

# What are PI£asure Points and

## Important?

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# Pleasure Mapping

Pleasure mapping is a way to explore your body to discover what feels good. It's about finding the spots and types of touch that bring you pleasure. This can help you understand your body better and communicate your desires to your partner.

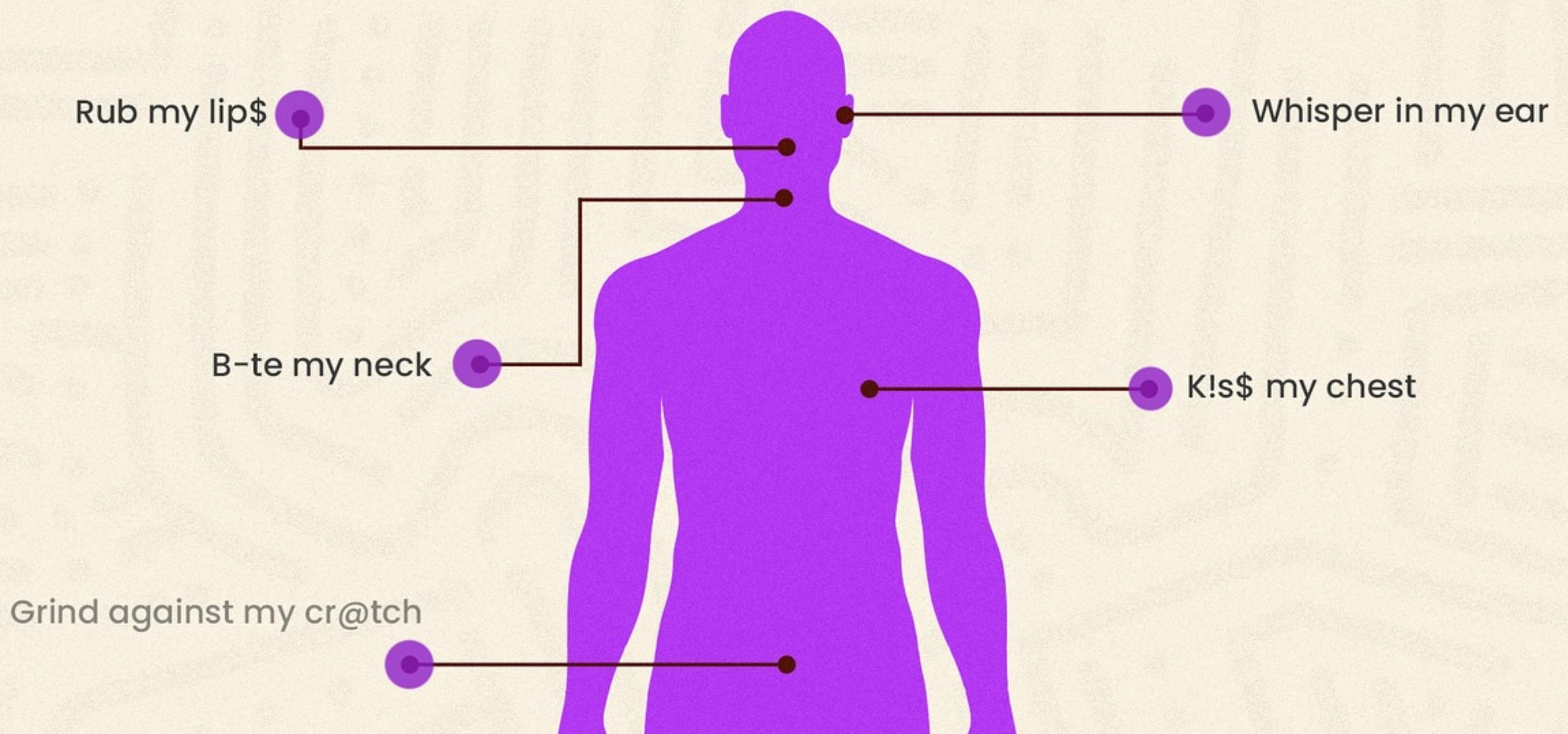
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# How to Do It?

