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Introduction

This E-Book Was Written By
SexyText101.com

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This Free Resource Is like no other. It is overflowing with my lifelong tiny lessons I've learned both the hard way, and by purchasing many guides and online programs. That being said, this free resource does NOT include EVERYTHING I've ever learned.

Please know right now, you Will NOT Be
Disappointed!



First Things FIRST

Grooming and Hygiene

Some things are obvious to most, but not everything is obvious to all...

- 1. Guys - Always have your nails trimmed SHORT**
- 2. A Little Dab'll Do Ya....Don't use too much cologne!**
- 3. Man-scaping is a GOOD thing. Neatly trimmed pubic hair actually makes you appear "larger" and is very appreciated by most women....remember...trimmed does not mean shaven.**
- 4. Women...a little dash of that fragrance of yours in the southern region is a very sexy thing to be surprised with**

5. TOENAILS - keep them trimmed and clean of lint balls

6. Use the bathroom ahead of time! While you're at it check for loose pubes before you even start in with foreplay...

7. Don't eat too much or the wrong foods that have certain effects on you...example - spicy foods or garlic

Tips and Secrets

No Filler - No Stories

Just The Nitty Gritty

Increase the excitement of your kisses by putting your tongue on ice or sip a frozen drink before puckering up.

In any of the missionary positions, put a couple of pillows beneath her buttocks. It will raise her hips and she will feel deeply penetrated. This isn't suggested if the guy is too long already.

Run your nails gently down his buttocks down to the back of his thighs.

Put a little massage oil on her breasts and use your penis to massage her breasts and nipples.

The male testosterone level tends to peak in October; A great month to schedule a romantic getaway.

Once a woman's clitoris is fully aroused, it might be too sensitive for direct stimulation. It varies in women. Just Ask.

It is believed that the essential oil from "false pepper" can help arouse the genitals. Put two drops on a lump or spoonful of sugar and wait about Thirty minutes after eating for it to take full effect.

The smell of pumpkin pie and lavender can increase penile flow by 40%.

Get naked and start watching television. Whenever there is a commercial, make out passionately. But when the program comes back on you must stop immediately. This will prolong the session and build up the passion.

Try using the color red in your bedroom. For many, it helps to create passion and energy.

Men can release more hormones by contracting their anal muscles, which stimulates the prostate gland.

The insides of your lips are much smoother and softer than the outsides. Try it out.

Men can make their facial hair softer using hair conditioner. Your lady will be very grateful.

You will never have a truly satisfying sex life (or marriage) if you use sex as a bargaining chip. Never withhold sex to punish your spouse.

Grab your guy's head and press his face into your breasts. He'll love you for it.

Most women can only truly enjoy lovemaking (and orgasm) when they are relaxed.

[Click Here to Enjoy Our Adult Quizzes](#)

