

# 7 Oral Sex Moves That Will Blow Your Mind

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Have you tried the two-tongue technique?

By [Korin Miller](#)

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What's not awesome about getting oral sex? All you have to do is sit back, relax, and enjoy the ride. But while taking a totally hands-off approach can be blissful, it never hurts to know what you like (or want to try), and actually ask for it.

"Oral sex is hot sex—and great oral can take your sex life to the next level," says Jessica O'Reilly, Ph.D., host of the [@SexWithDrJess Podcast](#).

And, of course, it increases the odds you'll orgasm—clearly a big perk, says Rachel Needle, Psy.D., a sex therapist and licensed psychologist at the Center for Marital and Sexual Health of South Florida.

Add these new moves to your repertoire (and clue your partner in, ASAP) to dial your experience up a notch.

## The Tease

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Teasing can be hot AF, which is why Needle recommends asking your partner to provoke you. “A lick here and a lick there, starting slowly and building intensity, can create anticipation, excitement, and increased pleasure,” she says.

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## The Lip Lock

Have your partner approach your vulva from the side and squeeze the inner lips between their lips, O'Reilly advises. While they're doing this, they can run their tongue between the groove they've created while sucking on the area.

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## The Two-Tongue Technique

The goal with this one is to make your partner's fingers feel like another tongue. Blindfold yourself (or have your partner blindfold you) and have them get their fingers soaking wet with lube, O'Reilly says. Then, encourage them to “lick” around your thighs, mons pubis (the fleshy tissue above your vulva), and outer labia with their fingers.

Have them move on to stroke your inner labia gently in an up and down motion with their wet fingers, using their real tongue in the mix, too. They can also use a flat, wet palm to stroke up and down over your vulva as they let out a heavy breath over your clitoris.

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## The Pocket

Have your S.O. place their palm flat against your mons pubis and bend their fingers down to press against the full width and length of your vulva, O'Reilly says. They can then slowly slide their fingers up and down while maintaining pressure against your vulva and clitoris. Your partner can also get some tongue action into the mix: Have them slip their tongue between the grooves of their fingers to tease your labia while their fingers go up and down.

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## The Sucker

Ask your partner to suck on your clitoris instead of just licking it. “Sucking allows for more deep pressure,” says [Debra Laino](#), D.H.S., a sex therapist and clinical sexologist based in Delaware. She recommends having your S.O. start out gently and then increase the sucking pressure as you get aroused.

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## Breath Kisses

Dopamine levels are higher during the anticipation of pleasure than when you actually receive pleasure, O'Reilly says—that's why she loves this move. It's super simple: Have your partner breathe kisses all over your sensitive areas down there—your inner thighs, labia, etc. The goal is for them to hover their lips as close to the surface of your skin without actually touching it.

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## The Nose Job

The nose's cartilage can actually do a lot for your vagina, which is why O'Reilly recommends having your partner rock their head back and forth, and up and down around your vulva. If your partner makes some noise while they're down there, even better—the vibrations can feel amazing, she says.