



How to Practice

# Edging

AKA, Orgasm Control

## What is Edging?

Edging is the practice of building up to extremely powerful orgasms either alone or with a partner. It also expands your pleasure and gives you a better understanding of your body.

The intention is to repeat getting closer to the “edge”- or brink of orgasm and then backing off, so the release is even more pleasurable (trust me on this one). Also called the “stop-and-start method” because you’re literally stopping and starting sexual stimulation until you’re ready for an even bigger finish.



Imagine edging as a scale of 1-10. 10 is reaching your orgasm. Try to pleasure yourself until you reach about an 8, just before you’re about to experience orgasm or ejaculation.

## Party of Two

### 1. Talk to each other

Stay connected throughout, use verbal or non-verbal cue.

### 2. Get it on

Warm-up with kissing, mutual masturbation, or oral teasing.

### 3. Turn it up

Increase the intensity through more touching, penetration or toys.

### 4. Bring it down

Pause or reduce stimulation, get creative with play and remember to breathe. Repeat.

### 5. Let go

If you got there first, no problem, just remember to lend a hand. Happy endings for all.

## The Many Benefits of Edging

- ◆ Extend and intensify your orgasm
- ◆ Make sex last longer with a partner
- ◆ Deeper connection and understanding of your body
- ◆ Expand control of ejaculation for penis owners
- ◆ Enhance intimacy and connection with your partner

## Solo pleasure

### 1. Set the mood

Create a vibe, turn down the lights, turn on your favorite sexy playlist, and relax.

### 2. Do you

Explore your sensations, touch yourself and get going.

### 3. Slow it down

When you feel like you’re close to orgasm, slow down your stimulation, pay attention to your breath.

### 4. Go again

Heat it back up. Repeat this process until you’re ready to orgasm.

### 5. Let go

When you’re ready, release and enjoy your orgasm.

## Your body, your orgasms

Your orgasms might be different day to day so try not to get attached to a specific kind of orgasm. It’s also okay if you prefer a quick release rather than an extended climax. Orgasms are subjective, so paying attention to your body, it’s rhythms and sensations will help you find what feels right pleasurable to you.

## Good Tips

### For vulva-owners:

A vibrator could be helpful for vulva-owners who need clitoral stimulation to orgasm. Remember: you can use a vibrator with a partner or on your own!

### For penis-owners

Edging can help close the “orgasm gap” which exists between penis and vulva owners. You can also try the squeeze method which involves getting close to the edge and stopping to squeeze the tip of the penis for 30 seconds and then build up again.