

00:00:06:01 - 00:00:25:07

Speaker 1

All right, everyone, meet Jestiny. This is my faithful trusty assistant and sex doll. Now, obviously, she has a very particular kind of vulva: the kind of vulva that we see in porn. I'm going to do my absolute best to demonstrate for you, but remember that each vulva looks a little bit different.

00:00:25:07 - 00:00:38:09

Speaker 1

Most vulvas have some form of hair on them and aren't quite so pale and singular and monotone in color. But I would like to demonstrate this for you on the doll. And then in the bonus video you can see me demonstrate it on a real vulva.

00:00:38:09 - 00:00:49:18

Speaker 1

All right, let's start with anatomy. So even if you are very familiar with the female body, roll with me for a minute here, because there are a lot of different parts to this anatomy.

00:00:49:23 - 00:00:58:22

Speaker 1

I want you to be familiar with all of them so that when I'm describing it in the following module, you understand what exactly I'm speaking to.

00:00:58:22 - 00:01:06:23

Speaker 1

This external part of the body is called the vulva. The internal part is called the vagina. Obviously, here is her anus.

00:01:06:23 - 00:01:13:22

Speaker 1

This area up here above the clitoris that typically has hair on it is called the mons pubis or the mons.

00:01:13:22 - 00:01:20:01

Speaker 1

This area, these sort of lips on the outside are called the external labia.

00:01:20:01 - 00:01:34:13

Speaker 1

Then there are lips on the inside. Hers are very small because she's a sex doll. These are called the internal labia. Now, women's internal labia vary greatly. Some have long and protruding labia, some have really short ones like just any does here.

00:01:34:13 - 00:01:37:20

Speaker 1

They all can be touched using the exact same strategies.

00:01:37:20 - 00:01:44:17

Speaker 1

You may just need to use more or less fingertip to get a grip on the labia internal labia depending on how large their.

00:01:44:17 - 00:01:53:22

Speaker 1

Then we have the clitoris and the clitoris is made up of a few different parts. The clitoris actually is analogous to the penis, meaning that the tissue of the clitoris is the same as the tissue of the penis.

00:01:54:04 - 00:02:12:13

Speaker 1

So it also has a shaft just like the penis. And it also has a head just like the penis. Now different women have different levels of sensitivity at their clitoral head. Some people are so sensitive they cannot take any direct touch to their clitoris. The little being that kind of comes up. Some women can take a lot of stimulation.

00:02:12:15 - 00:02:13:23

Speaker 1

Just depends on your partner.

00:02:13:23 - 00:02:21:03

Speaker 1

Then we have the clitoral hood, which is the part that covers the shaft and covers the little being of the clitoris itself.

00:02:21:03 - 00:02:35:22

Speaker 1

clitoris also has legs. Now we can't see them, but they run down both sides of the external labia and they tuck into the body. A lot of the sensation of the clitoris actually comes from the legs and not the head.

00:02:35:22 - 00:02:45:02

Speaker 1

And the more that we can do to warm up the whole clitoris, including the bottom, the internal parts of the clitoris, the more pleasure that she's going to experience

00:02:45:02 - 00:03:06:04

Speaker 1

down at the bottom of the clitoris and sometimes considered a part of the clitoral anatomy, we have the vestibular bulbs. These are sort of the end of the clitoris. They also feel very good to be stimulated and they're really rest for the most part to the left and the right of the vaginal opening underneath the labia.

00:03:06:04 - 00:03:31:17

Speaker 1

Sometimes you can sort of feel them depending on how much arousal is there. The best indication of them is that when her whole vulva is like really puffy, really engorged and full of blood, that is the ideal time to offer penetration and not before. If you've ever looked at a vulva or vagina after having sex, you'll see that it's often like very engorged, very red or pink or dark in color and that's because it has filled with blood”

00:03:31:17 - 00:03:35:16

Speaker 1

just the same way that the penis fills with blood during sex, so does the vulva and vagina.

00:03:35:21 - 00:03:36:23

Speaker 1

The penis has

00:03:36:23 - 00:03:41:03

Speaker 1

two pieces of erectile tissue, the left and the right side of the penis,

00:03:41:03 - 00:03:42:18

Speaker 1

the corpus cavernosum,

00:03:42:18 - 00:03:47:08

Speaker 1

the vulva and vagina actually have five different areas of erectile tissue.

