure"*

It's about giving over control to your partner, full control of your pleasure to them, they can stop, start, increase without you being able to stop it. There doesn't need to be any pain involved at all.. Communication is always key, discuss with your partner your likes and dislikes, your boundaries, your Hard No's and always have a safe word so they know when you are at your limits.... Picture this.....

.....You are restrained to the bed by your wrists and your ankles, blindfolded. Your senses are heightened to sounds and touch.. Your partner has an array of items to tease and tantalise you with , a feather, a wand vibrator, maybe a dildo.. You don't know what they will use on you or when or where on your body... the anticipation and excitement builds..... Got you thinking haven't I?

Experimenting with sex is all about going at your pace, communicating and having fun.... You may simple start with a pair of fluffy cuffs.... who knows where they could lead you, you won't know until you try.



A little inspiration.





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LETS TALK ABOUT SEX

All things related to Womens Bodies, Health and Sexuality.

Welcome to a new series just for our female readers - if you struggle with Pelvic issues this can impact your emotional and sexual health... We have teamed up with Emma and her team at Full Circle Physio to bring you info and talk openly about the issues women face throughout their lives that can impact on their sex lives. From pelvic issues to childbirth to menopause and all the bits in between..



Introducing - Emma from Full Circle Physiotherapy



Kia ora, I'm Emma and I am the Founder & Lead MSK/Pelvic Health Physiotherapist at Full Circle

Physiotherapy based within North & South Taranaki.

I am a passionate advocate for all things Women's Health and have had the privilege of women sharing their stories with me over the past 20 years whilst working amongst various avenues of Physiotherapy but have solely based myself within Pelvic Health over the last 8 years. I absolutely LOVE treating women and supporting them through their biggest cyclical transitions such as Puberty, Pregnancy, Postpartum and Perimenopause. In short, anything to do with wees, poos, sex, pain, periods and babies are my thing! I am so excited to be collaborating with so many amazing women within the Taranaki region such as Donna (from Nauti) to be raising awareness of Pelvic Health issues and also to lift the lid on all things regarding sex.

For too long we have been told stories that women should not express their sensuality and sexuality through all types of media.

This has created a negative connotation of women, young and old, feeling very disconnected and lacking understanding of their own biology and bodies.

So what is a MSK & Pelvic Health Physiotherapist and what do we actually do?

To keep things very simple, we are like regular Musculoskeletal (MSK) Physiotherapists who you would go to see for your shoulder, back or hip pain but we also have the particular interest in the pelvis.

This generally includes anything that happens in there especially for women such as: Period issues, Endometriosis, Adenomyosis, Infertility issues, Pregnancy, Post-Partum, Diastasis Recti, Lumbopelvic Dysfunction, Bladder & Bowel Incontinence and issues, Pelvic Organ Prolapse, Pelvic Floor Dysfunction, Vaginismus and/or Dyspareunia (painful sex or not being able to have any penetration whether it be finger, penis, toy or speculum) and last but not least Vulvovaginal conditions and Perimenopause.

Pelvic Health Physiotherapists also have the unique skill of being able to assess people from the outside in and the inside out by means of internal examinations vaginally and/or rectally. This can often give us unique insight into the pelvis and what other factors that maybe contributing to pelvic health issues.

Our role within Pelvic Health Physiotherapy is to educate and empower women regarding the amazing adaptability and competence of their bodies and give them agency over this. Whether it be urinary or faecal incontinence, vaginal dryness, vaginismus, prolapse, pelvic floor dysfunction or returning to activity after having a baby, people like us can help.



I am luckily enough to be part of an amazing Team of women at Full Circle Physiotherapy and we all work within a collaborative model that lifts one another up just as we do with our clients. Nicole & Erica are the other fabulous Senior MSK & Pelvic Health Physiotherapists that I work with and Grace will soon be joining us as a Senior MSK Physiotherapist in August. Kerry is the glue of our company and is the wonderful person you will liaise with first whether it is on the end of the phone or email.

I look forward to chatting more with you on this platform over the next few months on any topics that you maybe interested in or want to know more about. Nothing is off the table and nothing is too much information!

We are here for you.

