

**THE FEMALE
EROGENOUS
BLUEPRINT**



The Female Erogenous Blueprint
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Introduction

The Female Erogenous Blueprint offers a unique and in-depth look at the erogenous zones of a woman's body.

This tantalizing guide will give you a comprehensive roadmap—from head to toe—of your partner's most sensitive spots.

What really turns your partner on, and which areas of her body beg to be touched more than any others?

First, we'll explore the 7 main erogenous zones that women are particularly sensitive to, as well as 6 additional hot spots, which can be similarly used for arousal and excitement.

Second, we'll provide you with a foolproof way of finding out her favorite erogenous zones. In other words, you'll learn how to discover exactly what makes her tick.

Then once you've discovered the secret pleasure code for your partner you can continue to use that pattern again and again to get her in the mood and bring her to satisfying orgasm after orgasm.

With the information delivered throughout this course, we guarantee that you can learn to unlock the sexual desire of any woman and learn how to turn her on and stimulate her in a way no other person can.

Chapter 1: The 7 Hot Zones

While sexual turn-ons are different from one person to the next, there are a few areas on the body, known as erogenous zones, which have been consistently linked to arousal.

These zones, when stimulated just right, can offer your partner unimaginable pleasure.

Fortunately, you don't need to be an experienced lover to understand these spots and the whys behind the pleasure they bring.

So, to get started, let's first discuss in further detail where these zones are.

Erogenous Zones 1 and 2: The Lips and the Ears



Kisses are an international sign of love -- from a simple peck on the cheek to a passionate make-out session, the lips can provide you with a number of ways to show your partner that you love them. But, did you know that the lips are also a point of arousal?

This is because the lips are one of the most sensitive parts of the exposed body. Just think of how many nerves must be contained within such a small surface, and it's no wonder that kisses can be so electrifying!

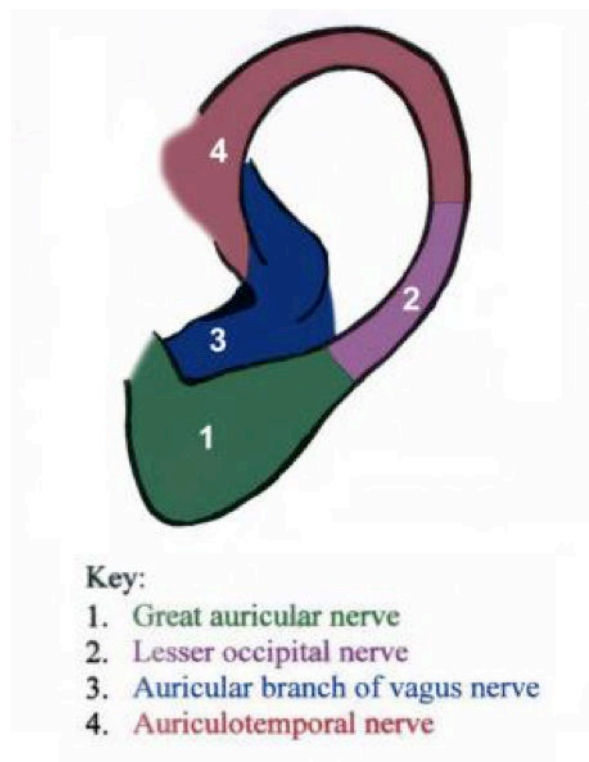
The lips, however, aren't the only spot above the shoulders, which can be used for spine-tingling arousal.

A whisper, a nibble, or a little puff of warm breath—the ear is just as sensitive to these stimulating sensations as it is to the spoken word.

From an exhilarating shiver to a hair-raising shudder, subtle manipulations of the ear can add a deeper sense of arousal to your lovemaking. Why?

Well, there are a number of nerves, both within and without, the ear.

These nerves are important for transmitting sound, allowing humans to pick up on even the slightest differences in pressure.



This bundle of nerves can also serve an additional purpose of stimulation and intimate arousal.

Erogenous Zones 3 and 4: The Neck and the Lower Back/Buttocks

Now, proceeding south, we arrive at the nape of the neck and lower back.



These erogenous zones, when manipulated with the utmost care, are an excellent area for teasing and manipulation.

