

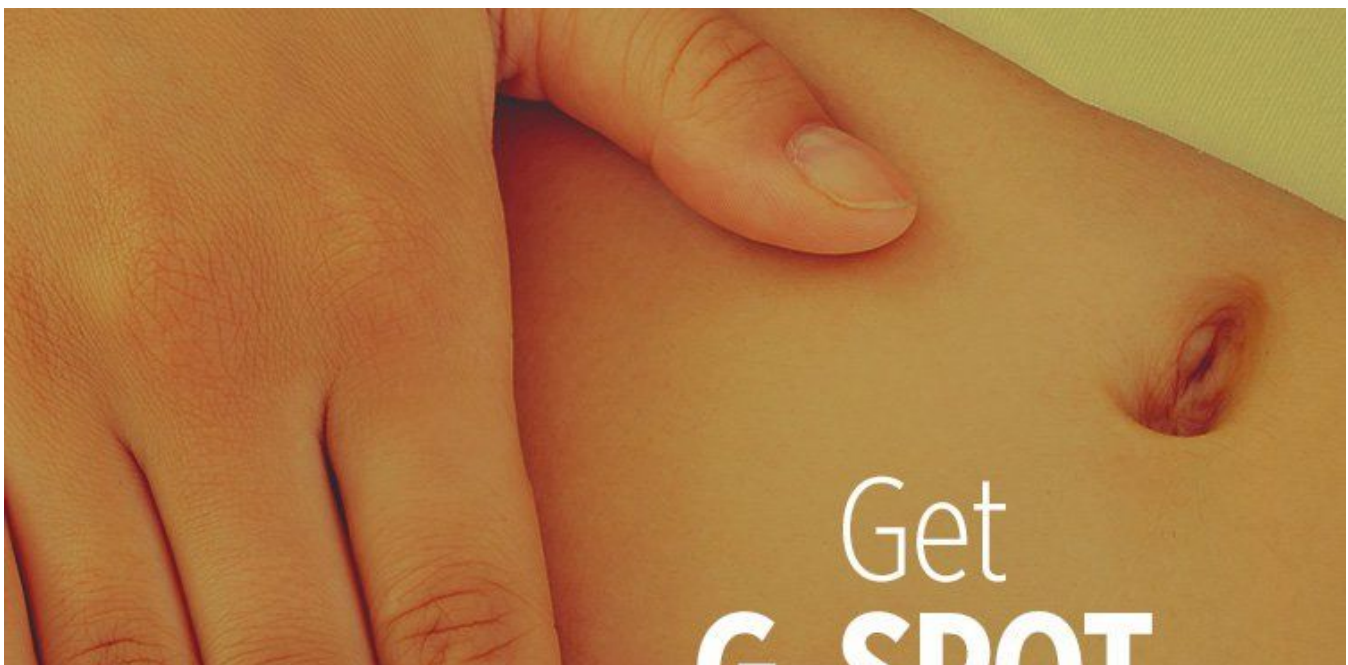
# 9 Crucial Facts You Should Know About Your G-Spot

Take a closer look at your buried treasure.

