



What is Normal?: Orgasm

What is an orgasm?

An orgasm is the sexual climax both men and women can experience after sexual arousal, when the nervous system creates intense pleasure in the genitals. During orgasm, the muscles contract around the genitals and send waves of pleasure through the genital area and sometimes over the entire body. Several chemicals are released in the brain that create a feel-good sensation; these chemicals increase your state of well-being and aid in rejuvenating your body. Some women are able to have multiple orgasms; others may have one orgasm during each sexual encounter. Still others may experience no orgasm at all. All of these patterns are normal and may change from time to time.

How can I have an orgasm?

Find an opportunity when you can be alone and have time to experiment with and explore your genitals. Use your fingers or a small vibrator to touch your genitals and discover the pleasurable sensations. Most women achieve orgasm by stimulating the clitoris (on the outside) rather than stimulating inside the vagina, so it may be helpful to start in that area first. Move your fingers or the vibrator around to different areas to see what each part feels like as it is stimulated.

Orgasms are intense, sometimes overwhelming feelings. You may feel like you are losing control and that is normal. As you get more aroused and closer to orgasm, you will feel your breathing increase and your heart beat faster. As you experience increasingly pleasurable feelings in your genitals, make sure to relax your mind and body and let yourself go. Think sexy thoughts. It may take a couple of tries as you get used to this new experience, but it is possible.

During arousal, blood flows to the vagina and often to your chest and lips. The vagina also typically becomes more lubricated, or wet, and can vary from one woman to the next. Women may also get more or less wet during different situations, for example, through oral sex, masturbation or intercourse, different partners or different times of the month. It is this lubrication that helps make intercourse easier and not painful. The inner two-thirds of the vagina actually expand to accommodate a penis or other object, like a vibrator or fingers. Women breathe faster, the heart rate increases, and the inner lips of the vagina get filled with blood and often enlarge and become deeper in color. The clitoris often increases in size as well.

If orgasm occurs, the sexual arousal greatly increases for most women. There are often rhythmic contractions of the vagina, the uterus, and the pelvic muscles; there is also often some vaginal lubrication that comes out all at once. Following orgasm, sexual arousal usually goes back down, as do other physical changes (e.g. breathing returns to normal, heart rate slows down, labia return to normal size, etc.) though many women can have orgasms soon after (unlike most men).





Are there any Pure Romance products that I can use to help me reach orgasm?

You may find it helpful to try an arousal cream, which is applied externally to the clitoris and is used to increase arousal. Pure Romance has three types of arousal creams. Ex-T-Cee is best for first-time female users. It is edible and also comes in an Original formula for women who are sensitive and prone to infection (it does not contain any added color, flavor, or scent). Ex-T-Cee is a mint-oil based product and will provide a cool, tingly sensation to the clitoris. Only a pea-sized amount should be applied to the clitoris.

Nympho Niagra is another arousal cream and is great for women who are prone to infection because it does not contain any added color, flavor, or scent. It is a menthol based arousal cream. Only a pea-sized amount should be applied to the clitoris, and Nympho Niagra will also provide a cool, tingly sensation to the genitals.

X-Scream is our maximum arousal cream and contains twice the amount of menthol as Nympho Niagra, making it very powerful. Because of this, it is not recommended for first-time female users, unless the woman is taking medications with severe sexual side effects (such as antidepressants) or is experiencing a loss of sensation due to surgery or other factors. X-Scream is also edible and is a unisex arousal cream, so men can use it as well. Again, only a pea-sized amount should be applied to the clitoris, or to the entire penis. Before engaging in sexual activity or sometime during foreplay, apply an arousal cream to your clitoris to help intensify the pleasurable feelings that you are experiencing in your genitals.

What if I can't have an orgasm?

Many women experience stress and anxiety due to the pressures of not being able to reach orgasm. The problem with this is that stress and anxiety can make it even more difficult to climax, creating a vicious cycle of no-orgasm. Because of this, you are encouraged to focus less on reaching orgasm, and more on enjoying the experience. Focusing on the pleasurable sensations that you feel with a partner can help rid your mind and body of stress, and may help you reach orgasm. Many women find it helpful to clear their mind first, before engaging in sexual activity. When you are with your partner, light some candles, put on some sexy music, take a bath together, and give each other a massage prior to foreplay (although this in itself is great foreplay!). This will help both of you relax and reduce any stress. When you become intimate with your partner, pay close attention to how you are being touched and how it makes you feel. Try not to let any stray thoughts about orgasm creep into your mind. Being completely in the moment and really enjoying what you and your partner are doing with each other may help you reach orgasm.

For most women, orgasm is a specific event and it is very noticeable. That would be the difference between an actual orgasm and sexual arousal. Orgasm is an event usually lasting a matter of seconds, and sexual arousal is a continuous process that could last minutes or hours. Women can get very sexually aroused and lubricated without actually experiencing an orgasm.

It is not harmful to become excited without reaching orgasm. Many women find that they are not able to orgasm during each sexual encounter. Some women find that they are not able to orgasm at all. If you are unsatisfied with your sexual encounters, talk to your health care provider who may be able to suggest alternative methods. You can also visit the Web site for the American Association of Sexuality Educators, Counselors, and Therapists at www.aasect.org to find a sexuality therapist near you.

