6 Lesser-Known Facts about the Female Orgasm (Sex Toys included)

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The female orgasm is famously shrouded in mystery. We've all heard the myths; "if she doesn't squirt, she hasn't come", "penetration is nothing without clitoral stimulation" or even the annoying assumption that "the g-spot doesn't exist".

But what we may not have considered are some of the shocking, unheard TRUTHS about the female orgasm. We enlisted the expertise of sex toy entrepreneur Elle Black of Mimi De Luxe Sex Toys, to help discover more about the female orgasm.

While reaching the peak of climax can be a complex, completely individual experience for every woman, the path to pleasure can be reached in more ways than you may have thought. Plus, you might be surprised to know that reaching climax actually has some interesting benefits beyond simply feeling on top of the world for a few blissful seconds.

Here are six lesser-known facts about orgasms that should surprise you – and even persuade you to up your orgasm quotient (if you need any persuading at all, that is):

Exercise Can Induce 'Coregasms'

It's a common thought that sex itself is a great form of exercise. But many people don't realise that certain types of exercise can actually induce orgasms in women.

'Coregasms' (as they are now known) can occur when women do strength training exercises such as yoga, crunches, weight-lifting and even swimming – a study by Indiana University's Centre for Sexual Health revealed in 2012.

Good to know, if you need a little extra motivation to hit the gym from time to time.

Orgasms Can Literally Blow Your Mind

While its common knowledge that being taken to the depths of pleasure can leave your head spinning – what you might not know is that having an orgasm actually 'switches off' part of the brain for a period of time after climax.

A brain scanning study analysing the electrical activity of the female brain during and just after orgasm found that many of the areas of the brain deactivated – including those involved in feeling anxiety and maintaining a state of alertness.

So, while orgasms can certainly leave you weak at the knees, this proves that they can leave you weak in the head too.

"Nipplegasms" Are a Thing

Caressing, teasing, clamping and using nipple tassels during foreplay or intercourse is a sure-fire way to heighten sexual arousal for many people, and can lead to more intense, satisfying orgasms.

But a lot of people would be surprised to hear that it is possible to achieve an orgasm by stimulating the nipples alone.

Why?

Because when the nipples are stimulated, the hormone oxytocin is released. Oxytocin is responsible for causing the same uterine and vaginal contractions that are experienced during orgasm. This increases blood flow to the genitals, and can therefore induce an orgasm without even touching the genitals at all!

Some Women Orgasm When Giving Birth

Imaginatively nicknamed the 'Birthgasm', you may have heard of the phenomena of some women actually reaching sexual climax during labour.

A study published by the journal Sexologies in 2013, examined the personal accounts of midwives and mothers in an email survey – specifically with relation to 'obstetricial pleasure' (a feeling of orgasmic euphoria during labour).

These personal accounts collated in the study confirmed that this phenomena does actually exist (whereas it had only existed as an anecdotal concept before), and it is thought to be a result of to the intense stimulation of the vaginal canal during childbirth, which may well serve as an alleviant to the pain of contraction.

Orgasms: Just What the Doctor Ordered

As if we needed any more persuasion to start having more orgasms, you might be surprised to know that reaching climax is actually good for your health.

Among other benefits (such as elevating your mood, alleviating pain and helping with relaxation), Orgasms can induce production of dehydroepiandrosterone (DHEA) hormone levels in the body.

This can result in all sorts of positive health benefits as DHEA is used to improve brain function, aid with memory improvement and retention, helps to combat ageing and also has been purported to help lower the risk of cardiovascular disease.

Orgasms Can Help You Look Younger

OK, this fact might seem too preposterously good to be true.

But, according to clinical neuropsychologist David Weeks, having regular orgasms could hold the key to looking (and feeling) younger.

David's book 'Secrets of The Superyoung' is a result of an 18 year study, in which he interviewed 3500 people, aged 18 to 102 who were specifically selected because of the fact that they looked, acted and felt at least 10 years younger than their actual biological age.

His findings concluded that (among other habits such as eating healthy foods and taking regular exercise), one of the keys to looking ten years younger was having regular orgasms and maintaining an active sex life.

Now, if that isn't a good enough reason to go out there and get your rocks off – then I don't know what is!

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