Both the neck and lower back/buttocks are intimate areas. These zones rarely come into contact with other people, except in private cases, which makes these spots extra sensitive and particularly sensual.

Further, these spots are easily accessible to you

which means they can be easily stimulated whether you're locked in a steamy embrace or simply passing by during the day and want to bring your lover a bit of excitement and anticipation for later.

Zone 5: The Breasts/Nipples

In contrast to zone 5, erogenous zones 1 - 4 seem almost innocent in nature. After all, the lips, ears, neck, and back aren't inherently sexual.



And, while the breasts and nipples certainly have their own biological purposes, this erogenous area is one, which is linked primarily to arousal and sexuality in much of the world.

And, while breasts are surely linked to male attraction, new research shows that nipple stimulation in females is also an effective arousal tool and lights up the same area within the brain that also lights up upon vaginal, clitoral, and cervical stimulation.

Zones 6 and 7: The Inner Thighs and the Clitoris

Finally, moving down below the belly button, we find the two last erogenous zones.

- The inner thighs, being one of the largest erogenous zones
- The clitoris, perhaps the most sensitive erogenous zone of all.

Stimulation of the inner thighs can offer goose bump-inducing arousal, and manipulation of the clitoris, of course, can lead to heightened excitement and, eventually, orgasm.

Chapter 2: The Lesser Known Hot Spots and How to Find Them

While the jury is still out on the exact number of erogenous zones on the female body, the seven zones found in Chapter 1 are the most widely accepted.

But, there's one thing that's for certain: While your companion may find stimulation of the above-mentioned zones to be exhilarating, there are a few "lesser" hot spots found throughout the female body that could drive your lover equally as mad.

Unfortunately, the lesser of these zones can be a bit more individual. While one woman may be turned on by a light touch to the inner wrist, another may find a scalp massage to be just as erotic as a nape-of-the-neck kiss.

Now, let's explore.

The Unofficial List of Lesser Known Hot Spots

1. The inner wrist
2. The inner elbow
3. Behind the knee
4. The scalp
5. The navel
6. The feet

What is it that makes the seemingly innocuous spots listed above unusually sensitive and ideal for erotic stimulation?

Consider that such spots are rarely touched by those not close to you, and it's easy to see how these areas on the body can be used to induce arousal and increase feelings of intimacy.

Your outer arm may brush against a passerby on the street, or your knee may bump into a fellow passenger on the train as you pass through the aisle, but the above six hot spots are rarely involved in public contact which makes them especially intimate.

Chapter 3: How To Unlock The Erogenous Zones

The art of sexual arousal, and as a result, stimulation, is one that takes time and effort to learn.

The kinds of stimulation, which work for some women, may not work for others, so it's important that you're receptive to your lover's cues (which we'll discuss further in Chapter 4).

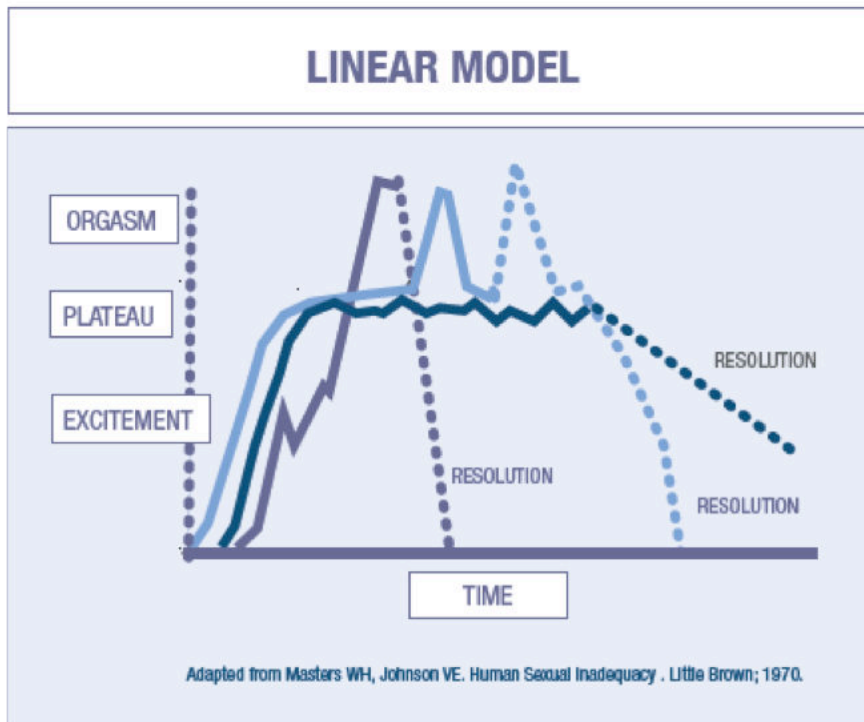
But first, prior to learning stimulation techniques, it's important that you understand how female arousal works.

