



**She HATES these 5 things,
But she LOVES this....**



5 Things women **HATE** in bed

MAGDA  KAY

1

Fingering her intensely, too soon.

When it comes to women, there is one golden rule: the build up! Slow down, and take it step by step - don't rush. With anything! And especially not with your fingers.

For most women, intense fingering is best if it happens later, even after penetration. She is already warmed up and this is when she can take it.

But if you do it too early, she will contract - literally the muscles inside her vagina will tense up. This is opposite of pleasure.

So start slow. First, make sure she is wet and relaxed (her pussy will almost pull your finger in). Start with just one finger: slide it in and out, slowly. Then move it in circles. When you feel her soften and enjoy it, you can add your second finger. And continue the same strokes.

Your finger is not your cock and it's not meant to! Use the fact that your fingers can bend and explore deeper parts of her vagina.

2

Skipping foreplay.

Gentlemen: oral sex is not foreplay! For women, it's already sex. She needs to be fully warmed up for that.

Many men start kissing her and going down on her, thinking they spend minutes and minutes on foreplay, not realizing that... they have just skipped foreplay!

Foreplay is more about creating a safe container for her, where she can fully relax. Her body needs touch, her mind needs complements and her heart needs to feel safe.

Foreplay is meant to relax her nervous system (get her out of the fight-or-flight) and her muscles.

This isn't 15 min. And it doesn't start once you're naked :)

3

Ending when you ejaculate.

Most women don't reach an orgasm by the time a man ejaculates. And if she does, she will most likely not feel satisfied as it simply wasn't enough.

Women need longer time to warm up but also to cool down. For you, your energy drops once you come, but not for her.

Also, due to the hormones her body produces during sex, her needs for closeness and intimacy go up, so if you disconnect with her after sex, it will feel like rejection.

4

Putting pressure on her to orgasm.

Too many men make her orgasm about themselves. If she doesn't orgasm, they assume the sex wasn't good or that they did something wrong. But for many women, intimacy, presence, and connection are just as important—sometimes even more important—than the orgasm itself.

Even if you have good intentions, asking her if she came, puts pressure and doesn't feel good to her.

Yes, an orgasm is great. And if she doesn't experience them, do talk about it. But making her orgasm the center of your attention will rather backfire than add to your sex life.

A few tips: instead of asking her “*Did you come?*” (a yes/no question), ask open questions (“*How did you like when...*”, “*What did you enjoy the most...*”).

If she does not come, don't make it a problem - that kills the passion and fun. And for sure don't assume something is wrong with her.

Women feel so self-conscious about it, you need to be gentle.

5

Assuming you know.

Just because other women liked something, it doesn't mean the woman you're with now will like it too.

Instead of acting like you know everything, ask her what she likes and what she would like from you.

And yes, I know women often don't share openly about their sexual preferences, which can leave you feeling like you have to guess. But trust me, perseverance is worth it!

Women often feel too shy to tell you they don't like something (many of us are natural people pleasers), when they do like something (many women feel it's inappropriate to own their pleasure!), and many simply don't know what they want.

No matter why, creating space for her to talk about what she wants, and responding to that, will hugely benefit your sex life.



6 Things women **LOVE** in bed

MAGDA  KAY

1

Look at her like the yummiest thing in the world!

Let her see in your eyes how much you like what you see. Show her how much you desire her. Don't be afraid to check your woman out (and make sure she sees that).

Almost all women feel unhappy about their body, and question if you really find us attractive. Plus, seeing that desire in your eyes is hot!

2

Complement her pussy.

Most women don't like their pussies. They don't look at her and don't know her. This makes women disconnected from their sexual center, and as a consequence, they struggle to feel pleasure and orgasm. When you tell your woman how beautiful her pussy is, you are helping her fall in love with herself. Complement her looks, color, taste and smell. This is how you free her wild sexy side.

3

Hold her from behind while you kiss her neck.

This is one of my favorite little tricks to get your woman in the sexy mood.

When you embrace her from behind, it makes her feel held, claimed and safe - women love it! It allows her to relax and surrender to you more.

Female neck and back are very sensitive so when you touch and kiss in that position, it feels extra pleasant.

4

Place your palm over her heart

All you do, once she is aroused (or after she orgasms), is simply put your open palm in the middle of her chest, and just keep it there for a few minutes.

This activates her heart chakra and feelings of love. It can help move energy up from her pussy to her heart, helping her drop into a deep, full body orgasm. She may feel deeply moved, even cry. All of it allows her to feel deeper intimacy with you.