- Use a form or given chart to note down areas of your body and what types of touch you enjoy in those areas.
- Experiment with **different pressures, speeds, and touches.**
- You can do this alone or with a partner.

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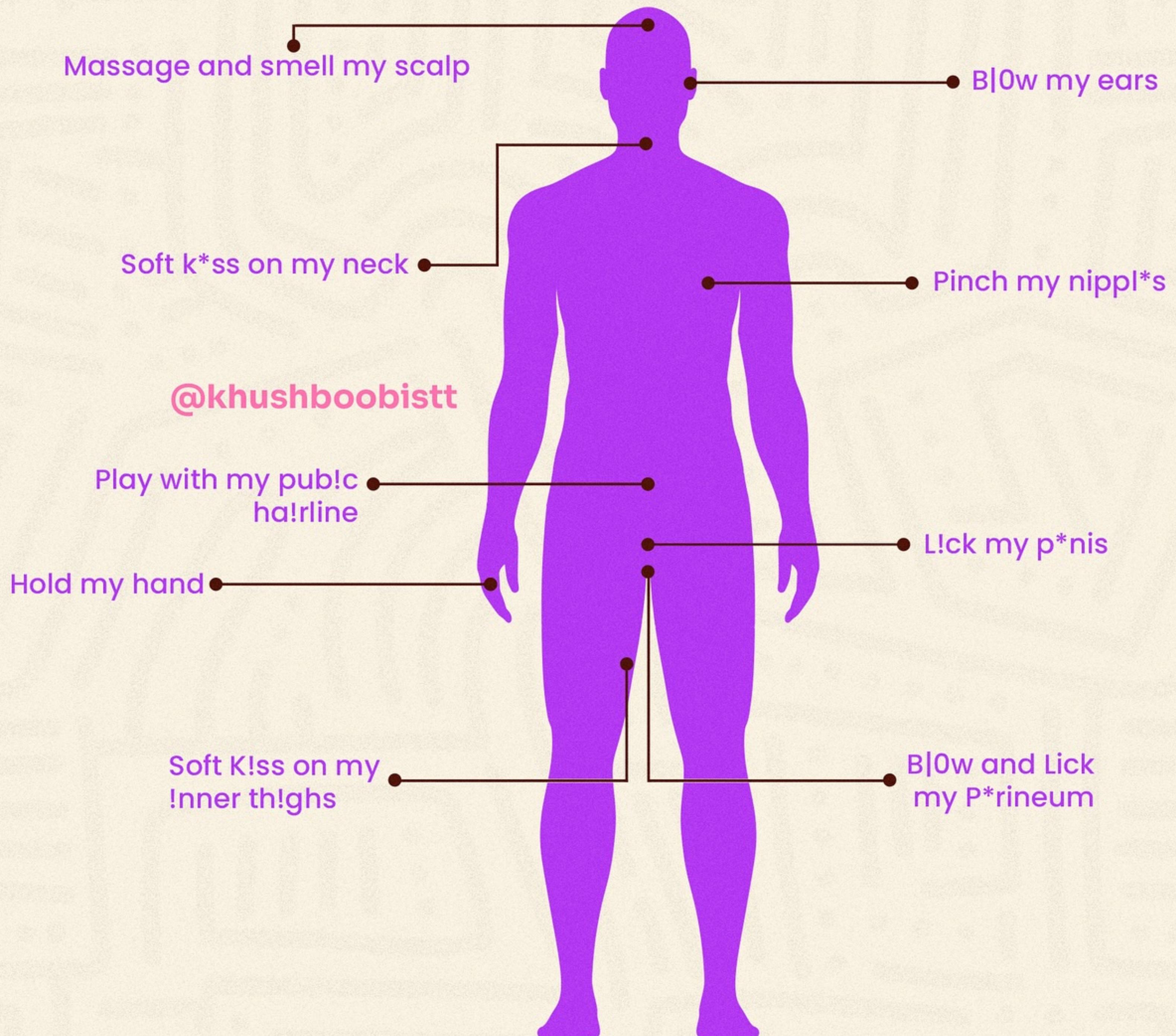
# Why is it important?

