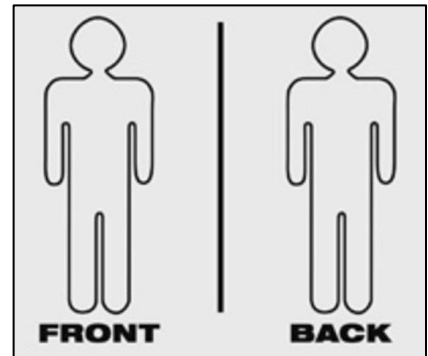


# Erogenous Zones

From the "Live From Love" Podcast - Episode #114  
- "3 Keys to Great Sex" -

<https://amandalouder.com/podcast/114/>

*[Laura's Note: This is a great resource for learning about each other's body and where your "turn-ons" are. Start with this list to explore each other's erogenous zones adding more variety to sex and expanding your lovemaking repertoire. This can increase and improve the "warm-up" or foreplay phase of your lovemaking.]*



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Consider how a male porcupine seduces a female porcupine. He comes up to her, faces her and looks into her eyes. He starts stroking her face with his little paws. When he does this, she relaxes, and her quills lay down. This analogy works well for people too. When our hearts and bodies can relax then we are more open to being aroused.

## Erogenous Zones

The word "erogenous" comes from the Greek word Eros meaning love and the English word genous, meaning producing. These zones are the love producing zones. They are areas of the human body that have heightened sensitivity, which, when stimulated, may create a sexual response such as relaxation, thoughts of sexual fantasies, sexual arousal, and orgasm.

When we talk about erogenous zones, most people immediately think of the obvious body parts such as breasts, nipples, clitoris, G-spot, and penis. Those areas are definitely more erogenous than others, just because of the amount of nerve endings located in those areas.

However, there are many other areas on our bodies that have less nerve endings but can still be erogenous depending on the way they are touched. Focusing on these areas first is a good way to help get each other warm up.

1. **The mouth and lips** – spend a good amount of time utilizing this erogenous zone. I'm sure you did a lot of making out back in the day...keep that seduction alive by making it a priority in your love making.
2. **The neck** – The neck is so sensitive. A gentle breath or kiss can definitely get your heart racing and send shivers up your spine.
3. **The feet** – reflexology has been used for centuries to stimulate different areas of the body, so massaging and touching different areas of the feet can really heat things up. The inside and outside of the ankles have nerve endings that correspond with the vagina, penis, uterus, and prostate so

spending time in those areas can be quite tantalizing. The reflex areas located just below the ankles bones, correspond to the ovaries and testicles. And the middle/upper part of the soles of the feet respond to the chest and can send waves of sexual energy to the breasts and nipples.

4. **The ears** – a gentle nibble or sucking on the ear lobe can send tingles up the spine.
5. **The small of the back** – stimulate with a gentle touch going in circles or even with an ice cube for some added sensation.
6. **Inner wrist** – try softly kissing and licking here.
7. **Scalp** – try running fingers through your partners hair.
8. **Behind the knees** – massage with the fingers or the tongue.
9. **Frenulum** – this is an elastic band of tissue at the bottom of the head of the penis on the underside if he is flaccid. On a man also the scrotum and testicles, and the prostate are very sensitive and arousing. Just be careful with the scrotum and testicles as they can be very sensitive. Definitely take your cue from your partner when stimulating this area.
10. **Perineum** – this is a pretty sensitive area on both men and women. It is the little stretch of skin between the genitals and the anus. This is a fun spot to use a vibrator on for men. It stimulates the other side of the prostate which can feel very good for them. But it often feels good to women as well.

As you can see – there are lots of erogenous zones on both men and women. This is not a comprehensive list by any means. You may find other parts of the body that feel great for you or your partner. It's just a matter of finding what the erogenous zones are on YOUR partner and yourself and then working those to your advantage.

Once you are all warmed up and aroused, then you can move on to the genitals and bring each other to orgasm. When you understand your own body and your partners body, then you can create a great sexual experience.