

The UK's Biggest Ever National Orgasm Survey

Sponsored by Scarlet magazine in association with Pelvic Toner



To celebrate National Orgasm Day on 31 July 2008, Pelvic Toner and Scarlet magazine conducted the UK's biggest and most comprehensive female orgasm survey ever, with over 2000 women sharing their most intimate secrets...

Key Findings

- Nearly half of all women are not getting their share of orgasms!
- The G-spot is not a myth – 75% of women claim to have one. And women who don't think they have a G-spot rarely orgasm
- Women who claim to have a good pelvic floor have twice as many orgasms as those who don't
- Women who undertake regular pelvic floor exercises using a resistance device reported a much improved sex life within 4 weeks

Survey results

- 72% of women say they are aware of their G-spot but its location varies significantly!
- 50% place the G-spot just inside their vagina while 35% say it's deep inside. The remaining 15% locate it elsewhere!
- 46% never or rarely achieve vaginal orgasm during penetrative sex
- Only 31% claim to do so often or always
- 36% never or rarely achieve clitoral orgasm during penetrative sex, but 85% often or always achieve clitoral orgasm by self-stimulation
- 69% are aware that pelvic floor muscle tone is implicated in the ability to achieve orgasm, but 12% rate their pelvic floor as poor or very poor
- 70% of women claim to exercise their pelvic muscles sometimes or often, but 92% would like to be shown how to exercise properly
- Those women who rate their pelvic floor as good or very good, or who exercise regularly, are twice as likely to achieve vaginal orgasms as those that rate their pelvic floor as poor or very poor (42% versus 22%)
- There's a similar pattern with clitoral orgasms but it's slightly less marked
- Two thirds of women who rate their pelvic floor as poor or very poor never or rarely have vaginal orgasms
- 42% of women using the Pelvic Toner said they became more aware of their pelvic floor immediately, rising to 85% within 2 weeks
- 62% of women using the Pelvic Toner reported an improved sex life within 2 weeks rising to 82% after 4 weeks
- 62% said that their partner noticed the improvement in muscle tone and tightness

Comments from survey respondents

- "Until I bought a vibrator I had never had an orgasm of any kind. At the grand old age of 43 it came as quite a shock!"
- "I've recently discovered G-spot vaginal orgasms with my husband stimulating the area with his fingers and have been experimenting with the clitoral orgasm alongside G-spot vaginal stimulation. This exercise is enjoyable and also I believe keeps my muscles in shape."
- "My pelvic floor muscles were excellent plus prior to childbirth. I'm aware of lack of strength. What I don't understand is how 12 hours of labour can ruin muscle tone, which had been in excellent condition for the twenty years prior to childbirth. It seems disproportionate and unfair."

- “Just to say that in my experience the frequency and quality of vaginal orgasms is very much linked to your partner! I consider myself very lucky now, and if I had been counting and rating orgasms more than five years ago it would have been a very different story!”
- “I’m having the best sex and more orgasms since I got past 40. I’m comfortable in my body, with my partner and my libido has gone through the roof!”
- “I can bring myself to vaginal orgasm by pelvic floor exercises.”
- “I’ve enjoyed sex for years with a variety of enthusiastic and skilled partners and never had an orgasm.”
- “I always achieve clitoral orgasm through stimulation by my husband. I do not believe that there is a ‘G-spot’.”
- “I’m lucky that I have multiple orgasms even at my age. This could be due to my taking HRT. My partner and I have a very good sexual relationship and we are both pensioners.”
- “To be honest I’m not really sure what the difference is between the two types of orgasm. I just know that I reach orgasm easily.”
- “Learn to belly dance! That’s the best way to tighten those PC muscles!”

Why an Orgasm Survey?

There has never been a detailed survey asking women what type of orgasms they experience. In 1966 Masters and Johnson used direct observation of 382 women and dispelled the existence of a distinct vaginal orgasm. While many women experience, and can easily distinguish between, clitoral and vaginal (or G-spot) orgasms, there are still many women, commentators and doctors who deny the very existence of the G-spot and a distinct vaginal orgasm.

Studies over 50 years have estimated that between 50% and 90% of women have never experienced a vaginal orgasm.

Early in 2008 Prof Emmanuelle Jannini reported that women had to have detectable signs of a G-spot (using ultrasound) to be able to achieve a vaginal orgasm.

It has been known for nearly 60 years, but rarely publicised, that the condition of the pelvic floor muscle is a key indicator in the ability to achieve vaginal orgasm. Arnold Kegel, of the eponymous exercise routine, published a 3000 patient study in 1952 that highlighted this link and demonstrated that ‘sexually dysfunctional’ women taught a resistive exercise programme could achieve orgasm for the first time.

Demonstrating and publicising the link between a healthy and strong pelvic floor and better sex will improve the general health and sexual wellbeing of millions of women, restore millions of relationships, and reduce the incidence of stress incontinence which afflicts half of all women.

The PelvicToner™ is a progressive resistance vaginal exerciser designed to help women meet the fundamentals of Kegel exercise (ie to identify and isolate the vaginal (pubococcygeal) muscle and then to exercise it properly against a variable resistance with the appropriate bio-feedback).

“Dr Arnold Kegel reported a landmark study in 1952 linking sexual satisfaction for women and the muscle tone of their pelvic floor. In many ways, we have failed women ever since by not telling them how to do these exercises correctly. The secret – as identified by Kegel – is to improve muscle tone by exercising against resistance. People understand that to improve muscle it’s no good just lifting our arms in the air, no matter how many repetitions we do. We have to introduce some form of resistance to get good results, and it’s the same with pelvic floor exercise. Encouraging women to squeeze repeatedly when sat on the bus or to use devices that do not offer resistance, means many women are wasting their time and increasing their sense of frustration.” *Dr Sarah Brewer, GP and sexual health expert*

“It’s 60 years since Arnold Kegel proposed pelvic floor exercises as a treatment for stress incontinence but a simple, effective method of putting all his principles into practice has eluded us. The PelvicToner seems to meet all the requirements that Kegel envisaged - it is a simple, patient-friendly, progressive resistance exercise device and provides feedback to the patient that the correct muscles are being engaged.” *Paul Abrams, Professor of Urology at the Bristol Urological Institute*

Notes to the editor:

The National Orgasm Survey is ongoing at www.orgasmsurvey.co.uk

The Pelvic Toner costs £29.99 from www.iwabo.co.uk or 0117 968 7744

The 2008 Orgasm Survey is sponsored by Scarlet Magazine and SPM Ltd, manufacturers of the PelvicToner™

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