

# Ama.



# Late Night, Early Morning

Solo Sex Tips



## Cramp Attack

Next time you feel like your period is ruining your day, try brightening it up with a little wank. Arousal draws blood to your genitals, including your uterus. That extra blood flow can help relieve cramps, and the ensuing muscle spasms of an orgasm can also lead to relaxation in your abdomen, like a deep-tissue massage on the inside.

If you're inclined to use an internal toy and not too bothered by "mess," your menstrual flow can act as added lubricant. Squeamish? Keep a pair of panties on and use your vibrator through them. The silky texture can reduce unwanted friction and help distribute vibration across your vulva. It works better than an ibuprofen and pairs well with chocolate!

## Hump Day

Many sexually active women have left dry-humping in their teenage past, but it's making a comeback in the form of masturbation. Rhythmic rubbing against firm objects can lead to great orgasms! Lie down on your belly with a pillow, blanket, or even a vibrator set to your favourite mode pressed between your body and the bed.

Or, pile up some cushions and straddle them.

Or! Roll onto one side and press a pillow between your legs. The goal is to create something firm to press and rub against. Thrust with your hips down against the object repeatedly, focusing on how your clitoris feels.

Try it in a pair of silk panties, or using objects with different densities to press against.





## The Change Up

Sex toys are an investment. What better way to get your - ahem - bang for your buck than by using them in a wide variety of ways? Broaden your orgasmic horizons by trying out toys in ways they may not have been designed for - safely, of course.

Insert your kegel exercise balls to squeeze against while you rub your clit. Spin your rabbit around so the clitoral arm vibrates against your p-spot. Try a suction toy on your nipples! Swipe your boyfriend's tenga egg and turn it inside out on your hand to rub against. Have a couples toy like a We-Vibe? Put it on before heading out for the day and wear it as a panty-vibe, controlling it yourself or handing the remote to a partner for a little public fun. With sex toys, you're only limited by your imagination - and safety requirements (flared bases for anal play only, friends!).

## Showerhead

Have some good, clean fun in the shower! The steady pressure and varied settings on most showerheads can give you great, all-encompassing stimulation. Start by holding the showerhead against your lower belly and letting the water run over your clitoris and labia. Then gently apply more pressure and move in small circles, lower and lower - as if you're turning up the speeds on a vibrator.

Play around with the different settings on your showerhead (bonus points if it has a massage setting) and be mindful of the temperature! It's easy to burn yourself down there if the water's too hot, and you'll be creating plenty of steamy heat on your own...





## Wake Up Call

Want more kick than a cup of coffee? Get your glow from the inside with a little morning masturbation sesh.

Before you get up, check your phone, or even rub the sleep from your eyes, let your hands wander down to your vulva and give yourself some early morning loving.

Take five minutes or take ten, and eventually get out of bed with a smile that'll carry through your commute and beyond.

## Turn Up/Down The Volume

"Well it sounds like she's having a good time," said your neighbour last night. And damn right you did, moaning at the top of your lungs. Or maybe you were quiet as a mouse but your mattress betrayed you with its squeaky springs.

Well... have you ever wondered whether the grass is greener when it comes to how you express your pleasure? Next time you're on the brink of la petite mort, stifle your cries and try breathing rhythmically or humming instead. The little old lady next door may appreciate not having to turn off her hearing aid. If you're usually quiet, allow yourself to turn up the volume with some little moans, or actually shouting "oh god that's good," instead of just thinking it.

Who knows, you might give the little old lady next door a good idea.





## Pinch That Nip

If nipple play isn't a part of your regular routine, we highly recommend giving it a try. On your own at first if you're uncertain. Nipples are hyper-sensitive during arousal, and a firm pinch or using nipple clamps can unleash waves of pleasure and the potential for nipple orgasms. Yeah, that's right. Nipple Orgasms.

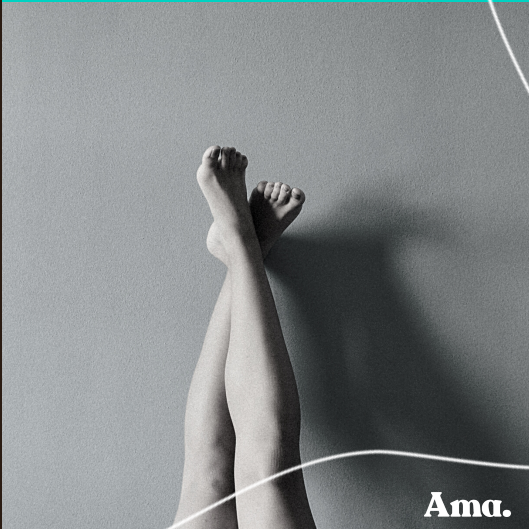
Start small - using firm pressure and drawing circles around your erect nips, gently pushing against them or pinching for lengthening periods of time. When you cut off blood flow and release, the rush of blood back into your nipples causes increased sensation. Introducing nipple clamps or using lube on your nips can take this feeling to the next level, with super strong pressure and the ability to free up your hands for other pleasures.