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- 1. Self-Discovery:** Helps you learn what you like and don't like.
- 2. Better Communication:** Makes it easier to tell your partner what feels good.
- 3. Improves Intimacy:** Understanding your pleasure points can enhance your intimate experiences.

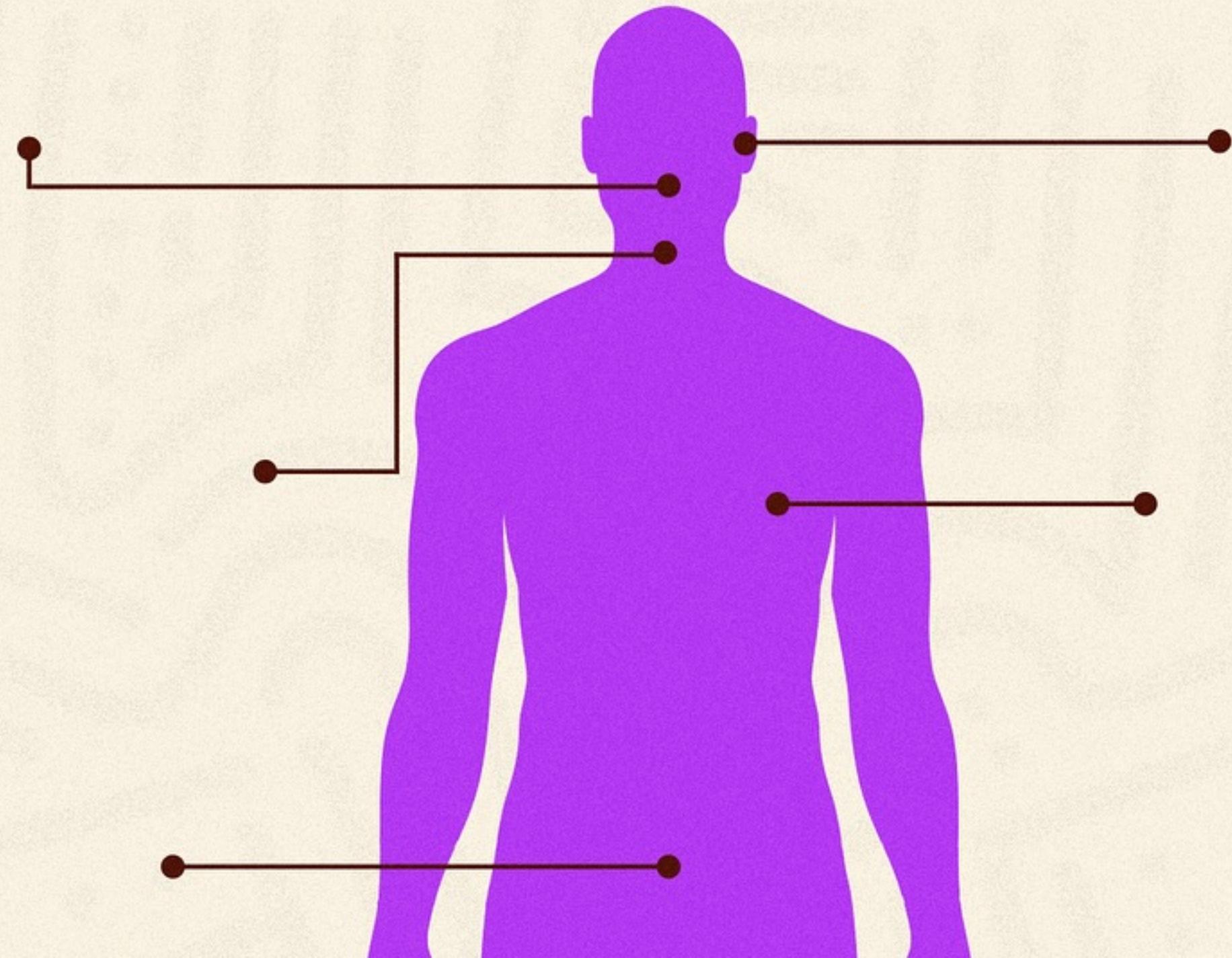
# Example of men pleasure point

Some men might enjoy gentle touches on their chest or thighs, Others might find pleasure in massaging the lower back or neck.



