

Genital Sensate Focus

Instructions for genital sensate focus.

Carry out previous instructions for [Non Genital Sensate Focus](#) with any variations you have both enjoyed. For the next stage you will need some sort of lubrication - massage oil, KY Jelly or ideally a lubricant such as "Senselle".

Spend 5 minutes woman touching mans breasts and nipples, then 5 minutes man touching the woman in the same way.

Spend about 5 minutes each touching genital areas. As before feedback on what feels good.

The man should then stimulate the woman with her guiding / instructions. Stimulate the outer vagina and clitoris very gently at first and then increase the speed of stimulation. Pause for a few moments and then repeat. Continue with this teasing technique. If she wants to continue to orgasm that is fine but not essential.

The man should show the woman how to rub his penis, testicles or thighs to help the development of an erection. Then pause and allow the erection to fade, then stimulate again. Repeat this teasing technique, varying the vigour and speed of stimulation. If he wishes to continue to orgasm that is fine but not essential.

Do not worry if erections or orgasms don't happen. This exercise is aimed at intimacy and communication. enjoy your sessions together and try to make them fun!