00:03:47:08 - 00:04:00:20

Speaker 1

The clitoris is the most obvious as it grows and gets erect and you can actually feel its shaft, get hard and get engorged during sex. Then we have the G-spot, which I to talk about in the minute we have the P spot and then we have the two,

00:04:00:20 - 00:04:03:14

Speaker 1

vestibular bulbs that also become engorged.

00:04:03:14 - 00:04:08:00

Speaker 1

All right, now that we have the external part of the anatomy, let's do the internal part of the anatomy.

00:04:08:00 - 00:04:14:14

Speaker 1

So just on the inside, we have the vaginal opening, which does not include inside of the body, just inside of the

00:04:14:14 - 00:04:15:16

Speaker 1

internal labia

00:04:15:16 - 00:04:24:02

Speaker 1

inside of the vagina. We have the vaginal walls. So if you use a straight finger and go left right, up, down, those are the vaginal walls.

00:04:24:02 - 00:04:30:21

Speaker 1

If we push down and sort of hook our finger down, then we are touching on the piece of flesh that is in

00:04:30:21 - 00:04:54:19

Speaker 1

between the anus and the anal canal and the vaginal canal. And in there is the PS-spot. This is called the perennial sponge. It actually fills with blood and becomes engorged during arousal, and it can be linked to really deep and pleasurable orgasms, and especially when there's also anal stimulation such as like a plug can be pushing up against the spot where you can be pushing down against it can feel very good, very pleasurable, lead to orgasm

00:04:54:19 - 00:04:57:14

Speaker 1

on the inside wall towards the front of the body.

00:04:57:14 - 00:05:15:18

Speaker 1

We have the G-spot, depending on when you're looking for it, it may appear or not. It only really appears when there is arousal. So it feels like a little fleshy, spongy little ball and it is linked to very deep, very pleasurable orgasms. We can almost think about it as sort of like the backside of the clitoris

00:05:15:18 - 00:05:18:11

Speaker 1

as we go further into the vagina.

00:05:18:13 - 00:05:47:19

Speaker 1

Several inches in towards the cervix and again towards the front of the body. We have the anterior and posterior fornix. So the interior is at the top of the body; the posterior is at the bottom. The interior fornix, often called the A-spot, is also linked to very deep orgasms, what we sometimes call cervical orgasms. And we're going to learn a technique that will allow you to stimulate the a spot at the back of the vagina, the G-spot at the beginning of the vagina, at the front of the vagina and the clitoris at the same time.

00:05:47:19 - 00:05:50:04

Speaker 1

So a little teaser there, something to look forward to.

00:05:50:04 - 00:05:55:00

Speaker 1

again, G-spot can be between one and two centimeters all the way to one and two inches inside of the body.

00:05:55:00 - 00:06:09:12

Speaker 1

The spot is very deep inside of the body. That may be just a few inches on some women, maybe five or six or more inches on others. And again, depends on how aroused she is, because the vaginal canal actually gets longer as she gets aroused.

00:06:09:12 - 00:06:17:03

Speaker 1

So you may experience that it's easier to get to. Doesn't move necessarily. What actually moves is the cervix in the uterus, but you might

00:06:17:03 - 00:06:20:19

Speaker 1

find that it's easier to touch. That's that when she's very aroused.

00:06:20:19 - 00:06:33:01

Speaker 1

Now, in terms of scar tissue, the most common pleas for a vagina to tear either during sex or childbirth is right at the opening at the bottom of the vagina.

00:06:33:03 - 00:06:59:07

Speaker 1

This is designed in a way to actually tear. It is where vaginal delivery, where episiotomy is, or cut usually between the vaginal opening in the anus. And that is because this is the spot that our body actually has the most capacity to tear. So most scars you will find right here and just gently inside the first couple of inches, perhaps of the sort of 6:00, if we were seeing the vaginal opening as a clock.

00:06:59:07 - 00:07:07:07

Speaker 1

So if you looking for scars, which again I'm going to talk about in module three, that is the best place to look for them, although know that they can occur pretty much anywhere inside of the vagina.

00:07:07:07 - 00:07:08:17

Speaker 1

that is our tour of anatomy.

00:07:08:17 - 00:07:15:02

Speaker 1

Next, we're going to talk about the various touch techniques and then I will demonstrate the massage on just any.

Need Help or Have Questions?

✉ support@caitlinvneal.com

☎ +18886941949

