



SEXUAL LIFE IMPROVEMENT, INC.

~ From the desk of Shelley L. Imholte, PhD, LCSW, MSW, M.Ed.

TIPS

This is YOUR genitals and therefore your relationship to YOUR genitals is YOUR responsibility, not your partner(s). It is best if YOU **know** what feels good to you to share with your partner(s) and feel pride that you know about your own pleasure. Try these tips on your own first with practice, being patient and open, before introducing your partner into the exploration.

Build a relationship with your penis and pelvic region!

TIP: Sit in your spot naked, alone in the home, and shift your penis from one thigh to another thigh, raise a leg and shift, then the other, sit with your feet up (ottoman) start creating a relationship not a limb to perform, notice what feels comfortable, what feels exposed, what feels pleasurable, what you want to change right away, take the time to be with your penis.

Glans Play!

TIP: Light touch on the glans is usually very pleasurable, slow light touch, play with feathers, paint brushes, using a claw like motion to the Meatus/urethral opening.

Foreskin or not Explore!

Meissner's corpuscles are on the foreskin. They are a type of mechanoreceptor located on the skin that senses fine touch, low-frequency vibrations, and the slip of objects and there is debate over whether circumcision reduces sexual pleasure as the glans is exposed. Meissner's corpuscles are found on hairless skin such as fingertips, palms, soles of the feet, and lips aside from the foreskin.

TIP: Due to the light touch sensitivity of Meissner's corpuscles exercises that stimulate these areas can bring about pleasure. Explore blowing on fingertips, lips, the soles of the feet, palms or use ice for these areas, tracing the lips with ice, using a feather for light touch; paint brushes work well too.

Scrotum is not just a sac!

TIP: The scrotum is a highly sensitive area, cupping the scrotum, tracing the wrinkling skin, blowing with warm breath, warm wash cloth or even warm lubricant, caution warm lubricant with any kind of penetration, see lube handout. Sensation from low vibration is also highly pleasurable.

Yes to the Anus!

TIP: Circling the anus with fingertips, using a feather, yes, even a paint brush can be highly arousing. Opening or spreading the buttocks can also be pleasurable.

The Healing House

701 Morrow Street

Austin, Texas 78752

shelley@sexuallifeimprovement.com

www.sexuallifeimprovement.com



SEXUAL LIFE IMPROVEMENT, INC.

~ From the desk of Shelley L. Imholte, PhD, LCSW, MSW, M.Ed.

Urethral Opening Sensation!

TIP: Gentle rubbing, circling touch, gentle tapping, gentle pressure can be highly arousing largely due to its location to the glans.

Shaft Play!

TIP: Stroking the shaft of the penis with various grips helps engage what grip feels pleasurable. Stroking the shaft of the penis fully to the base of the underside of the penis can feel even more pleasurable. Circling, tapping, and light vibration to the underside of the shaft at the base of the penis when paired with breath has immense arousal potential.

Corona Excitement!

TIP: Using lubricant to circle, tap with variable pressure can bring about highly pleasurable sensations. Each male's reaction to stimulation here is variable here sometimes the corona is highly sensitive, and touch can be too much, blowing warm breath around the corona, use of a feather or paint brush may be just enough.

Frenulum Frolic!

TIP: Using lubricant can enhance the sensation with a claw grip, light pressure, gliding motions, tapping and blowing or the use of a feather and/or paint brush are worthy of exploration.

The Healing House

701 Morrow Street
Austin, Texas 78752

shelley@sexuallifeimprovement.com

www.sexuallifeimprovement.com