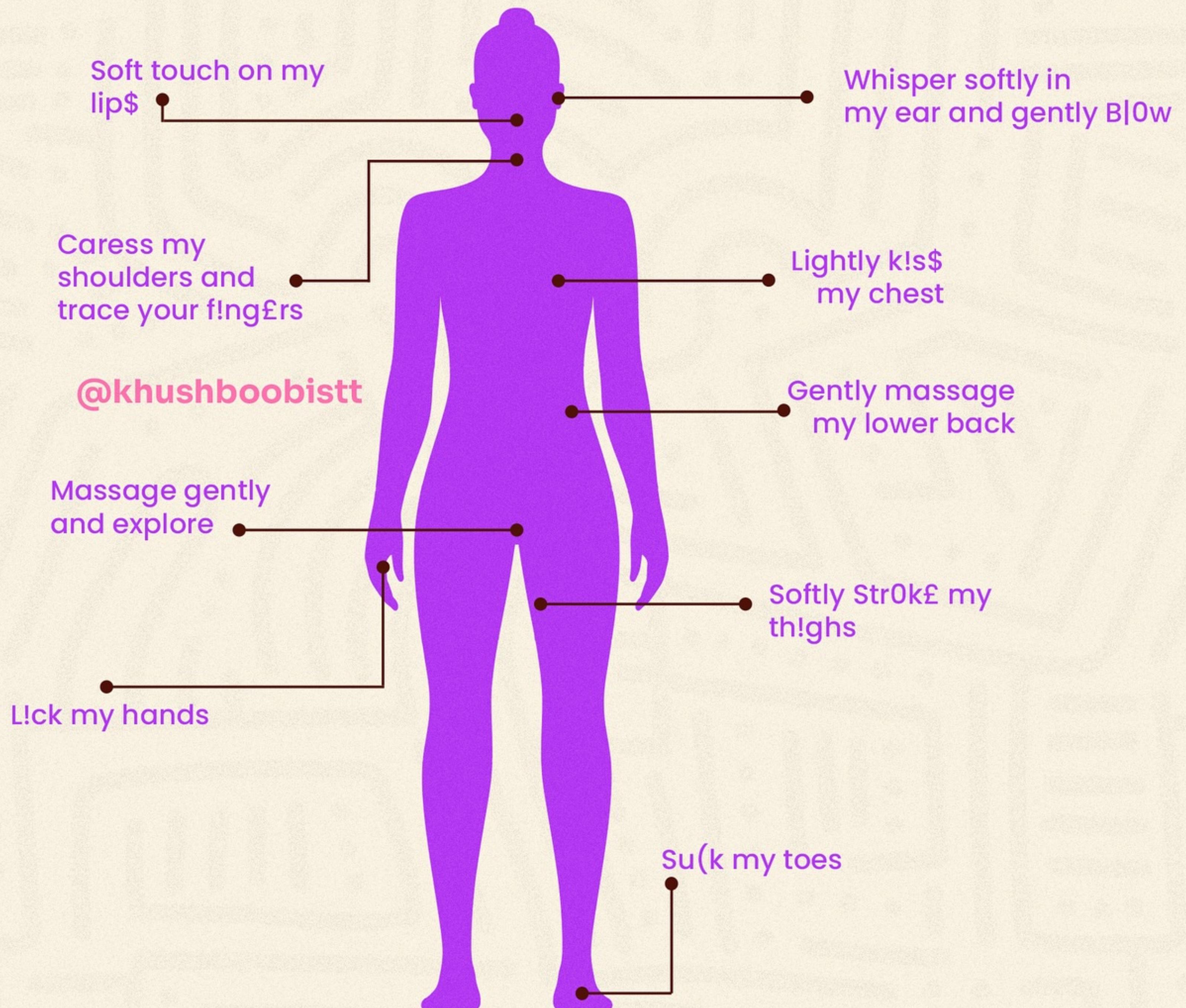
We are sharing a chart with you, take a screen shot and fill it to understand the basics of it

