



THE SECRETS
TO *&* SEXUAL
PLEASURE

Foreplay

Want to “come” closer – *really* close? Engage in a series of special erotic activities leading up to and during sex, making your world together more conducive to climaxing simultaneously. You can do this by treating your next lovemaking session as a journey sprinkled with a plethora of sensual delights.



Daily bonding can make your partner look better and better to you. This is why daily affection without the goal of orgasm strengthens your bond with your mate. Long before you reach the bedroom, living room, hotel or wherever your romantic setting may be, make each other feel like the sexiest beings on the planet. Make each other feel desirable, worth going the extra mile for.

Here’s how to make your partner become naturally addicted to love:

1. *Sexy Rendezvous Each Week*

At least once a week, plan to spend an hour or longer of uninterrupted time together. This strengthens the love connection you share. It also increases the sexual hunger you’ll need to take your lovemaking beyond the realm of the ordinary.

The key element in extended foreplay is the anticipation it builds. Anticipation turns into desire, and desire becomes arousal.

2. *Dress for Sex Success*

If you both feel your lovemaking rendezvous are important, every aspect of your body language can show it, including what you wear. There are many levels on which this can happen, and it’s particularly great when both of you participate in sexy dressing.

- Women can don a shorter than usual dress or skirt, low-cut blouse, and high-heeled boots or sandals accompanied by a sexy pedicure.
- Men can wear tighter fitting pants that accentuate their bulge in front, her favorite cologne, or even a robe or smoking jacket that exposes the chest.

But use your imagination. What's most important is to dress specifically to turn each other on. The goal is to allow your sexy attitude to shine through long before those clothes come off.

3. *Dirty Flirting*

A picture may be worth a thousand words, but words paint powerful pictures, too. Little more can turn up the passion like sensuous uttering. Surprise your lover with a sexy phone call during working hours, teasing with your memory of how delicious he or she looked last night.

No need to be in your partner's arms to get a sexual romp started. Begin your foreplay on your way home, calling your lover to express how anxious you are to finally see each other and touch. This gets your partner excited in advance. If dining at a fine restaurant, lean over and whisper tantalizing details about how you're saving room for your "favorite dessert" – your partner – once the two of you get home.

Go as far as you can with details. Tell how you plan to seductively undress your lover later, or which body parts you're going to nibble. Talk about where you'd like to run your hands once the massage gets underway. Power flirting this way for many is the ultimate turn on. It makes people feel hot and wanted. It also stimulates the libido for good times to come. Later, be sure to do precisely what you said you would.



4. *Create an Extra Special Space*

Wherever you choose your den of seduction to be – the living room, bedroom, or a vacation spot near the ski slopes or sandy beach, make the space special and relaxing.

- Decorate with fresh flowers, lots of flickering candles, or erotic art.
- Further alter the ambience by dimming the light or illuminating with a special, soft color light bulb.