Female Arousal: The Science Behind It

As you can imagine, there's more to arousal than meets the eye. In fact, there have been a number of models produced over the years, which attempt to theorize the overall cycle.

While a number of linear models, such as the one below, have been proposed, it's only in recent times that scientists and researchers have come to see that the science of female arousal is more cyclical than linear.

What does this mean, and how can you use this knowledge to your advantage?

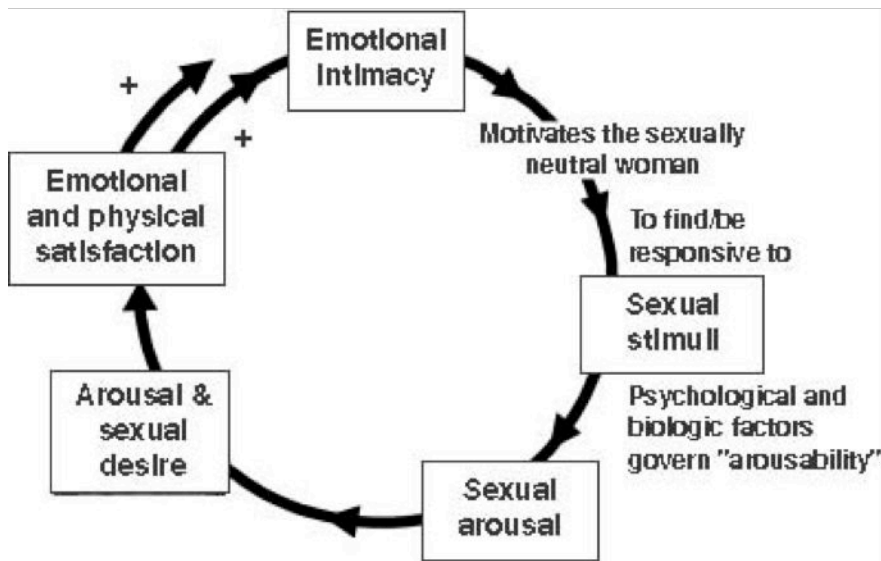


Consider the linear model of female sexual arousal above.

According to such a model, women go through four stages of arousal in a seemingly straightforward manner. These four stages are excitement, plateau, orgasm, and resolution.

The above model has three separate lines to show how different women (or how the same woman but at different times) go through these four stages of arousal.

Now, let's consider the cyclical (and more recent) model presented below.



When comparing the cyclical model to the linear model, it's easy to see that there's much more to sexual arousal than the physical sensations involved.

In fact, the linear model makes no mention of emotional intimacy, though the cyclical model has it front and center.

Further, as opposed to excitement-plateau-orgasm, there's now a loop which directly shows the role that emotional intimacy plays in bringing a woman from "sexually neutral" to aroused and, finally, to satisfied (both emotionally and physically).

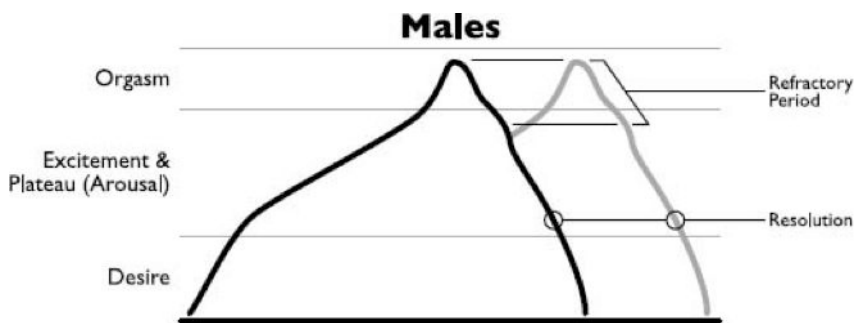
Why are these models so drastically different, and why is the circular model considered superior?

