



THINGS WOMEN WISH YOU KNEW ABOUT SEX

**LISTEN UP FELLAS, THESE LADIES
HAVE SOMETHING THEY WANT
YOU TO KNOW...**

WORDS: LAURA HILLS

In a recent study by the University of Indiana, 85 per cent of men said that their partner had an orgasm the last time they had sex. That's pretty good going, right?

The only problem is that in the exact same survey only 64 per cent of women revealed they actually reached climax. But fear not, because BESTFIT have spoken to ten women to find out exactly what it is they wish men were doing in the sack...

“For me there’s nothing more off putting than a man trying to send a ‘sexy’ text. The only times they’ve ever successfully had an effect on me is when the guy has gone into detail about the things I do in bed that he likes. While most saucy messages make me cringe there’s something about getting that positive feedback that’s a real turn on.” *Melissa, 27, Woodford*

“I’ve had men trying to seduce me while I’m cooking dinner or cleaning the house – that’s not the time to get us ladies in the mood, chaps! While we’re all for surprise sessions please try and make it at a slightly sexier time, like when we’ve just got out of the shower or bath.”
Kira, 32, Newcastle

“ I’VE HAD MEN TRYING TO SEDUCE ME WHILE I’M COOKING DINNER OR CLEANING THE HOUSE ”

“The best sex of my life has been when men have stopped trying so hard to find my ‘G’ spot and focused on exploring all parts of me. Guys can get too hung up on making us orgasm and it often has the opposite effect.”

Jane, 28, London

“I’ve had men ask me repeatedly if I like what they’re doing in bed and while it’s nice that they’re taking what I like into consideration, it can also be really distracting if they ask me too many times. If I’m not enjoying what’s happening I’ll soon let you know in my own way, trust me.”

Kate, 23, London

“For me it’s all about the erogenous zones, kissing my neck or ears is one way to really turn me on before I’ve even got my clothes off.”
Jenny, 29, Tunbridge Wells

“It’s not just guys who like a flick through the *Karma Sutra*, us girls like to keep it interesting, too. I love it when a guy moves me around into different positions during sex but a word of advise, if it feels awkward for you it probably is for us too, so cut your losses and move onto the next position.” *Emma, 38, High Wycombe*

“ IT’S NOT JUST GUYS WHO LIKE A FLICK THROUGH THE KARMA SUTRA, US GIRLS LIKE TO KEEP IT INTERESTING, TOO ”

“When giving oral sex don’t just move your tongue up and down, move it over the clitoris from left to right and in circles. It’s the variety that keeps it interesting for us.” *Katie, 30, Bournemouth*

“Never, ever thank us for sex or foreplay, it makes us feel cheap. If you want to thank us, do it with compliments and by telling us how much you like what we’re doing.” *Louise, 24, Fife*

“While it’s nice to have a man who is eager to keep going for as long as possible in bed there is such a thing as taking too long. Once we’ve climaxed, don’t feel like you have to keep going and going, trust me, we’re just as tired as you are.” *Karen, 38, Nottingham*

“I wish men knew the importance of keeping their pubic hair tidy! Some men might think it’s vain to keep it trimmed but from my point of view it just makes good common sense.”
Debbie, 26, Swindon

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