Love The Full Circle Physio Tribe xxxx

(Emma, Nicole, Erica, Grace & Kerry)



Holistic Women's Health

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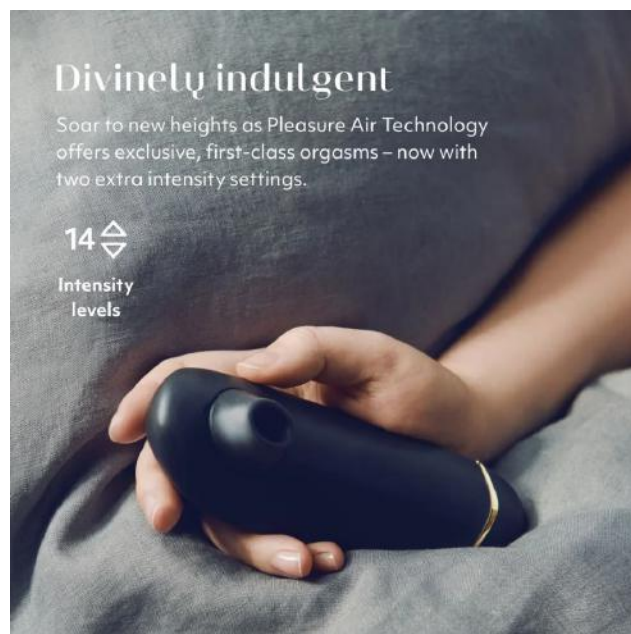


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Intensity
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PILLOW TALK

With **JONI MORRISSEY**

12 TIPS TO GIVING AMAZING HEAD

Does the thought of giving a blowjob intimidate you?

Do you feel awkward? Nervous? Or, perhaps even inexperienced in giving your partner a proper BJ that'll blow their mind?

I can assure you that you are not alone! Worldwide, millions of women are in the same situation as you. According to research, only 28% of women find blow jobs very pleasurable.

Now, I want you to imagine for a moment what it would be like to actually feel excited about jumping into bed with your partner and getting your mouth on their penis...

Because that's exactly how I hope you'll feel after reading this article.

Here's the thing...

Giving an oral blowjob doesn't have to be complicated.

You don't need to have tonnes of fancy tricks and tools to make your partner experience ultimate bliss.

All you need to do is implement these simple tips I'm about to share with you.



1. *Get turned on first*

This is the fundamental first step that many people skip which shouldn't be.

As soon as your partner sees you're ready, confident, and turned on, they'll be pushed into action and open to the pleasure you're about to give them.

If you're not in the mood and are solely doing it because you feel like you have to, your partner will notice — immediately putting a damper on their mood.

That's why it's essential to get yourself turned on **BEFORE** you start.

There are many ways you can achieve this.

Some examples include:

Having a super-hot make out session beforehand.

Touching yourself in front of them.

Or, better yet, pull out the vibrator so your partner can witness your growing arousal.

2. Use Lubrication

Adding a small amount of lubricant, olive oil or coconut oil can enhance sensation and reduce friction.

Why?

Because not only will it keep everything slippery, but it'll also avoid a dry mouth and give you the chance to remove your mouth when your jaw gets tired so you can continue with your hands.

It doesn't stop there, you can even try flavoured lube. You just need to keep it away from the penis opening.

3. Maintain Enthusiasm

Oral sex isn't just about what you do physically but also about what you do mentally and emotionally.

Stroking your partner's ego by telling them that they have a great cock will give them a confidence boost and build up a more intense orgasm.

Here's the thing...

There's no such thing as a perfect penis. Yet, many are conscious of how they look and how YOU see it. Your partner wants you to tell them what you think of their penis. More specifically, they want DETAILED feedback on their penis.

This is how you do it...

Look at his penis while you're stroking it. Admire it with your words by saying things like:

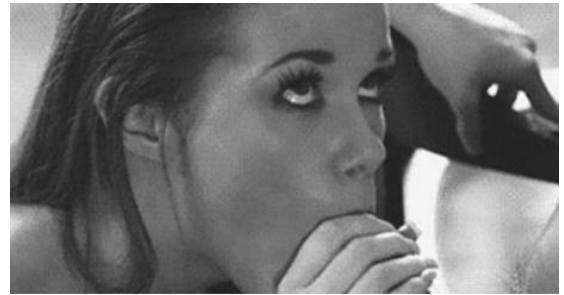
I'd love to ride it all day long.

You have such a great cock.

Your cock veins are super sexy.

I've never seen a dick so majestic.

If you're unsure about the words you want to use, you can simply gaze at it and show them that you appreciate it.



4. Your tongue and breath are key

A great blowjob is almost impossible without your tongue.