Consider that, for a good part of the female population, the end goal of sex is not to satisfy a biological drive.

Instead, according to the circular model presented above and proposed by Dr. Rosemary Basson, women have various non-biological reasons for engaging in sex, such as forming emotional closeness.

Men, on the other hand, have a much more direct route (which is illustrated below) from excitement to plateau and, finally, to orgasm.

This is because male sexual drive is more firmly based in biology and is not as closely linked to society and culture, as is the sexual drive of females.



Since women have a much more complicated route from arousal to satisfaction, it makes perfect sense for the female sexual arousal model to be more complicated than that of the male model.

So, how can you use this scientifically backed information to your advantage?

Well, first, by understanding how women respond to sexual stimuli and arousal, you can approach intimacy and lovemaking with an eye towards emotional support.

Second, you can use this information to direct your physical actions and respond to your partner's feedback accordingly.

The section below will get you started and teach you ways in which you can bridge the divide between emotional intimacy and biological sexual drive.

While not every one of the suggested techniques will foster emotional closeness, the vast majority will provide you with a way to connect with your female partner on a deeper, more genuine level.

The 7 Erogenous Zones

Now that you understand how female arousal works, you can use that information to stimulate your partner's erogenous zones in an electrifying way.

The Lips

This nerve-filled erogenous zone, used for everything from pronunciation to facial expression, provides you with a variety of stimulating options.

One of the funnest ways to stimulate is with the use of food.

Strawberries, cherries, and grapes are sweet and satisfying. With gentle stimulation, not only will you be increasing the blood flow to the lips and mouth, but you'll also create further feelings of closeness and intimacy.

Take turns feeding each other, or even pass the sweet treats from your lips to hers.

And, remember, gentle grazes can be just as arousing as full-on contact. Keep this in mind with kisses, as well, and be sure to alternate between soft and sweeping pecks to full on, yearning kisses.

The Ears

Looking back to the cyclical model of female arousal, we can see that emotional intimacy is at the top of the cycle and, therefore, should be in the forefront of your mind during lovemaking.

As mentioned in Chapter 1, a whisper can go a long way in arousing your partner and stimulating her sexual senses.

Use the sensitivity of this erogenous zone, as well as the knowledge that emotional intimacy is part of the female arousal cycle, to focus your efforts on stimulation and arousal.

Use this zone to focus on closeness and security. Stimulate with sweet whispers, gentle brushes of your lips on the lobe, and short, warm bursts of breath.

Take the time to let your partner know how you feel about her while simultaneously working on bringing her to arousal.

The Neck

Such a sensitive and under-touched area deserves gentle caresses and light, feathery touches.

How you do this will depend on the tools at your disposal, and the amount of time you plan to focus on this one erogenous zone.

The use of a feather is one way to tease your lover, tickling her while simultaneously bringing her to great levels of sexual excitement.

Or, perhaps she would prefer soft kisses, running from behind her ear to the nape of the neck.

The Lower Back/Buttocks

As is to be expected, the zone consisting of the lower back and buttocks, which are located at the base of the spine, is bursting with nerve endings.

There are a number of ways to stimulate this particularly sensitive zone, though we'll discuss two.

Now, while the lower back and the buttocks are considered one erogenous zone for the purposes of this guide, they are two separate areas, which enjoy different kinds of stimulation and contact.

For the lower back, barely-there touches can drive your partner mad with lust. Use your fingertips, lips, or tongue, or for added fun, pieces of fabric, ribbons, or feathers.

Touch your partner in short bursts, and be sure to vary the time between touches to increase anticipation and sexual excitement.

On the buttocks, you may find that firmer touches will yield more arousing results than gentle ones. This is where the use of paddles, whips, and belts can be distinctly useful, but of course, it's always

important to discuss comfort levels with your partner prior to experimentation.