## Live it Up In The Living Room

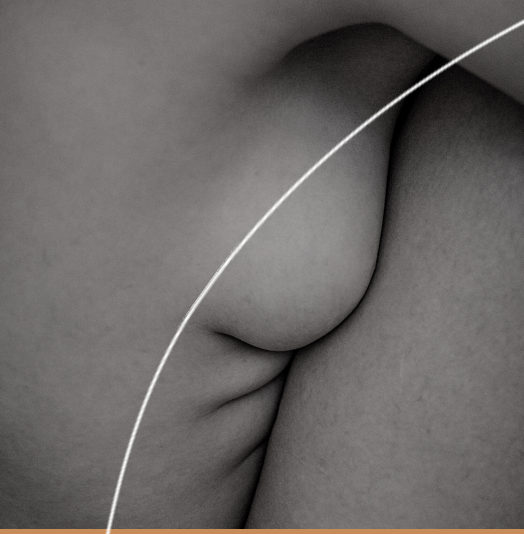
Have you memorized the patterns in your bedroom's wallpaper? Have you lost count of how many times you've left the same wet spot in your sheets? Maybe it's time to switch it up and have some fun in the living room, the kitchen, or even your balcony.\* After all, you're paying for your whole home - may as well live in it. Unless you have flatmates, in which case wait until you're home alone and lock the door.

Exploring new positions, lighting, and textures in your furniture can add extra layers of pleasure to your solo play and help tap into your fantasies. If you've been with us long you know we're big fans of wanking with water (hint: detachable showerhead), so get in that bathtub for a bathrub! How you play is up to you, but sometimes all it takes is a change of scenery to unlock new depths of self pleasure.

\*AM Appointment takes no responsibility for what your neighbours witness. Please play safe, girlfriends.







## Rehearsal

Has your partner ever sexily asked "What do you want, baby?" and you've found yourself completely tongue-tied? Maybe you know exactly what you want them to do, but saying it aloud feels oddly impossible.

A fun and carefree way to get the words out is to practice! Seat yourself in front of a mirror caress yourself, thinking about how you like to be touched. Don't just leave it at that, say it to yourself in the mirror.

"I want you to draw circles around my nipples," and then draw little circles around your nipples. "Slide your fingers between my labia," and then... well, you get the picture. You'll spice up a regular masturbation session and give yourself an instant reward for a verbal request.

It may take a few tries before you feel comfortable enough to speak your desires with a partner, but keep practising and enjoy the rehearsal times before the big show.

## Look But Don't Touch

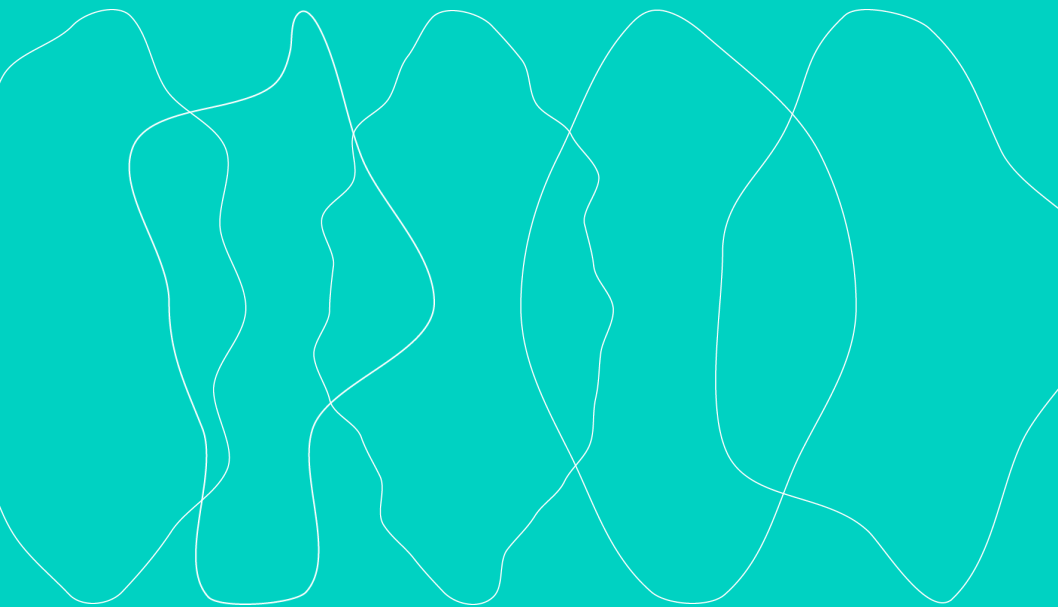
Set your partner in a chair opposite your bed, or have them lay next to you, keeping their hands to themselves.

Alternatively, if you're quarantining without bae, then have them on facetime and give your phone the best seats in the house - they need to see everything. Then, pretend they're not even in the room while you do the thing. Don't perform for them. Watching a partner pleasure themselves can be hot, hot, hot! If you want to really stoke those lusty flames, forbid them from touching themselves, too. The tension will be palpable.

If you find you enjoy being watched while you wank, negotiate with your partner to expand the fantasy - let them watch from another room, or find an opportunity to touch yourself when they're otherwise occupied (watching a Sunday footie match, for example). For some, being watched is a huge violation of privacy, so always make sure to check in with yourself if you experiment with voyeurism. Your comfort is paramount and consent is non-negotiable.

But don't forget to have fun, you naughty thing, you.





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