



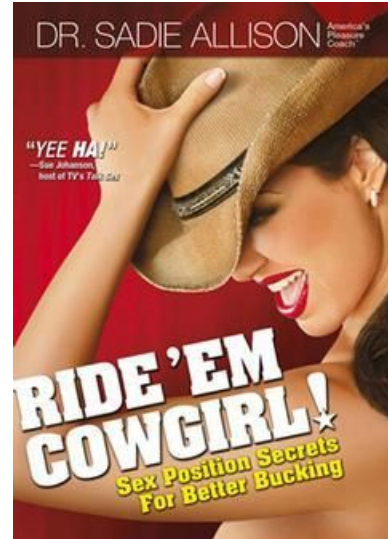
Hi there. Thanks for purchasing my ebook “How to Have Hot Sex for Curvy Girls” and my bonus ebook “Great Sex Toys for Curvy Women.” For those of you who do not know me, I am Chrystal and I am the owner of Curvy Girl Lingerie which is the first ever plus size lingerie store. We are in San Jose and we do have an online store and blog. I put a coupon at the end of the ebook, too, that will give you a discount on both of my websites if you need a lil sumthin sumthin. You can always feel free to email me with any questions or concerns. My email is [blissconnection@gmail.com](mailto:blissconnection@gmail.com) and I am always happy to help if I can. Thanks and I hope you enjoy the read. Sincerely, Chrystal Bougon

## *to Have HOT Sex as a Fat Person. Or as I call it: SEX*

Everyone wants the secrets, right? How to have sex while fat. If you’re not fat, you may wonder “is it different having fat sex?” If you are fat, you may wonder to yourself, “is it different having thin sex?” My guess is NO. There’s not a lot of difference. Sure, maybe some positions may need some tweeking, but my guess is that it’s all pretty much the same.

I mean, I can only speak for myself. I have had a “fat” body (according to the BMI and pretty much all of America’s and insurance company standards) since I was 11. I have been a fat person since I was in the 3rd grade. I lost my virginity when I was 19. I have been a size 18 or larger since 1987. So, I can only speak for my own experiences.

(And, if you do not own “Ride ‘em Cowgirl” by Dr. Sadie Allison, I highly recommend it. She



has an entire chapter on good positions for the curvy girl.

We're all experiencing the same self-confidence issues. We're all nervous about being in crazy positions in the middle of the day with the lights on. I promise you, many women who are size 0 to size 8, have just as many insecurities as the rest of us. Fat men and women do not have a corner on the market low self-esteem. Lack of sexual confidence and being uber self-conscious **IS the human condition**. And, you might also be surprised to know that men are self-conscious about their bodies, too. Men and their body image issues get overlooked so often when it comes to this topic. Seriously. Many men are insecure about their bodies, their penis size, and their love handles. It is a HUMAN thing to worry about your body and how it looks to someone else that you care about.

Ok, so what can we do as fat, thick, curvy women? How can we make sure we are getting the most out of our sex lives? How can we make it better? How can we turn it up? How can we leave our self-doubt about our rolls, stretch marks and our fat bodies at the door of our boudoir and really have some fun?

For one thing, just speaking logically and in the interest of keeping it very very real, if your lover has gone out on a date or two or three with you and they still wanted to go to bed with you – shouldn't that be enough validation that they are into you? Again, speaking for myself, I am a size 22 top and a size 22/24 pants. No matter how much black I wear or how I try to “dress for my shape” and to wear styles that are flattering on my body (according to the people who make those rules) – there is no camouflaging or covering up the fact that my body still takes up the space of a person who wears a size 22/24 pants. As I like to say at my boutique – no matter how much black you wear – we can still tell how fat you are.

*“If he or she keeps showing up naked in your bed with you over and over and over... they are into you! They are into your body exactly as it looks right this very second. They do not care that your arm fat is swinging back and forth or that you have stretch marks on your inner thighs. They are naked with you. What more do you need to know?”*

I have been educating and entertaining women and couples about sex toys and sex since 2003. I have talked to thousands of people about their sex lives and they have shared so many intimate details with me. And, I can tell you that is a HUGE honor and privilege that so many people have confided in me. And, you know what the one common question I got from all of the men I have talked to? "How can I get my wife/girlfriend to let go and have more fun?" I have met women who have asked me the same question about their wives or girlfriends. There are so many couples who want the other person to open up and let go more. They want their partner to not be afraid to ask for what they want or to ask for something new and fresh. Yet, so many people just can't find that voice or that bravery.