The Breasts

The stimulation of your partner's breasts and nipples may make her hot, but that doesn't mean that the method needs to be.

One interesting stimulation method, favored for its goose bump-inducing effects, is the use of an ice cube on and around the areola and nipple.

As you can probably imagine, the nipple is a very sensitive area, bundled with nerves which are close to the skin. The application of ice—in small doses—can exhilarate the neuroreceptors found under the skin.

Of course, ice is just one way in which you and your partner can venture into temperature play.

Whipped cream, hot fudge, and other hot and cold foods can be used for similar stimulating results.

The Inner Thighs

If you think your partner would be up for some electrifying fun, then you may want to consider giving erotic electrostimulation (also known as e-stim) a try!

The inner thighs are the perfect place for e-stim, because the area is large and the nerves vary in sensitivity (becoming more sensitive as you get closer to the pelvic region).

There are plenty of e-stim options on the market, and the majority of these options allow for complete control of the level of intensity.

These multi-intensity wands and tools are the best, as it will allow you to tailor the experience for your lover.

If you're just starting out, begin on the outer edges of the thighs, where the least number of nerves are located, and start with a small intensity level.

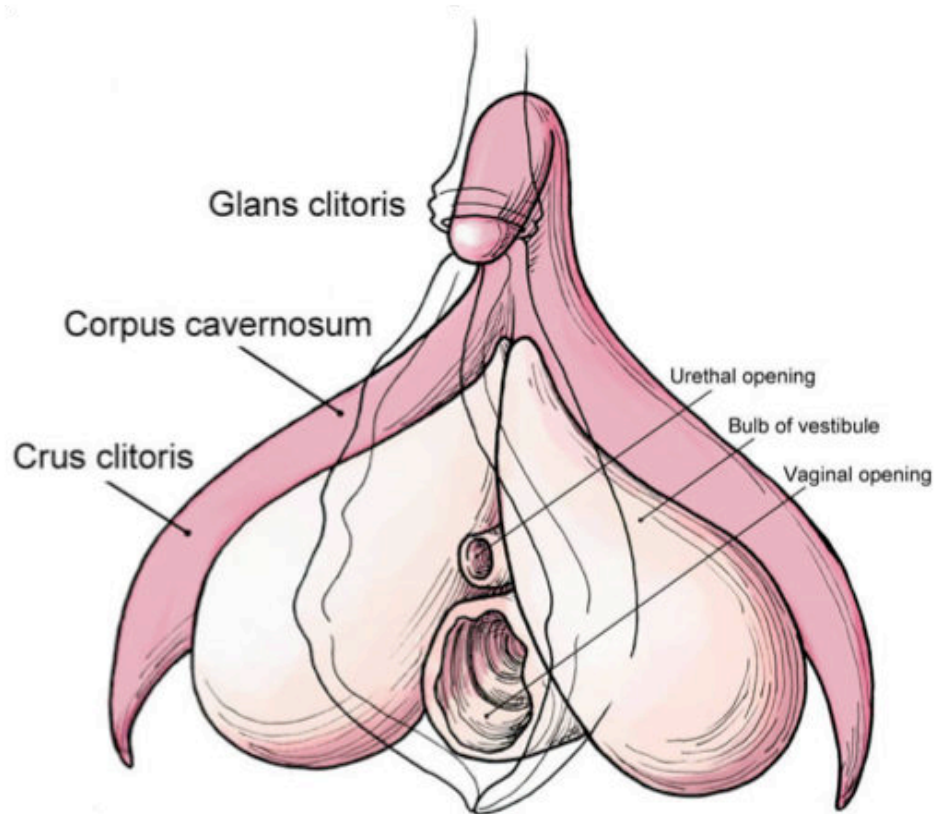
As your partner becomes more settled, move closer and closer to the inner thighs and higher and higher towards the pelvic region. You can change the intensity and location frequently to further arouse your partner, and you can even move to other erogenous zones for extended fun.

The Clitoris

You've explored your partner's body from ears to inner thighs, but now it's time to focus on the most sensitive of the erogenous zones: the clitoris.