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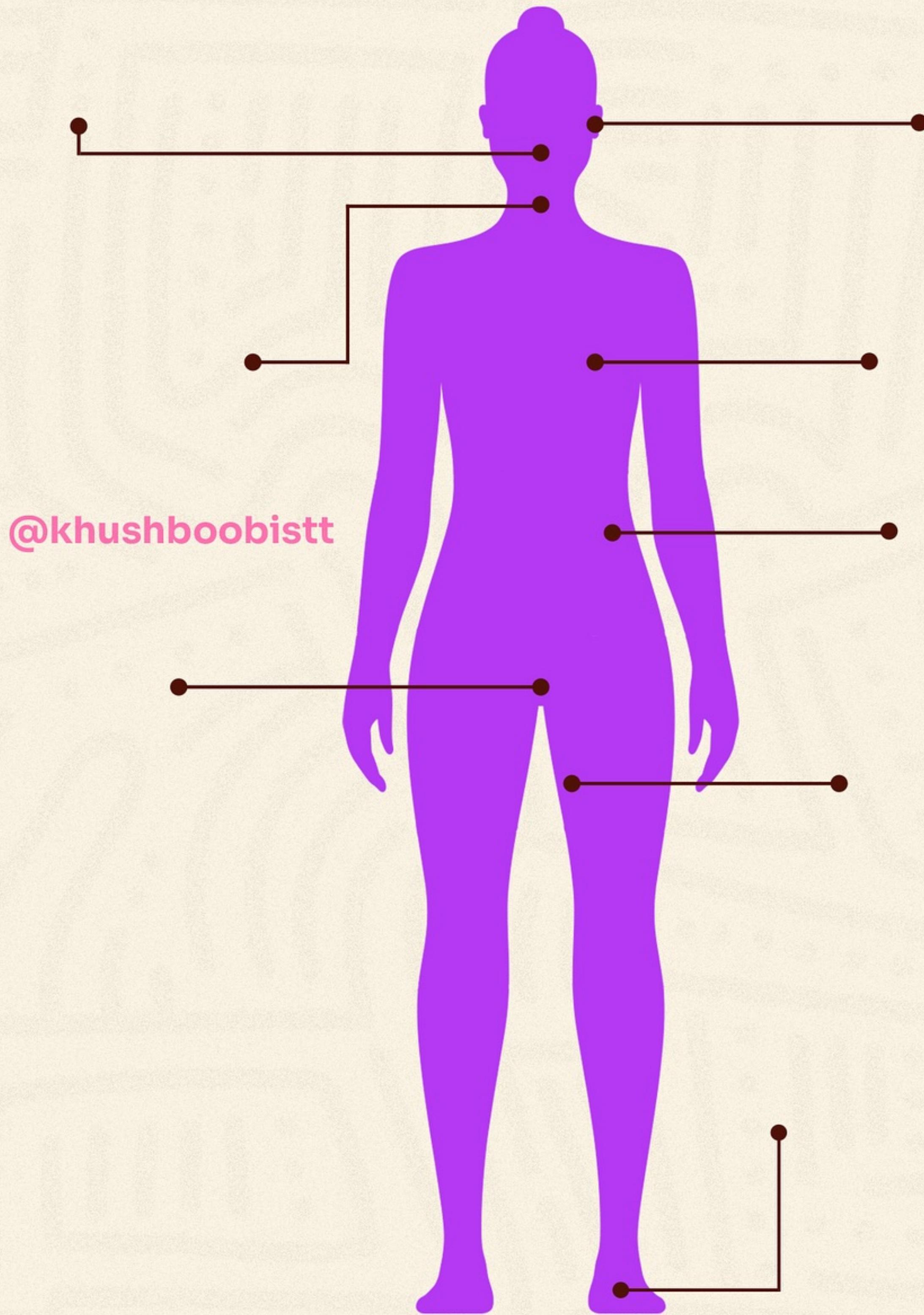


