



Becoming Orgasmic Glossary

Arousal	Typically the arousal of sexual desire during or in anticipation of sexual activity.
Arousal gel	Designed to stimulate pleasure zones by increasing blood flow to genital area.
A-spot	The Anterior Fornix - an erogenous zone located on the front wall deep inside of the vagina, above the G-spot and in front of the cervix.
Bartholin's glands	Two pea-sized glands located on either side of the opening of the vagina. Female ejaculation is expelled from these glands.
Betty Dodson	A world-renowned American sex educator who pioneered the pro-sex feminist movement. Dodson's workshops and manuals encourage women to masturbate, often in groups.
Blended orgasm	Two or more simultaneous orgasms that tend to result in a more intense, full-body response.
Bullet vibrator	Classic small-size vibe with high-pitched frequency for pin-point clitoral stimulation.
Butt plug	Sex toy for anal play, offers feelings of fullness and pressure.
Clitoral bulbs	The internal clitoris has two bulbs which fill with blood during arousal. As the bulbs fill, they tightly cuff the vaginal opening, causing the vulva to expand outwards - ie the vulva swells.
Clitoral hood	The hood covers the clitoris and protects it from friction.
Clitoral legs	The internal clitoris has two 'legs', shaped like a wishbone. The two legs join together on the clitoral body and at each divergent point are expandable erectile tissues which fill with blood during clitoral erection.
Clitoral glans	The very tip of the clitoris. Believed to have around 8000 sensory nerve-endings sitting atop it, this is by far the most sensitive part of the clit.
Clitoral orgasm	<p>Feels like the deliciousness of a sneeze, but in the genitals It's a building sensation that suddenly peaks, with involuntary pulses/clenches of the pelvic floor.</p> <p>A clitoral orgasm sends pleasure sensations to the brain via the pudendal nerve, the main pathway serving most of the pelvic area. This 'peak' orgasm feels focussed, high in frequency,</p>

	intense externally, and likely to leave your clitoris too sensitive for immediate touch afterwards. Clit climaxes release oxytocin, the bonding hormone, so you might feel cuddly and sleepy afterwards.
C-spot	The erogenous zone of the cervix - the lower part of the uterus.
Clitoral toy	Any toy (usually a vibrator) that has been designed for the purpose of clitoral stimulation.
Desire	A motivational state with an interest in sexual objects or activities.
Edging	A sexual technique whereby orgasm is controlled and deliberately delayed in order to build arousal.
Ernst Gräfenberg, Dr	German obstetrician and gynaecologist who 'discovered' the G-spot.
Ethical porn	Porn that is legally-made, has good working conditions, respects the rights of the performers, shows both fantasy and real-world sex, and celebrates sexual diversity.
Female ejaculation	Creamy fluid expulsion from the Bartholin's glands.
Finger vibrator	Tiny clit vibrator that sits on the tip of a finger.
Genital sensory cortex	The connection between different body parts and the areas in the brain.
G-spot	An erogenous zone located about half-a-finger's length in and up on the front wall of the vagina. It is believed that the G-spot is a part of the internal clitoral structure and urethral sponge.
G-spot toy	A vibrator or dildo that has been designed with a curve or angled tip for better locating and stimulating the G-spot.
Helen O'Connell, Dr	Australian urologist who mapped the clitoris in 1998, and found that it is 10 times larger than previously thought.
Kegels	Squeeze & release exercises to strengthen the pelvic floor.
L'arginine	<p>Main active ingredient in many pleasure gels. L-Arginine is a naturally occurring amino acid that increases blood flow by dilating blood vessels, making delicate genital tissue more sensitive and responsive.</p> <p>We don't recommend using products containing L-Arginine if you have herpes as it can bring on a painful outbreak.</p>
Labia majora	The larger outer folds of the vulva.