There are a TON of ways to stimulate the clitoris. From digital to oral, and even e-stim and temperature play, there's something here for everyone. So, for this particular section, we'll focus more on technique than tools.

The clitoris is a hooded organ, and is actually quite similar to the penis in form. It has a shaft, a glans, and a foreskin (the clitoral hood), and it even swells when stimulation is applied or arousal is felt.



How it differs from the penis, however, is in two main ways. One, the clitoris is 2x more sensitive than the penis (with nearly 8,000 nerve endings as opposed to the penis's almost 4,000), and two, its one and only purpose is to provide its owner with pleasure.

The 6 Lesser Hot Spots

Spots 1, 2, and 3: The Inner Wrist, Inner Elbow, and Behind the Knee

There's one thing that these three hot spots have in common, and that's that they occur at the bend of a joint.

For some individuals, this can mean that the nearby skin is especially sensitive and ticklish.

If your partner is one such individual, then stimulation of these three hot spots can be one way to add some time to your foreplay.

To see if your partner is ticklish, run the very tips of your fingers as lightly as possible over the inner wrist, inner elbow, and behind the

knee. This light touch can be an indicator of things to come, and for many women, this can be a turn on in itself.

If your lover seems to be responding positively, consider using this stimulating technique throughout the day leading up to your lovemaking. This can add a hint of anticipation and keep your lover begging for more.

Spot 4: The Scalp

Whether it's playing with her hair or directly massaging her head, gentle stimulation of the scalp is a great way to help your partner unwind and, for some individuals, even arouse her.

You don't have to be a pro, though, for your partner to reap the benefits of a scalp massage. Instead, start massaging your lover's head while she lies in your lap or sits on the floor below you. Use your fingertips and move in a slow, circular motion.

Start the circle small, and then continually build it larger and larger until you're massaging her entire head.

Spot 5: The Navel

This sensitive, and often guarded, area is perfect for intimate stimulation and can bring your partner to the peak of arousal and excitement.



To increase sensitivity and ignite passion, temperature play may be just what you're looking for.

Apply whipped cream or hot fudge to your partner's navel, and then slowly lick off. The combination of cold/hot and gentle, but deliberate, nibbles can throw your lover's libido into overdrive.

Spot 6: The Feet

While this can certainly be a hit or miss spot, this is definitely a hot spot that's worth testing out on your female partner.

When many people think of feet and sexual stimulation, they probably think of a fetish.

However, the feet are just another part of the body, and one need not be turned on by the sight of feet to find their stimulation exhilarating and arousing.



Of course, the simplest method of stimulation is a simple foot massage, complete with moisturizing lotion.

Start gently, by bringing your partner's foot into your lap and gently rubbing along the sides and soles.

Slowly move upwards, towards the toes, massaging each one individually. Vary the levels of pressure you apply, and have fun explore your lover's most ticklish spots.

Are you feeling a bit more adventurous? Flutter light kisses across the tops of her feet, and then give a kiss to each individual toe. Then, work your ways back down to her soles, slowly spreading your kisses up her legs, to her inner thighs, and finally to her clitoris.

[Two Steps Forward, One Step Back: The Suspense-Building Method to Spark Her Desire](#)

Now that you've picked up a few new techniques from the above sections, you may be ready to go.

However, it's first important to drop a quick reminder that the above list of erogenous zones and hot spots is not a list to be worked through, mentally checked off one by one.

Just because you start at the scalp and work your way down to the feet doesn't mean your female partner will be aroused by the end of your journey.

So, what CAN you do to spark her desire and fan the flames? It's simple -- two steps forward, one step back.

Remember, lovemaking for your partner is just as much (if not more) about emotional closeness and intimacy than it is the satisfaction of biological drives. The best thing you can do is to slow down and take your time.

So, what does this method look like in practice?

Let's say you start at the ear. You give your partner's lobe a little nibble, and perhaps you even whisper sweet words.

You slowly trail your way down to your partner's neck, kissing along her hairline until you've reached the nape. Your partner is showing signs of approval, and even arousal, so you continue on your journey south.

Moving on, you reach your partner's lower back. As you gently brush your fingertips along her skin, you notice her excitement has increased.

