



# Double (or triple) your pleasure in bed

How to have multiple orgasms—or at least have fun trying. by Kimberly Dawn Neumann

Let's get something straight: Having multiple orgasms isn't some exotic skill; it simply means having more than one peak during a single love-making event—which could mean within minutes, hours, or an entire evening, says REDBOOK Love Network expert Lou Paget, author of *The Big O*. And it's easier for women to have multiple O's than for men because the female body doesn't go through a post-orgasm recovery period, meaning we can stay aroused longer and get heated up again and again. Want to give it a try? Follow these steps—alone or with your guy—and enjoy the sexploration!

## Step 1: Get in the groove.

You have a better chance of repeatedly peaking if you've already been ramped up by outside sexual stimuli—music, candles, massage, movies, whatever connects you with your body. "The higher your sexual energy is built up before you touch yourself or someone else touches you, the easier it is to have one orgasm and even multiples, because the pot of desire is larger and you've got nothing but sensuality simmering," says Rachel Carlton Abrams, M.D., coauthor of *The Multi-Orgasmic Woman*.

## Step 2: Tease it out.

Now that you're feeling sexy, it's time to get things revving hotter. Alone or with a partner, caress your skin with a luxurious

material or play with sensitive spots, like your neck or breasts. Once your body is responding to touch, move on to genital stimulation, but avoid penetration just yet. When exploring multiples, Abrams notes, it's often more effective for a woman to have her first orgasm through direct clitoral stimulation—which is best accomplished with a vibrator or via oral or manual action. **Take it slowly and try delaying orgasm until you can't hold out anymore.**

"By backing off just before orgasm, then building up and pulling back several more times, you can significantly increase the amount of sexual tension coursing through your body," says Abrams. This not only heightens your chances for an explosive first orgasm, it also prepares you for others. "Your body starts to expect

that after you have one climax, you'll have another, because you've trained it to be ready for a rise and a fall," says Abrams.

## Step 3: Have an orgasm.


Not quite there yet? Try adding contractions of your PC muscle (these are also known as Kegel exercises) to the equation. "If you do the contractions rhythmically as your pleasure builds, you can actually bring on an orgasm," says Abrams. Studies have also shown that women who know how to contract their PC muscle are more likely to have multiple orgasms.

## Step 4: Restart stimulation.

Begin stimulating your clitoris again within 30 seconds of your first orgasm. By doing so, you can capitalize on the fact that your body is still highly aroused. If your clitoris is too sensitive immediately afterward, return to the other areas you found pleasurable in Step 2. "You want to hang on to that sexual energy by continuing to be caressed," says Abrams.

When you're ready, try moving on to intercourse with clitoral stimulation (use your

hand or his or a vibrator if intercourse alone isn't hitting the spot). Again, throwing in some Kegels may help push you into another peak.

Most importantly, let go of expectations. "Don't focus on the orgasm, because you'll lose yourself in a goal-oriented place," says Abrams. "Focus on the pleasure and follow the pleasure, and the orgasm will come." With others right behind it! 

## O-O-OH!

There's more than one kind of multiple.

- **Compound singles:** Each orgasm is separate and distinct, with a return to a partially unaroused state between each peak. Sex expert Lou Paget likens this to a pearl necklace with a length of chain between each pearl.
- **Sequential multiple:** Each orgasm occurs two to 10 minutes apart, with minimal reduction in arousal in between. Think of this type as a pearl choker with very little chain between each pearl.
- **Serial multiple:** Orgasms are separated by seconds or just a minute. May feel like one long climax with spasms of varying intensity—like a solid strand of pearls.