This happens in gay and straight relationships. It happens to everyone. We get shy. We get in our own head. We are so sure our lover is going to reject us for something that is what we consider to be an imperfection or what we feel is a defect. We are sure they are going to judge us and are going to reject us because of our fat ass or our jiggly tummy ... we play it safe. But, if you want to have HOT SEX it takes communication and the ability to open up through communication. Us fat girls have very thick skin because of all of the hatred we have received over the years about our bodies. So we can get very closed off and we work hard at protecting our hearts and our egos.

The truth is, the other person in your bed is just so happy that you want to have SEX with THEM... they aren't focused on your imperfections. My guess is that they are INTO you. And they are into the fact that you are into them sexually. Live out loud and let go of your insecurities and that is when your sex life can become smoking hot. When you are ready to be NAKED in the physical way and in the emotional way is when it gets really good.

You can try to hit all the right angles so your lover doesn't see your gut. And you can try to wear just the right lingerie or panties that cover your lower tummy or your stretch marks. (I hear it constantly at our plus size lingerie boutique. "Do you have panties or lingerie I can wear WHILE we have sex so my stretch marks and tummy are covered?" And, if it makes you feel better to wear something that covers up what you consider to be your flaws – then yes – going for it. But, I seriously doubt that is going to make your lover any hotter for you. He or she is going to be hot for you because you are hot for them. End of story. (All of that hiding and finding the right angles is so exhausting. I know. Been there. Done that.)

I think the best way to have hot sex is to check all that baggage at the door of your boudoir or where ever you are getting busy and remember that person CHOSE to be there with you. They are likely in their own head about their own shit they are self-conscious about. GO WITH IT. Let go. The best sex is when you can turn off all of those old "tapes" in your head. The one's where you pick yourself apart..... those do not serve you in any way. Well, they **do not serve you in a healthy way**. Get rid of them. Erase them. Replace them with some good shit like "I LOVE MY FAT ASS" and "My body is hot." Because if you think your body is hot and ready for some red hot lovin, so will your partner.

Now go have some hot sex please..... fat sex. Skinny sex. Thick Sex. Lesbian Sex. Straight Sex. Plush Sex. It's all just SEX. Two (or more) humans enjoying each other's beautiful

bodies and giving each other as much pleasure as possible.

Have you LIKED our Facebook page? This is where we have the MOST fun! You can search for “curvy girl lingerie” on Facebook or go directly to our link here:

<http://www.facebook.com/curvygirlinc>

And if you want some hot lingerie for your beautiful fat body, our plus size lingerie store is in San Jose but we also sell online here : <http://shop.curvygirlinc.com>

BONUS



Where there is a will, there is a way! But, I know that some curvy women have to be somewhat creative when it comes to using **sex** toys alone or with a partner. All of us fat women are built differently. And, truthfully, it's because of the fact that all of our curves are in different places that the plus size lingerie manufacturers struggle with designing lingerie that fits us well.

Let me tell you a little bit about me, first. I am a fat girl. I tend to refer to myself as a curvy girl since I own a lingerie store called [Curvy Girl Lingerie](#). But, the word “fat” does not offend me. I know it does offend some of you, so I will stick with Curvy Girl for this article. I just opened my plus size lingerie store in San Jose in Oct. 2012. But, I have been a business owner since 2003 and I have spent the last 13 years of my life selling [sex toys online](#) and via our home pleasure parties that we facilitate all over the Bay Area.

I have talked to tens of thousands of women about their sex life, typically in a very private setting. Often, after one of my pleasure parties, my customer's friends' would come and confide in me things I don't think they have ever admitted to anyone else. Since I am a bigger woman, I think they felt like maybe they could share with me without any shame and little embarrassment.

Some bigger women cannot reach their clitoris easily. Some plus size women have short arms and some curvy girls have a large lower tummy. Some curvy women have both short arms and a larger tummy so they can have difficulty reaching their own clitoris. But, like I said in the beginning of my article – where there is a will there is a way!

The infamous [Hitachi Magic Wand](#) is a "back" massager that plugs into the wall so there is no need to fuss around with batteries. It's a good 12 to 14" in length and the head that vibrates is very powerful. Women can use it with a partner and put it between you and your lover. Or, you can lay it on your bed and lean up against it or lay down on it if you lay face down. (Get creative. Use some



pillows if you need to.)

The cousin to the Hitachi Magic Wand is the [Mystic Wand](#) - and both come from Vibratex in Napa. The [Mystic Wand](#) is the cordless version of the Hitachi Magic Wand. It takes 4 double aa batteries and is uber quiet. It's also the more elegant version as the Hitachi Magic Wand is not pretty - but let me tell you it will get the job done. The Mystic Wand is shorter, though. It's about 8" long. This toy, like #1 will mostly be used for clitoral and labial vibration. Most women do not insert, but you can do whatever feels good to you.