BY **KRISTIN GRANERO** APR 14, 2016

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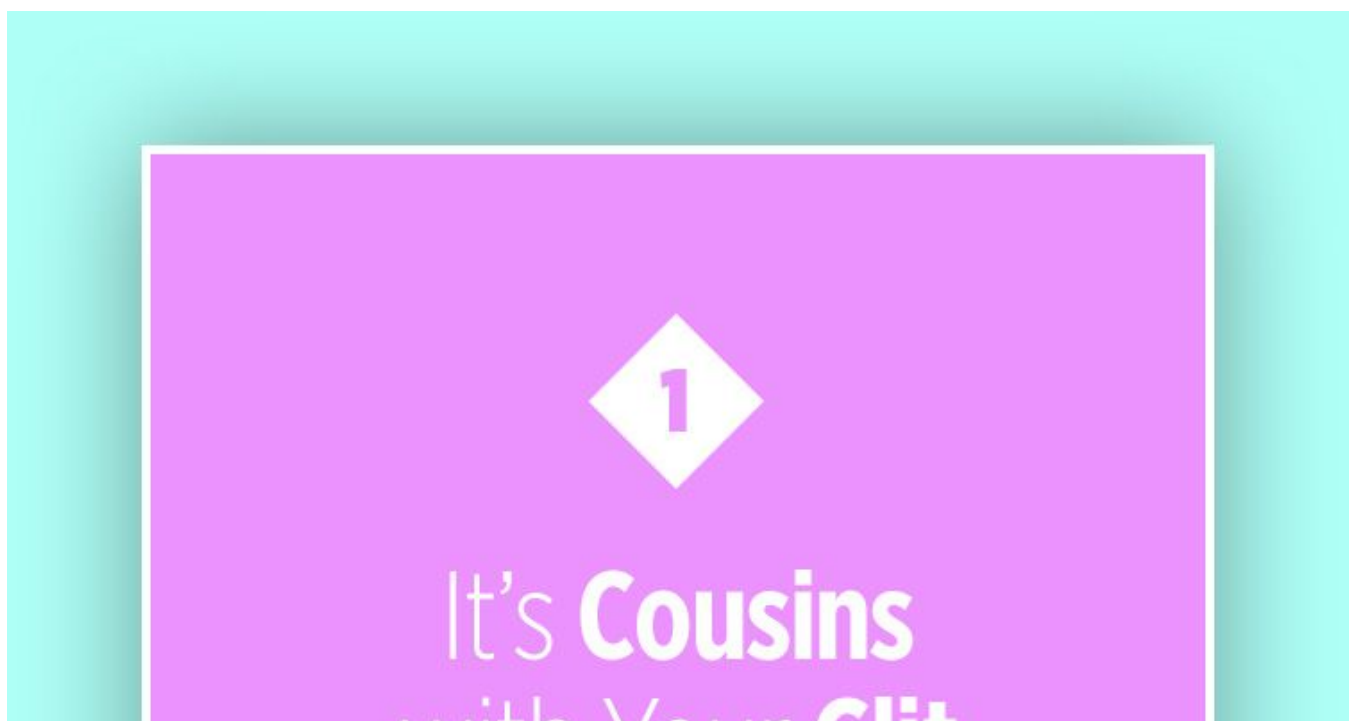


Among erogenous zones, the G-spot is kind of like the VIP section of *that* club. It's highly regarded among those who get in and freaking *frustrating* for those who still haven't managed to even find the entrance.

To find out where it is, how to find it, and other fun facts about Club G-spot, we asked experts to lead us on the treasure hunt. Let's go exploring.