Her breathing has intensified, and she squirms closer to your touch. This means you should go for the more sensitive erogenous zones, like the breasts and clitoris, right?

Wrong!

This easy-to-follow method is about teasing your partner. You want to get her into a state of heightened arousal, but you also want to lead her to anticipate what's to come next.

In the example above, we left off at the lower back. Now, let's backtrack to the ear, and perhaps add in a few extra kisses and a

soft blow of your breath. At this point, she doesn't know what to expect of you anymore.

The anticipation builds, and so do her levels of excitement and arousal.

You can continue in this manner for as long as you (and, more importantly, your partner) likes.

You want to slowly work your way towards the more sensitive erogenous zones, like the breasts, inner thighs, and clitoris, while continually cycling back to the less-sensitive-but-still-arousing zones on your partner's body.

Of course, the more sensitive zones aren't off limits during this back-and-forth, but you do want to be sure not to start off with too much intensity, as that can be off-putting to your partner.

Chapter 4: The Key to a Mind Blowing Sex Life: Communication

No matter the stage of your current relationship, communication is key to a happy and healthy partnership.

Communication, however, can also offer you and your partner a satisfying and thrilling sex life.



As mentioned previously, sexual arousal and sensitive areas are different from person to person. So, how can you know whether you're hitting all the right notes or falling flat?

Ask

This perhaps isn't the most erotic of the available options, but it's one of the most direct ways you can learn of your lady's likes and dislikes without making assumptions.

Provided are a few examples of questions to consider asking before, during, and after your next lovemaking session.

Before sex

“How would you like to try [sexual act]?”

“What would you think about [being blindfolded, using handcuffs, a spanking paddle]?”

“Is there anything you’d like to try tonight?”

During sex

“Would you like me to go slower/faster/softer/harder?”

“How does this feel?”

After sex

“Did you like when I did [a particular sexual act]?”

“Was there anything you didn’t like?”

Learn to Understand Your Partner’s Feedback

While asking questions can provide you with valuable information, one of the **best things you can do for your relationship (sexual and otherwise) is to learn to read and understand your partner’s feedback without much instruction on their part.**

This can be tricky, of course, and it does take a bit of time. But the importance of this cannot be overstated.

And, while you certainly aren’t psychic, there are a few ways that you can learn to better read and understand your partner’s sexual feedback and provide her with a better sexual experience, now and in the future.

Facial Expressions

Fortunately for you, facial expressions related to pleasure and displeasure is two things, which are not easily hidden or disguised.

So, what signals can you take from your partner’s expressions?

Eyes

Take special notice of your lover's eyes. The eyes truly are the windows to the soul, and this is especially true during a vulnerable time such as lovemaking.

Is your partner making eye contact with you? Is she initiating eye contact? When her eyes are closed, are they relaxed? If the answer to the above questions are yes, then your partner is comfortable and, most importantly, open to receiving pleasure.

Lips

With such a large concentration of muscles surrounding the mouth and lips, it's no wonder that certain facial expressions can be seen most clearly on this region of the face.

This can be used greatly to your advantage, and can provide you with a good idea of how your partner is feeling during foreplay and sex.

During stimulation of a particular erogenous zone, are your partner's lips pressed thin? Does she clench her jaw when you perform a particular act?

These could be signs of discomfort or dislike, and you should be sure to look at other cues to get a fuller picture of your lover's comfort levels.

When you kiss her neck, does her jaw become relaxed and perhaps her mouth even falls open? These are signs of relaxation and, ultimately, pleasure.

Physical Cues

Reading your partner's facial expressions will clue you in to signs of immediate and obvious pleasure (or displeasure).

If you're looking for a more subtle way of reading your lover's feelings, however, then take note of some of these physical cues.

Moans

Perhaps one of the more obvious of the physical cues in this list, your partner's moans can tell you a lot about how they're enjoying (or not) the encounter.

Each woman expresses her pleasure in different ways, but an attentive partner can distinguish those, which are full of arousal and passion from those which may be half-hearted.

Pay particular attention to when your partner moans. Was it during a particular sexual act? Was it a moan of encouragement, or pure pleasure?



The answers to these questions will help to guide you as you respond to her and bring her to orgasm.