# Examples for Women pleasure point

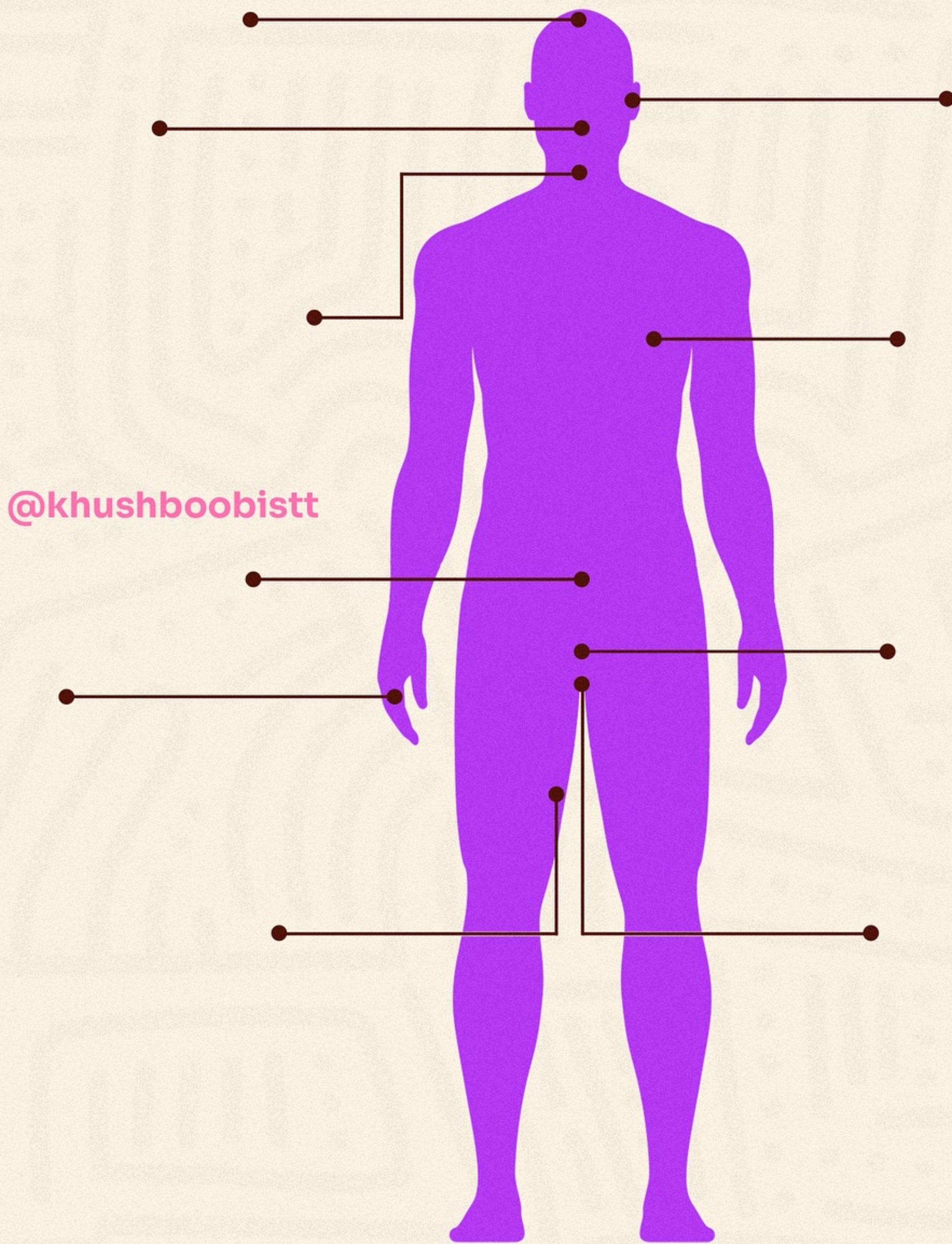
Some women might like soft caresses on their arms or shoulders, Others may find pleasure in light touch or massage on their lower back or stomach.



Map your pleasure points: Use arrows, add lines, and include more body parts based on your preferences or what you'd like to explore.



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**Once your pleasure map is complete, reflect on it to better understand yourself. What brings you joy or feels good.**

↗ Share it with your partner and encourage them to do the same.

This will help strengthen  
Intimacy in your relationship.

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