Labia minora	The smaller inner folds of the vulva.
Libido	A person's overall sexual drive or desire for sexual activity.
Love balls	Weighted vaginal balls for building strength and control of the pelvic floor.
Mons pubis	The rounded mass of tissue lying over the joint of the pubic bones.
Multiple orgasms	A series of orgasms over a short period rather than a singular one.
Neuromuscular tension	Tensing up the legs, thighs and pelvis muscles makes it easier to have an orgasm. Sexual tension is created by a state of anticipation as desire and arousal builds, and can be released by orgasm or sexual interaction. Too much neuromuscular / sexual tension can chase away an orgasm.
Nipple clamps	Small clips that offer hands-free nipple stimulation.
Orgasm	The climax of sexual excitement.
Oxytocin	A hormone and a neurotransmitter that is associated with empathy, trust, sexual activity, and relationship-building. Levels of oxytocin increase during hugging and orgasm.
PC muscle	A hammock-like muscle stretching from the pubic bone to the coccyx (tail bone) forming the floor of the pelvic cavity and supporting the pelvic organs.
Pebble vibrator	Clit vibes with a bigger, flatter surface. Vibrations are more diffused and cover a bigger area. Generally offers a deeper vibration, great for stimulating the internal clitoris.
Pelvic floor	The pelvic floor is a 'sling' of muscles that runs between the pubic bone in the front, and the tailbone at the back.
Perineum	The area between the anus and the vulva.
Pre-orgasmic	Anorgasmia is the medical term for difficulty reaching orgasm, but we prefer using 'pre-orgasmic' for someone who has never experienced an orgasm .
Pudendal nerve	The pudendal nerve is the main nerve of the perineum (the space between the scrotum & anus, and between the vulva & anus).
Rabbit vibrator	Feature a shaft + external clitoral stimulator, and it's these amazing double sensations that offer blended orgasm possibilities.



Resolution	The body slowly returns to its normal level of functioning, and swelled and erect body parts return to their previous size and color.
Sexual response cycle	Refers to the four phases of physical and emotional change that occur as a person becomes sexually aroused: Desire (libido), arousal (excitement), orgasm and resolution.
Skene's glands	Sits on either side of the urethra on the vulva. They are similar in structure to the male-bodied prostate glands and release squirting fluid. The Skene's glands secrete fluid to lubricate the urethral opening, and this fluid is believed to act as an antimicrobial (helping prevent urinary tract infections).
Squirting	Squirting fluid builds up in the bladder, but has been scientifically proven to not be pee (although traces of urine can be included in the fluid). This fluid is released in response to intense sexual pleasure or orgasm, with amounts differing from person to person and from one sexy experience to another.
Suction toy	Modern sex toy that stimulates the clitoris with air pressure 'suction' rather than vibrations. Very orgasm-reliable!
Urethra	A tube that empties urine from the bladder. The opening (pee-hole) is a sensual area for many.
U-spot	Shaped like an upside-down U, this 'spot' is positioned at the opening of the vagina, directly above and to either side of the urethral opening and can produce intensely pleasurable sensations when stroked, patted, and licked.
Vagina	The muscular tube leading from the vulva to the cervix of the uterus.
Vaginal orgasm	Essentially a building of bodily tension that's released in a burst of delicious sensation. A vaginal orgasm sends pleasure sensations through the vagus nerve. This 'wave' orgasm tends to feel deeper and involve the whole body. It gives energy and you might find you can keep going, perhaps onto being multi-orgasmic.
Vagus nerve	The vagus nerve carries a range of signals from the digestive system and organs to the brain, and vice versa. Deep, penetrative sex that affect the cervix and stimulate the uterus can trigger orgasm via this nerve.
Vulva	The outer part of the female reproductive system.



Wand vibrator	Clit vibes with long handles. They vibrate on a low, rumbling frequency and can really help kickstart a low libido.
Water-based lube	Water-soluble lube is body-friendly, less irritating for delicate membranes, and suitable for use with all sex toys.