Besides being wet and flexible, its texture also creates incredible friction when you lick or suck your partner's cock.

You can start by licking the penis head, shaft, and balls in seductive strokes before taking the entire penis in your mouth. As soon as it's in your mouth, swirl your tongue around and move your head up and down while sucking.

Then, kick it up a notch by incorporating your breath into the mix. Every now and again, you can take their cock in your hands and continue stroking while blowing with your breath. But keep it short and minimal as you don't want to chase away the climax.

5. Use your hands

Adding your hands to the mix can intensify your partner's pleasure tenfold. This is because you'll overload the "feeling" senses with friction from multiple sources — instead of just your mouth.

Stroke the base of the penis while sucking and licking the tip.

Play with the balls by gently tugging, gripping or sucking them.

Massage the balls with your hand while licking him from base to tip.

In addition to the penis, you can stroke the chest and thighs as well.

All of the touching will overwhelm your partner in a good way and end up giving them more intense orgasms.

6. Hide your teeth

Teeth can be tricky when it comes to giving great head. Too much can hurt. But, too little can take away some of the delectable added friction that is needed to intensify the experience.

So, what can you do?

Your best bet would be to find a balance. Use your teeth — but sparingly.

Only scrape your teeth against flesh as opposed to biting into it.

You can avoid using too much teeth by:

Wrapping your lips around your teeth as a barrier.

Staying close to the tip and around the head while letting your hand take care of the base.

Not sucking too hard since this will cause your teeth to come into contact with his flesh.



7. Massage the Perineum

There are loads of pleasure spots for you to explore and stimulate aside from your partner's penis and balls.

One that I recommend you get intimately acquainted with is the Perineum — the area between his anus and scrotum.

This spot is particularly sensitive due to all the nerve endings. You'll immensely intensify the pleasure by giving this area extra attention and applying pressure while licking and sucking the penis.

Alternatively, you can also apply pressure to this spot with your tongue while you stroke the shaft with your hand.

8. Butt play?

I know... Butt play isn't for everyone.

However, if your partner is open to the idea, there's a good chance they end up loving it.

Why? Well, in the same way that the Perineum has a lot of nerve endings, so does the anus. By stroking those nerve endings with your finger or anal toys, your partner will experience surges of pleasure.

This is especially true if you give them a blowjob while simultaneously massaging his anus walls.

Keep in mind that there are different types and levels of anal play. Start slowly and work your way up as you learn what they enjoy.

9. Use your voice

Remember, your partner wants you to enjoy the experience, too, and the only way they know is if you express how the situation affects you.

Your sounds will let your partner know you're enjoying yourself. This will then give them the confidence boost they need — allowing themselves to let go of all thoughts and FEEL you.

10. Try pleasure mapping

Sexual pleasure mapping is one of the best ways to discover your partner's triggers and sweet spots.

By paying attention to their body language and reactions while you're touching, licking, and sucking, you'll start to "map out" their body and discover which spots are particularly pleasurable for them.

Watch for facial expressions

Feel for muscles tightening

Listen for any change in breathing

If your partner is writhing, grabbing your hair, or gasping for breath, it's a sure sign what you're doing is blowing them away.

Mapping out the sweet spots will also help you intensify your partners pleasure with all future blowjobs since you'll know exactly where to touch and what they likes most.

11. Engage ALL the senses

Instead of just focusing on the blowjob, try incorporating the other senses as well. Putting all of their senses into overdrive will make the experience much more intense.

Ways you can do this are to wear your partners favourite perfume, maintain eye contact throughout, play sexy or intimate music in the background, and feed maybe play with feeding each other strawberries dipped in chocolate.

This is your chance to get really creative. Add dirty talk to the mix if you like. Speaking naughty words during stimulation will put your partner in overdrive.



12. Try different positions

While the kneeling-in-front position is often the first position people think of when they hear the word "blowjob", you don't have to stick to it if you don't want to.

There are plenty of other positions you can try, such as sixty-nine, prop engine, loveseat wishbone, and many more.

That being said, the easiest positions are usually the ones you and your partner feel the most comfortable.



Joni Morrissey - Sexologist
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Ready to bring your blowjob A-game?

Now that you know how to give amazing head, you can go ahead and implement some or all of the tips mentioned above.

I suggest trying different tips on separate occasions until you find a mix that your partner absolutely loves.

Spicing up your sex life doesn't have to be hard. It's my mission to help YOU and your partner experience more fun and passion between the sheets than ever before.

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