LELO.com makes some really artful and beautiful rechargeable toys and let's start with their LELO.com [Elise Noir 2](#). The LELO [Elise Noir 2](#) has two motors in the tip and 2 motors in the base. Some rechargeable toys are not enough vibration for me to get me all the way to a climax. This one has yummy silicone skin and lots of pulsing and escalating which I [love](#) in a sex toy. You also have to love the warranty and the guarantee on the LELO toys. It's also nice and slip so let's say you want to do some [reverse cowgirl](#) - which is very often a great position for a curvy girl - you can get on top and ride him, but then it's long enough and slender enough that you can hold it on your clitoris or tickle his testicles with it while he is inside of you. FUN in the SUN ladies!

LELO.com also makes a rechargeable dual "twice as nice" vibe called the [Soraya](#). Similar to the Elise, but it also has a clitoral stimulator attached to the vibrating shaft. Plus, like all LELO products, it's pretty and elegant. And I would also love to give LELO.com a shout out for their back massager called the [SmartWand](#). It's a beautiful toy and perfect for curvy girls because of the length of the handle. LELO.com makes it easy to reach your clitoris, Curvy Girls.



How about a **plus size wearable vibe**, curvies? It's called [Fixsation](#). My friends Tiffany and her sister created a toy that actually fits a woman size 18 to 22. They are a very pretty pair of lacey open crotch panties that

allows you to attach their special flat vibe to the panties and then go wild. You can wear it in the missionary style, cowgirl, reverse cowgirl, doggy style or any other way you like to get yours! Now, my all time favorite "go to" is a [5 speed bullet](#) made by a company called TLC. And, as author and sex educator [Virgie Tovar](#) discussed at my store at a book signing at Curvy Girl Lingerie: "A lot of plus-size women - myself included - have gorgeously voluptuous vulvas. Exciting news: chubbier vulvas with fuller outer labia are perfect for tucking smaller toys into! Just spread the lips a little, slip the vibrator against your clitoris, sit back (or, hell, go to the mall) and be amazed at how well the toy stays in place. This secret spot also ensures an almost noiseless experience." (And fat girls, I highly recommend Virgie's book "[Hot & Heavy: Fierce Fat Girls on Life, Love and Fashion](#) and you can buy



[it from Amazon here.](#))

Last but not least, I am a big fan of the [Lia Magic Wand](#) for Curvy **couples**. This toy has 10 speeds and is made with medical grade silicone. I love how quiet this toy is and how much power there is in the tip of this toy. LOVE a toy company that puts the vibe in the tip. Now, it's only about 7" long, so if you have a hard to reaching your clitoris, this will add a good 6" or 7" to your reach. If you wanted to get creative with it, you could possibly insert in between your box springs and your mattress for some doggy style fun with this wand! Just back up to your bed and have some fun. This toy is also slender enough to use while you are making love - slide it between the two of you when you are on your back - or use it for nipple or testicle stimulation. It's a very versatile toy with no wires and is super quiet and powerful.

And, I forgot to mention that curvy girls can use MY ALL TIME FAVORITE lube the silicone [Eros lube](#) for the inner thigh issues we sometimes when we wear a skirt or dress. We call it



chub rub.

And, last but not least, I also love the Orchid G “bullet on a stick” style vibrator and have recommended it for years to my plus size customers as a great clitoral stimulator or g-spot stimulator. It’s also super affordable!

Enjoy the ideas, ladies. And stop by our store soon! We are in Willow Glen on Meridian Ave.  
Tel: 408-264-4227

Come join in the fun fierce fat girl dialogue on our Facebook page:  
[www.facebook.com/curvygirlinc](http://www.facebook.com/curvygirlinc) We have an amazing community there!

And, be sure to use the coupon code ebook on our websites for discounts. You can use the code ebook on my <http://shop.curvygirlinc.com> site and my [www.BlissConnection.com](http://www.BlissConnection.com) site.

If you have any questions that you need help with, feel free to email me.  
[BlissConnection@gmail.com](mailto:BlissConnection@gmail.com) and I do my best to reply within 48 hours. I am not a sex therapist or a doctor, but I can refer you to some amazing professionals if you need one or answer questions that are not medical in nature.

Thanks, Chrystal Bougon

[www.CurvyGirlInc.com](http://www.CurvyGirlInc.com) and be sure to text us the word CurvyGirl to 22828 to become a Curvy Girl Insider!

If you are interested in learning more about how to give a gourmet b.j. or have pain free anal sex, I have two ebooks that are specifically about those topics. [www.sellfy.com/curvygirl](http://www.sellfy.com/curvygirl)