

11 Sexy Things to Do to Your Partner's Belly Button in Bed

Take your foreplay to the next level with these hot AF moves.

BY [KRISSY BRADY](#) *March 15, 2016*

Sure, your sack sessions are super-fulfilling—but now that you've mastered each other's [hot spots](#), you'd like to ditch the roadmap and take the sexual roads less traveled. Lucky for you, there are plenty of steamy (and totally underrated) [erogenous zones](#) you can take for a spin, starting with the belly button.

Here are just some of the ways you can use your partner's belly button as your own personal plaything:

- FOR HIM

The area from his belly button to his inner thighs is uber-erogenous, and a gentle [massage](#) is a great way to rev his engine. Try putting your finger into his belly button as you massage that area. For some, this can be a hardcore turn-on, says Rachel Needle, licensed psychologist at the Center for Marital and Sexual Health of South Florida. Try applying various stages of pressure to learn what your partner responds to.

FOR HIM

Caress his [penis](#) and [lick](#) his belly button at the same time. Draw a line with your [tongue](#) from his belly button downward, then gently blow on the line to create a tingling sensation. Alternate between hot and cold air for stimulation overload, says Needle.

- FOR HIM

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Make your way down your S.O.'s bod like you're about to give [oral](#)—only once you reach his belly button, do not pass go, says clinical sexologist [Renee Lanctot](#). Keep licking, kissing, and touching him from the belly button up until he can't take anymore—then go in for the kill.

FOR HER

"The belly button is a nice pit stop between the [breasts](#) and genitals," says Lanctot. "One of the best ways to approach belly button play is by circling the area: Use large circles that converge slowly, using the belly button as your bullseye." You can perform these movements with a light touch, your tongue, or a [sex](#) toy.

FOR HER

With one hand, insert one or two fingers into her [vagina](#) and stimulate her [G-spot](#) using a "come hither" motion. With the other, rub her abdomen and press your thumb into her belly button. "Not everyone will like too much pressure in it, so make sure you adjust your play to your partner's preference," says Lanctot.

FOR HER

Gently rub around her belly button like you're massaging her abs. "When a woman's abdomen is lightly stimulated, her abdominal muscles contract," says board-certified clinical sexologist [Debra Laino](#). "Since the abdominal muscles are connected to the [vagina](#), these contractions [can make her feel aroused—even orgasm.](#)" *Woop, whoop!*

HIS AND HERS

Relax your lips and use your tongue to swirl around the belly button, says Lanctot, then use the tip of your tongue to give it a gentle poke. (This move is great for [nipple](#) play, too.)

HIS AND HERS

Softly kiss your partner's lips (like, so soft that you're barely touching), while gently tickling his skin from the pelvis up to the belly button, says Needle.

HIS AND HERS

"Many people like [ice cubes](#) in their navel and licking the water around the abdomen," says Laino. Since there are oodles of nerve endings on the skin in this area, the cold of the ice combined with the heat from your breath can be a major turn-on, she adds.

HIS AND HERS

Dab whipped cream—or ice cream, if you dare—into the belly button and lightly lick it out. "I wouldn't recommend heavy syrups like chocolate sauce or honey, as some of that debris can be left over in the navel cavity if not cleaned properly, which could translate into an infection," says Laino. For this particular body part, stick with lighter desserts. (Just **keep these away from your vag.**)

HIS AND HERS

Lightly stroke the abdominal area with your fingers, crossing over the belly button as you do so. "This can be very erotic for both men and women, and can stimulate blood flow to the **penis** or vagina," says Laino. *Grrr, baby.*