

NEW LOOK!

THE UK'S NO. 1
WELLBEING MAGAZINE

Healthy

ONLY
£2.99
£4.45

SAVE
£140
in store today!
£158

**INDULGENT
VEGAN
DESSERTS**
+ How to eat for
your hormones



SEPT 2019

THE **VAGINA** *ISSUE*

From the expert guide to orgasms to your
contraception life plan, this is personal

+ THE MICROBIOME 'DOWN BELOW'

FITNESS

Why church halls are
beating out designer gyms

BEAUTY

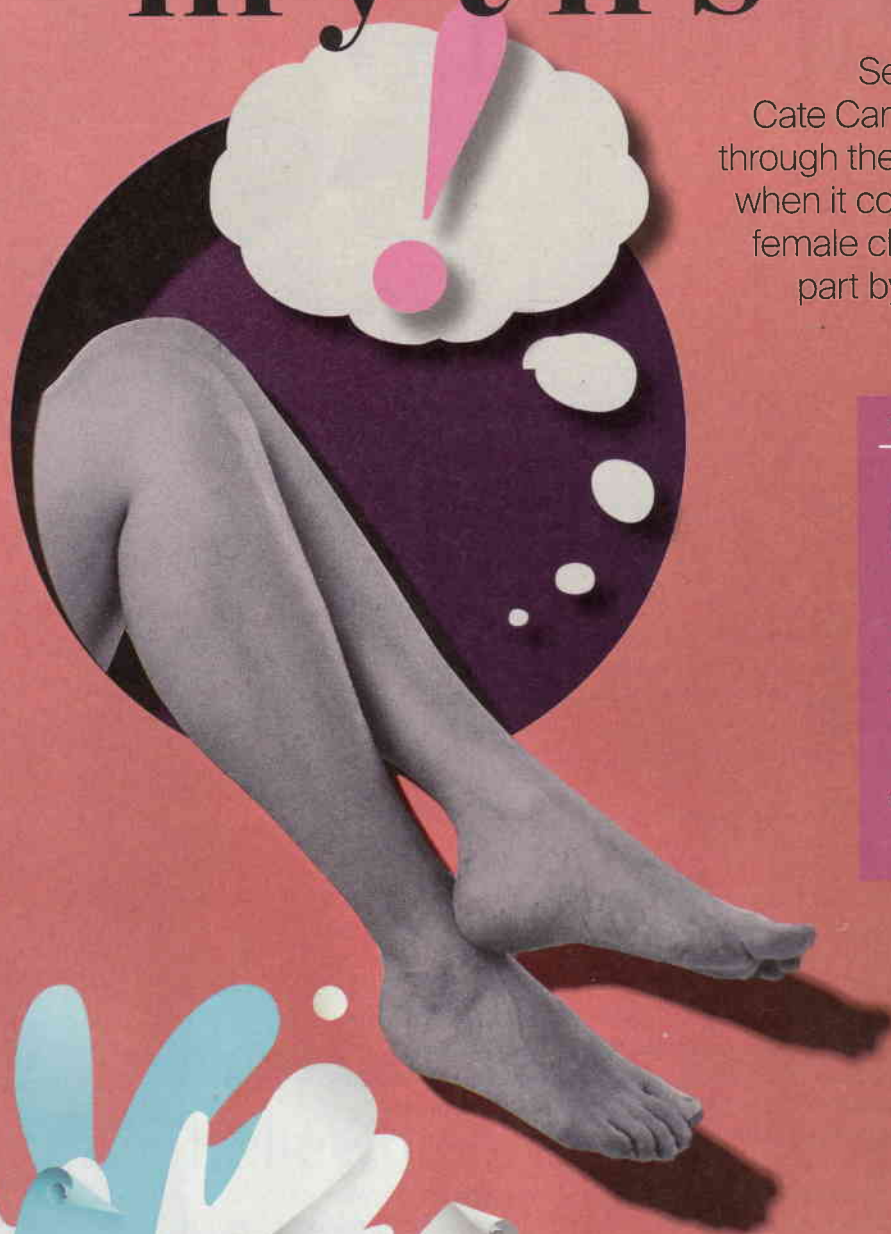
Does your hair
need antioxidants?

INVESTIGATION

The big problem with
antidepressants

Orgasm myths

Sex therapist
Cate Campbell cuts
through the nonsense
when it comes to the
female climax, body
part by body part



THE EXPERT



CATE CAMPBELL
has her own practice
as a relationship and
psychosexual therapist.
She trained as a couple
counsellor at Relate.
Her book: *The Relate
Guide to Sex and Intimacy*
(Vermillion, £12.99),
is out now.

debunked

“The internet is awash with articles claiming countless varieties of female orgasm – with step-by-step guides. But many women find it difficult enough to climax, so these articles only serve to put more pressure on us.

