

Tips for Enhancing Sexual Pleasure



1. Slo-o-o-w-w down. Yes, it takes longer for us to warm up. Encourage your partner to enjoy slow foreplay! Make the warm-up phase of sex play last for as long as you need...it may be time you take the lead?

2. Kiss and kiss. Kiss sweetly, passionately, quickly, slowly, contentedly, hungrily, lightly, sloppily. All kinds of kisses help you bond with your partner, warm up, and enjoy the moment. To include a six second kiss every day.

3. Appreciate, decorate, and celebrate your own and your partner's bodies. Jewellery, lingerie, feathers, fringe, silk, velvet, massage oil, candlelight—whatever looks good, feels good.

4. Do fun & sexy things together long before you hit the sheets. Enjoy each other's company. Create Rituals of connection in everyday life. Leave sexy notes in each other's pockets. Make time to talk about what you want.

5. Do sexy things on your own to get yourself in the mood. Wear sexy silk under your everyday clothes. Work out. Swim. Dance. Fantasize. Write in your journal all the sexy things you want to do together. Spend some time humming with your vibrator (if you have one) or time for just self-pleasuring.

6. Make love during high energy times. Midnight sex after a romantic meal may work for some, but we're more likely to feel full, bloated, and ready to sleep. Instead, have sex dates in the morning or afternoon. (Why do you think they call it "afternoon delight"?)

7. Explore sex toys and other erotic helpers. Our hormonally challenged bodies and managing pain, may need extra help to reach orgasm these days. Lucky for us that sex toys are easy to find, fun to try, and wow, do they work!



8. Use a silky lubricant. If we are menopausal, females don't have the natural moisture of our youth, but there are many different lubricants that feel great and bring back the joy of friction. When our partner applies it, it becomes an erotic part of sex play.



9. Remember pain relief strategies that work for you – see your GP or friendly Sexologist for more information if this applies to you

10. Enjoy quality snuggle time before, during, and afterwards. Holding each other, feeling the warmth and texture of each other's skin, is one of the sweetest and sexiest parts of making love.

Be Spontaneous... here's number 11!

11. Laugh a lot. Play silly games, invent special words, tease each other, and rediscover your 'inner adult child' together. Laughter is bonding, joyful, ageless—and sexy.