5

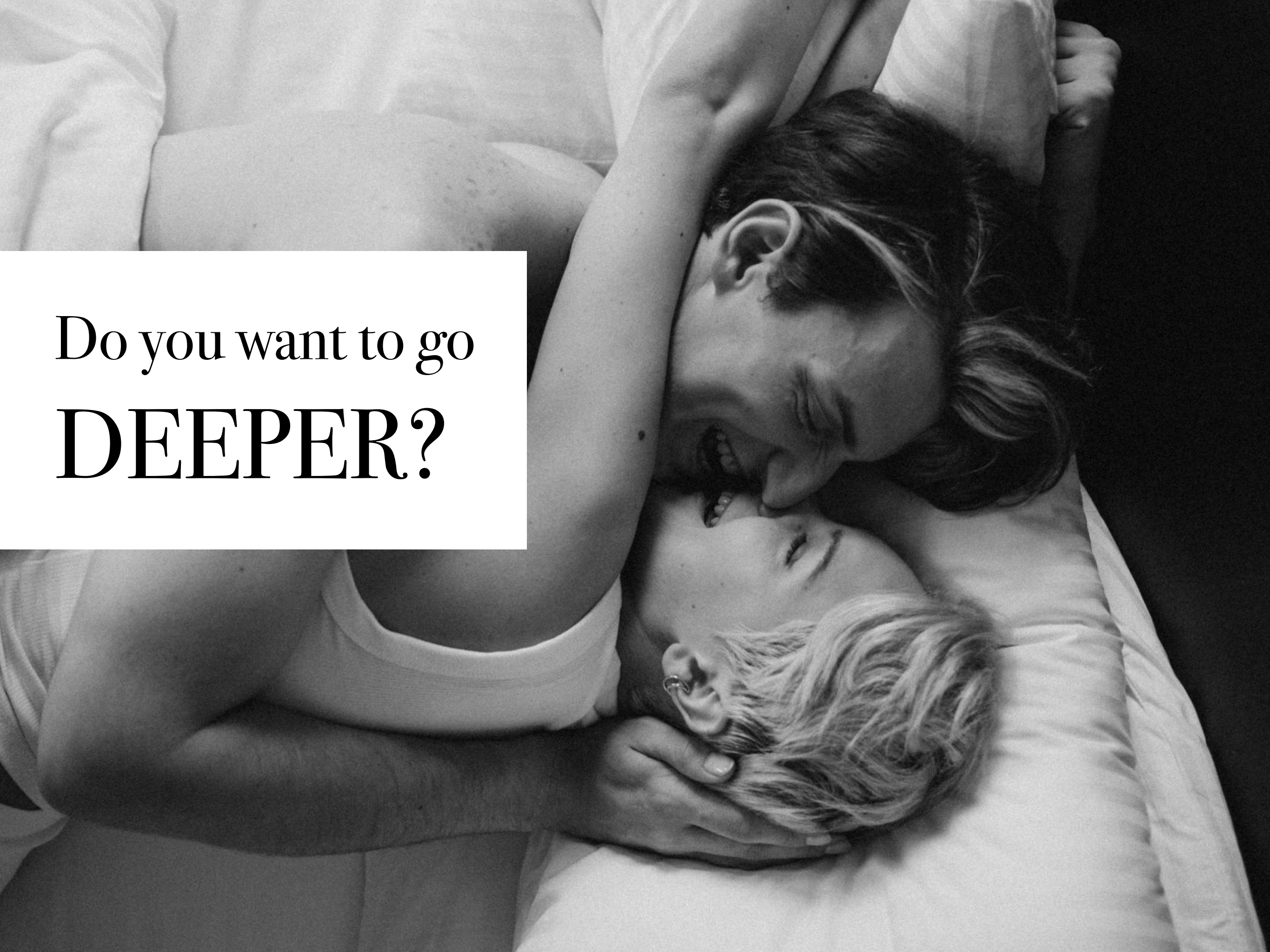
Ask her: “which part of your body is most sensitive?”

This is a perfect question to learn what she likes. If you ask her directly: “Do you like it?” she may say “yes” not to upset you. If you ask her: “*What* do you like?” she may not know what to say. But this sentence is perfect. While she may not know what she likes (many women don’t), this is something every woman can answer. And she will naturally tell you **HOW** she likes it. For example she may say: “My back. I love gentle kissed there” or... “My breasts. I love when a man squeezes them”.

6

After sex, stay with her.

Embrace her and tell how much you love her, how beautiful she is. And if you really experience a strong drop of energy and can’t stay connected or talk, then pull her in, embrace her and you can nap together, but facing her! (So make sure your face is towards her, not away)



Do you want to go
DEEPER?

A black and white photograph of a man and a woman sitting on a bed, facing each other and about to kiss. The woman is on the left, with long dark hair, wearing a light-colored shirt. The man is on the right, with short dark hair, wearing a dark tank top. He is holding her face gently with his hands. The background is softly blurred, showing a lamp and some furniture.

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"That was amazing! I learnt so much about women. This program made me realize how little I really knew before. **Now I know how to approach women and I see they respond to me better.** Thank you so much"

- Christian

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A black and white photograph of a man and a woman sitting on a bed, facing each other and about to kiss. The woman is on the left, wearing a white shirt, and the man is on the right, wearing a white tank top. The background is softly blurred, showing a lamp and a window.

Female Sexuality Decoded

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