Yes, it is correct that there are different kinds of orgasm. But this is because the erectile tissue in the female body is spread over a large area. Telling women they ‘should’ be able to have a handful of different kinds of climax is unhelpful – pressure is the enemy of orgasms! People are so focused on pleasing their partners and on climaxing themselves, when their partner achieves it, they think, ‘Phew, I’ve done my job.’ They don’t experience the pleasure that leads to orgasm – if it even comes – and it ruins the fun of sex.

This focus on women’s sexuality isn’t liberating, it creates pressure for men to please us and for women to respond. You can achieve arousal in many different ways, but the quality differs depending on mood, energy, whether you’ve just had an orgasm – all more important than learning tricks. It’s fine to try tricks, but don’t feel ashamed if you have a ‘normal’ clitoral orgasm.

#1 THE VAGINAL ORGASM

The clitoris is not just the little nobby thing on the external vulva, it runs down the sides of the vulva and a long way back. Some women have lots of clitoral tissue just inside the anterior wall of the vagina (the front), so can have a vaginal climax. This is still effectively a clitoral orgasm because it’s all part of the clitoral complex – the internal clitoral tissue. The clitoral orgasm isn’t just the most likely way to orgasm, it’s the only way to orgasm.

#2 THE CERVICAL ORGASM

It’s possible to orgasm by stimulating the cervix, because it relies on the vagus nerve, which affects the whole body. It’s still effectively a clitoral orgasm, you’re just not actually touching the clitoris. You bypass the spine, which is why paralysed people can achieve a cervical orgasm, but it requires deep penetration, which isn’t possible for every couple – or even every sex toy. The area around the urethra can be stimulated, too, if we’re talking about different types of orgasm, but you will probably have more fun playing dress-up games, rather than fiddling around looking for the erogenous area on the front vaginal wall or the urethral sponge.

#3 THE G-SPOT ORGASM

Stimulating the area of the clitoris on the anterior wall of the vagina in a ‘come hither’ motion with a finger is said to cause incredible arousal. It swells when you’re highly aroused, and a penis rubbing against it, in theory, can lead to climax, but not everybody’s clitoral complex is near the surface of the skin, so it doesn’t work for everybody. Many argue it’s not even there. Again, the G-spot is part of your clitoral network, so it’s also a clitoral orgasm.

#4 THE ANAL ORGASM

As clitoral tissue extends so far back, an anal orgasm is possible. I’ve heard of people climaxing by having their fingers sucked – the potential is all over the body. That’s why if an injury takes away feeling from certain parts of the body, other areas become more sensitive. Similarly, you can make an area more sensitive by paying a lot of attention to it. A lot of what we do in sex therapy is opening up people’s sensitivity, to make new areas erogenous, and not focus just on the genitals and breasts.

#5 THE BLENDED ORGASM

This is described as combining clitoral stimulation with other stimulation – but that’s what people do anyway! It’s difficult for most women to climax without bilateral stimulation, so having their clitoris stimulated as well as their breasts being touched – or something else. One thing isn’t enough for most women.

#6 THE SKIN ORGASM

This is the tingle that runs through your body without touch. I wouldn’t consider this an orgasm. Some can have quick orgasms due to touch that’s not deliberately sexual; people climbing up ropes quite often climax, sometimes underwear can stimulate an orgasm – all possible, but spontaneous. It’s similar to when people climax in their sleep, which is common. It may be that there’s some stimulation going on, or it’s just a dream.

#7 THE FANTASY ORGASM

Many claim you can orgasm simply by playing out a fantasy in your head. You might fantasise and climax, but mostly people are doing something else as well, like Kegel exercises. Some can climax just from seeing their partner orgasm, and paralysed people can achieve orgasm via memory alone – all because the biggest erogenous zone is the brain.

#8 THE BREAST ORGASM

You can orgasm simply with the touch of nipples and breasts as they’re incredibly sensitive. When touched, oxytocin is released, causing the same uterine and vaginal contractions associated with climax, potentially triggering an orgasm. For some women, breasts are so sensitive they avoid having them touched, but try to find a way, working outwards in, as they shouldn’t be ignored.

#9 ANY OLD ORGASM

Giving orgasms specific names and trying to achieve them removes the pleasure. In sex therapy, we advocate enjoying touch for its own sake. Everyone’s physiology and psychology is different, so how you orgasm is equally unique. I’d suggest banning penetrative sex for a little while and agreeing not to attempt to arouse each other, just enjoy each other’s bodies. Often, as a result, people reach arousal in a way they didn’t think was possible.”

3 orgasm enhancers

These libido boosters may help make orgasm easier

● **Yes WB Water-Based Natural Lubricant (£9.99, 100ml)** Certified organic and hypoallergenic, this contains flax seed extract, beneficial to the mucous membranes.

● **Holland & Barrett Tribulis Terrestris Extract With Zinc (£24.99, 90 tablets)**

A traditional herbal remedy that has been shown to have beneficial aphrodisiac effects.

● **Pharma Nord Lady Prelox (£37.99, 60 tablets)** This patented formula contains plant-based ingredients to support and enhance pleasure.

ALL FROM HOLLANDANDBARRETT.COM