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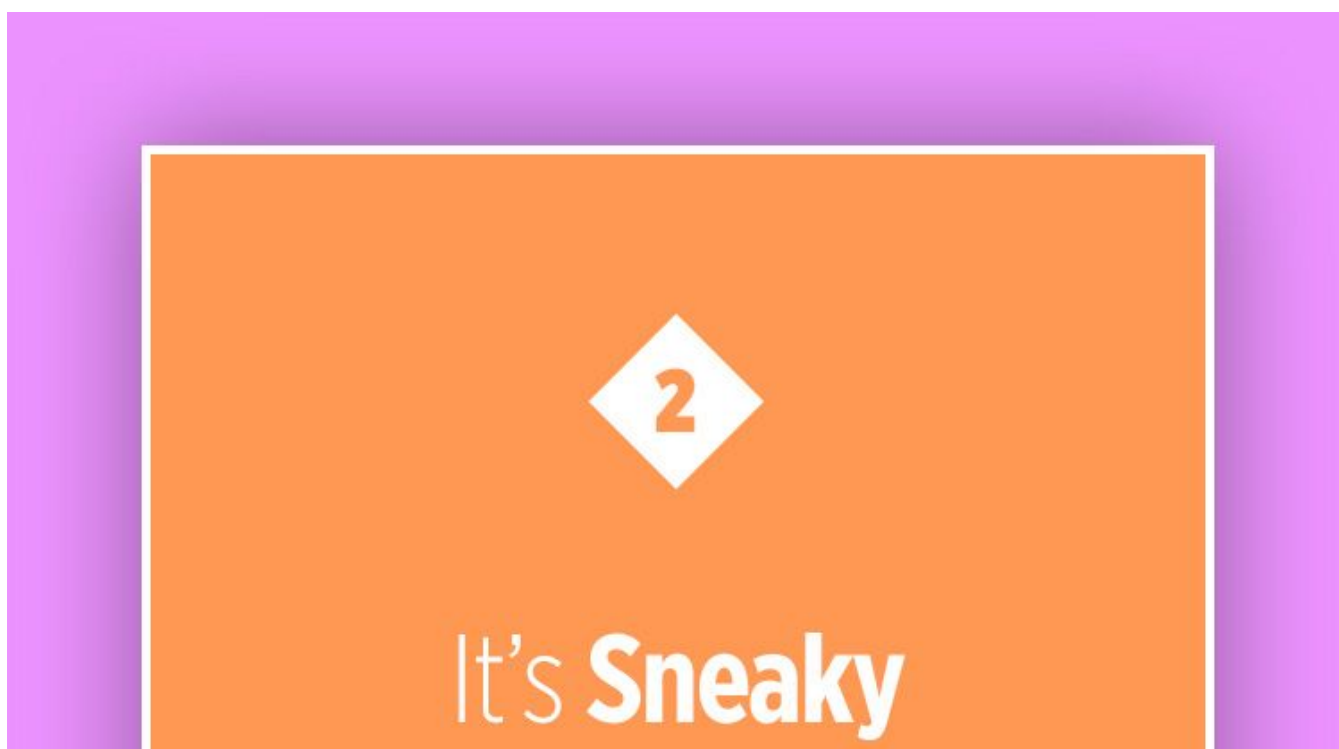
There's a reason why hitting this zone feels so damn good: "From an anatomical perspective, the G-spot is basically the back-end roots of the [clitoris](#)," says Ian Kerner, Ph.D. So your clit and G-spot are both members of the Pleasuretown family.

*Interesting.*

**RELATED:** [How to Find Your Own G-Spot](#)

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While that physiological explanation seems pretty straight forward, the exact location is kind of murky. “While it’s been widely believed that the G-spot lives in the upper wall of the vagina, some researchers think it could actually reside in the [uterus](#),” says Alyssa Dweck, M.D., co-author of *V is For Vagina*.

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ALYSSA ZOLNA



While many praise the orgasm gods for this [erogenous zone](#), some researchers question whether it's a legit place on your body (you know, like your elbow). “The question is whether the G-spot is an identifiable structure that you could potentially identify in an autopsy, and that's still being looked into,” says Dweck.

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There’s no “I” in G-spot. “The G-spot is part of the clitoral network,” says Kerner. In other words, a G-spot orgasm isn't a one-woman show. “If you want to heat up this zone, make sure to [kindle the clitoris](#) first,” he says.

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If you feel like you're missing out on a G-spot O, Dweck says you shouldn't beat yourself up about it. Lots of women can't get their rocks off via the G-spot for physiological, psychological, or emotional reasons.

No one really knows why all women can't push that button for mind-blowing Os. But you can try exploring with a vibrator (either solo or with a partner), if needed. Just don't let an obsession with the G keep you from other pleasure zones. "Everyone's different," says Dweck. "For example, some women can orgasm purely from [nipple stimulation](#)." Try the N-spot and report back.

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"With enough G-spot stimulation, some women will [ejaculate](#)," says Dweck. You've been warned.

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This famous female erogenous zone was coined after a male [gynecologist](#), Ernst Grafenberg, who first referenced it in 1944, says Dweck. Without this old guy, your sexual scavenger hunt wouldn't exist.

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In [Tantric sex](#), this area is called the "sacred spot," according to [Tantric Sex Couples Guide: Communication, Sex And Healing](#) by Jefferey Dawson.

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Per [Female Genital Plastic and Cosmetic Surgery](#), some cosmetic docs are offering "G-shots," (kind of like the [O shot](#)) or G-spot enhancements to plump up this zone for better orgasms. But since several gynecological associations are taking a hard stance against it (they say it's not safe or effective), chances are your doc does not approve.

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