Distance

While your partner may want to physically be with you, sometimes emotional or mental stresses can pull her away. There is a way to bridge the divide, though, and that's by taking note of her response to the stimulation of each erogenous zone.

How does your partner move when her neck is kissed, or her navel is licked, or her back is massaged?

If she sinks into you, completely giving herself physically and mentally, then the erogenous zone is certainly one which triggers her arousal.

Continue to explore your lover's body, giving attention to each erogenous zone until you have a more complete picture of what your partner likes.

With a better idea of your partner's likes and dislikes in mind, you can now begin to experiment with various methods of stimulation.

Discuss Your Own Vulnerabilities

The entirety of this guide is focused on your female partner's erogenous zones and how you can use the knowledge of these zones and stimulation techniques to bring your lover to arousal.

Keep in mind, however, that female arousal can be emotionally charged, and sometimes it can be difficult to open up with someone who may not be opening up themselves.

To give your partner the sense that you're willing to listen to their feedback and follow their cues, take the time to discuss your own vulnerabilities.



What do you like, and what do you dislike? Are there certain sexual acts you'd like to try? Are there certain things that you'd like for your lover to focus more thoroughly on?

The simple fact is, communication is a two-way street. You need to be as open with your partner about your own vulnerabilities as you're asking her to be with you.

Chapter 5: Time to Experiment

Now that you've determined your partner's most sensitive erogenous zones, and now that you understand how to use communication to alter your relationship and sex life for the better, it's time to put that knowledge to good use.

Find Positions Which Enhance Contact

Whether your woman shudders at manipulation of her nipple, or she shivers with delight as you trail a piece of ribbon down her back, there's a position that will allow you to enhance the time you spend with her favorite erogenous zones and bring her to ecstasy.

If your partner has trouble orgasming with vaginal penetration alone, for example, then pick a position, which will give you access to a number of her erogenous zones.

Cowgirl is one example, as your partner will be facing forward, and your arm will have direct access to her breasts, navel, inner thighs, and clitoris.

Mix and Match Stimulation Techniques and Methods

In Chapter 3, various methods of erogenous zone stimulation were explained in great detail. Now that you've got the basics down, however, it's time to move out of your comfort zone and explore all of the stimulation techniques and methods available.

Let's say, that the breasts are an especially sensitive erogenous zone on your partner. You've done a bit of temperature play (perhaps with an ice cube, or whipped cream), but now you'd like to explore further ways to stimulate this zone to ignite passions.

Why not take another stimulation technique, which you learned in Chapter 3 and use it to further manipulate this zone?

Tickle your partner's nipples with a feather, or use a low-level e-stim tool on her nipples to see how that type of manipulation arouses and excites her.

And, of course, if a particular method doesn't work for her, then there's plenty more to choose from.

The same can be said for less sensitive erogenous zones, too. Maybe your partner wasn't aroused when her buttocks were spanked, but that doesn't mean that your partner will never respond to stimulation of the buttocks.

Focus on different techniques, such as massage, to see how your lover responds. This can help you to broaden your arousal options, and it will also show your lover that you care about her pleasure and are willing to take the time to find the right tricks that work for her.

Be Open to Adjustments

Just as your relationship changes over time, so too do sexual preferences and the willingness to experiment.

It can become easy to fall into a pattern, but it's important that you continue to tune in to your partner's wants, needs, and feedback cues. Your partner's tastes may change, but so too may yours, and that's okay.

Just be open to future adjustments, and you and your partner can continue to have an out-of-this-world sex life.

Conclusion

The blueprint provided above isn't a cure-all for your relationship with your partner or for your sex life. What the above guide can do, however, is supply you with the information you need to create a sexual relationship, which is based on honest and thoughtful communication.

No one relationship is the same, and no one person is, either. That's why it's important that you use this guide however you see fit.

That may mean working through the guide piece-by-piece, applying each bit of information as you come across it. Or, it may mean that you read the guide all at once and look to use all of the tips and techniques offered during your next lovemaking session.

Whichever way you choose to use this guide, remember that the ultimate key to unlocking your relationship's true sexual potential and finding all of the spots on your lover that make her tick is communication, honesty, and the willingness to be vulnerable and open.