

Simple Arousal Secret

How do I turn on a woman? This is a question that has plagued the minds of men for centuries. But the answer isn't as complicated as you may think.

Read on for tips that will make your woman so aroused, that she will think about it all the time. She will want you constantly. You will ruin her for all other men.

It's a Science

Unfortunately, women may not get aroused by the things that make men hard. An American Psychological Association study shows that men and women experience arousal differently. It comes down to how human brains work and the different sex hormones in men's and women's bodies.

~~13. @htingnduff~~
Women's predominant sex hormones are estrogen and progesterone. Men are fueled by testosterone.

The testosterone in men's bodies makes them get excited by visual triggers like porn. Women will get turned on if they are wined, dined, and feel desired.

So, if you want to arouse your woman, throw the porn out the window. Plan a romantic evening instead.

10 Arousal Tips that Will Get Her Dripping Wet

It's a Process

Looking forward to a night of steamy sex? Start planning your strategy early in the day. Send her seductive text messages. Compliment her appearance. Do chores so she has time for herself.

Once date night begins, get her in the mood with a bubble bath or massage. Get physically affectionate when snuggling with her on the couch. Stroke her hair and touch her legs.

You will set the mood for intimacy. You will also make her relaxed and comfortable so she's more likely to cum when you get her in the bedroom.

Atmosphere is Everything

Various sensations are involved in the female arousal process. They include touch, smell, sight, and hearing. You will put your woman in the mood with low lighting, a romantic scent, and sexy music.

Your effort will show how much you care. It will be even more of a turn-on.

Eye Contact

Uh, her eyes are up here!

T.G.: @datingandstuff
Most men will focus on their lady's lovely body. But eye contact is important too. It will make your women feel worshipped and desired.

Compliments Go Far

Don't assume that your woman knows you think she's sexy based on the way you touch her and look at her. Verbal compliments will go a long way.

Tell your lady she is sexy and beautiful. It will make her feel wanted, a key factor in arousal 101. It will also make her feel comfortable in her skin, a key factor in orgasm 101.

Foreplay, Foreplay, Foreplay

Women need time to warm up to an orgasm. Foreplay is essential.

Foreplay can start early in the evening with cuddles on the couch, hair stroking, and massage. But when you get into the bedroom, you need to take things up a notch. Remember, foreplay isn't only about the vagina. You need to hit all the erogenous zones. They include the ears, neck, lower back, breasts, stomach, the back of the knees, the inner wrist, and more.

Use different types of touches going from soft to rough. Don't just use your hands; use feathers and velvety materials. Play around with your woman and communicate to find the techniques and spots that turn her on the most.

Be a Good Listener

Foreplay can get hot and heavy with some communication thrown in. Before things get too crazy, maybe during a cuddle session on the couch, touch your woman gently. Ask her what she likes the most. Go in-depth by asking her about her sexual preferences.

This conversation can get so sexy, you may not even make it to the bedroom. But the most important takeaway is to show her you were listening. Follow through by doing things in the bedroom that she likes the most.

Be Confident

It's important to communicate with your lady to find out what she likes and what she doesn't like. But you must also display confidence.

No woman wants to guide their man step by step. At that point, they might as well do it themselves. Confidence is good, but don't get too cocky. It could make the woman feel uncomfortable. Show vulnerability as well.

Be Patient

Women can take a long time to climax. If you rush her, she will feel self-conscious. It will make it more difficult for her to achieve an orgasm. ~~To get an orgasm, if you take up~~ If you take your time, she will relax and enjoy herself. She will have a better climax when she's ready.

Go Down on Her

Women love oral sex. It makes them feel worshipped by their partner. Oral sex is also a great way to give a woman an orgasm. It's difficult for some women to achieve climax through traditional sex. You can use your mouth to stimulate her clit and provide her with ultimate pleasure.

Going down on a woman also relaxes them so they are more likely to cum during traditional sex. You may need time to get your oral skills down, but practice makes perfect. Communicate and pay attention to body cues to discover when turns her own the most. Finger stimulation can also help because it's more controlled.

Know When Your Woman Is Turned On

You must know when your woman is turned on. She won't always tell you what feels good. You must interpret her body language to find out what's working and what isn't.

Here are some surefire signs:

- Her pupils are dilated
- She's arching her back
- Her face is flushed
- She's wet
- She's pulling you into her (grabbing your head during oral sex, or your ass during traditional sex)
- She's pulling your hair (in a good way)
- She's moaning (and doesn't appear to be faking it)

If your woman pulls away from you, she's not enjoying herself. Don't get discouraged. Stop what you're doing and try something else.

Final Thoughts

Female arousal is a process. But once you master it, it will get easier. When you learn her turn-ons, you will get her excited in minutes. And she will find you sexier, so it shouldn't be too difficult to get her dripping wet.

What arousal techniques do you recommend?