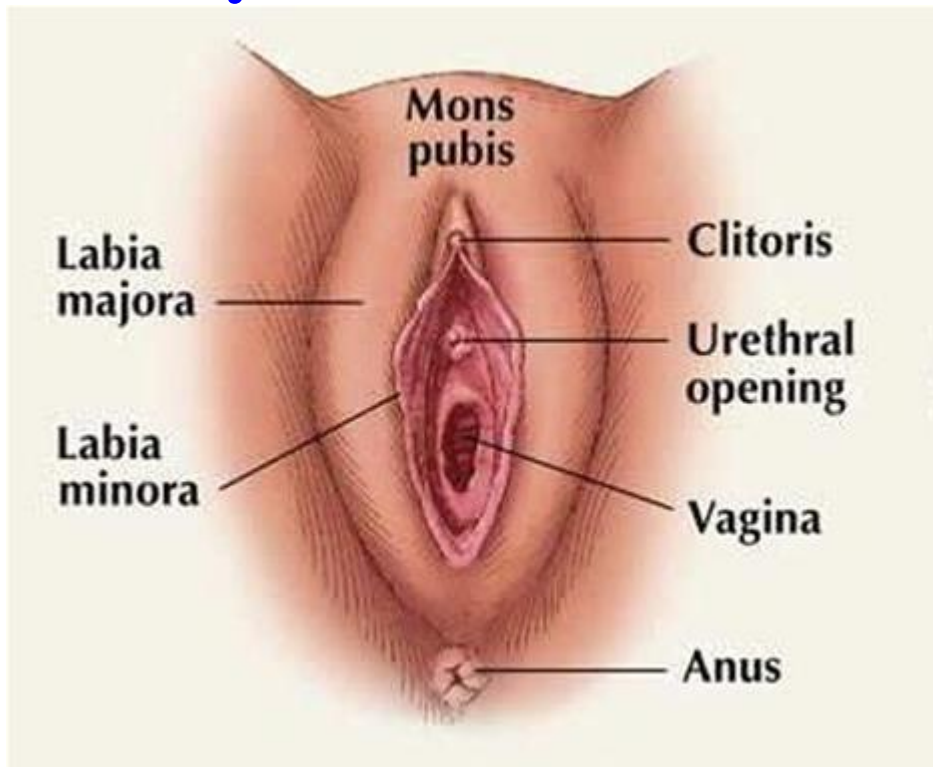


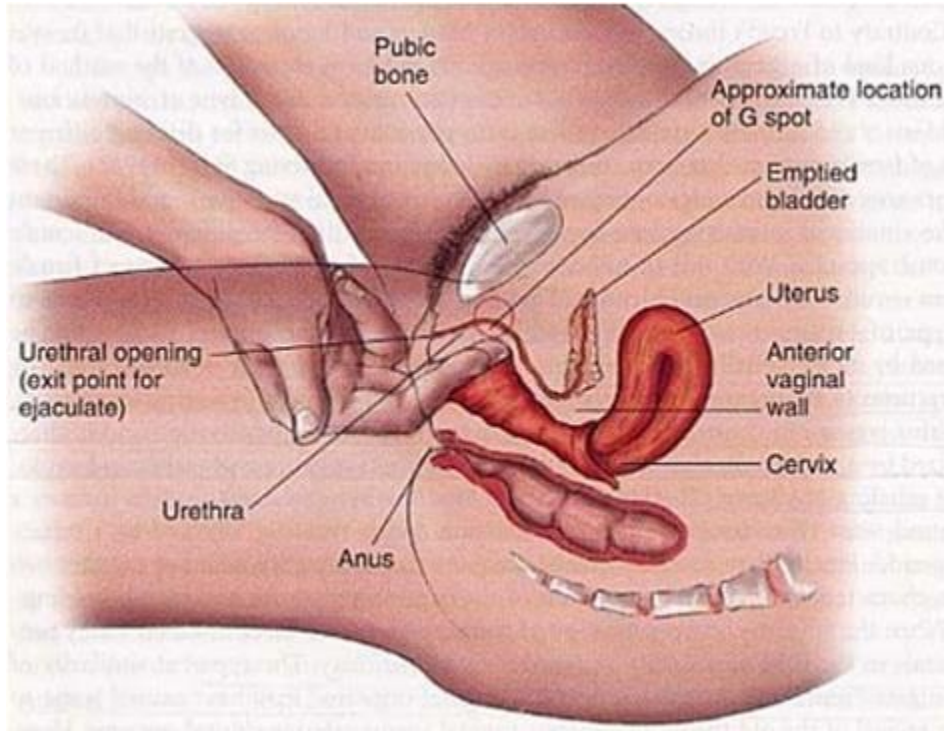
A glass of wine or two will help her relax but two glasses of wine might dull his senses where he has difficulties maintaining an erection (especially as he gets older).

Don't immediately thrust the tongue in when kissing. Gradually add more and more of it. Move it all around, not just going in and out. Try relaxing your tongue and not just using it as a rigid instrument of affection as guys are so used to doing.

Surprise your lady with a little wrapped gift after you make love.

Guys - Spend some time studying the female anatomy...know exactly where that clitoris is! Know exactly where the G-spot is. AND know where all the possible erroneous zones are...then fine tune your "touch" and figure out just how she likes hers pleased. **HINT: Slowly and softly is usually the best way to start out...then follow HER lead...if she wants harder and or faster...you WILL know!**





Women typically like to be touched MUCH more gently than guys.

Guys typically like to be touched MUCH firmer than women.

Champagne is sensual for several reasons. One is that tension is built up in the bottle over time and eventually its cork is popped (sometimes with something similar to an ejaculation). Many also find the scent, taste and tingle of the bubbles to be stimulating and certainly intoxicating.

If you are ever at the point of orgasm but can't quite go over the edge, try tensing your arms, stomach, legs or feet. Like wise if you're nearing the point of orgasm and want to prolong it...relax your arms, stomach and legs as much as possible...slow down and regulate your breathing to even rhythmic uniform breaths.

Take one finger and stroke her labia (lips on her vulva) gently until she becomes wet. At that point she is probably ready for you to part her labia and place two fingers alongside her clitoris and to gently stroke in that area.

Blue light bulbs will create a sexy glow, making your skin look smooth. Women usually find it quite flattering.

Purple light is believed to intensify orgasms.

Parsley is a great natural way to get rid of bad breath. Now you know why they put it on your dinner plate at restaurants.

When you are giving your guy's penis attention, use a spare hand to play with his balls.

Women on the pill report to have increased testosterone with a glass of red wine. It is slightly increased even when you aren't taking the contraceptive.

Brushing your wife's hair before lovemaking is great foreplay. However, brushing it afterwards (when it is certainly tussled) will be very endearing. Gently rake your fingers through her hair and comb it.

**Tell your wife how beautiful she is.
This is even better if you do it hours
BEFORE you make love!**

**Be sure to let your wife know how
attractive she is in the nude.**

**Remind her how attractive she looks
while you are making love. Keep in
mind there is a difference in being
attractive while naked and being
attractive during sex.**

**Help your guy from coming by firmly
but gently squeezing the shaft of his
penis below his head or at the base of
his penis. Squeeze the left and right
sides not the top and bottom.**

One more suggestion to prevent premature ejaculation is to gently tug on his scrotum and hold for several seconds until he subsides.

Studies have shown that both beans and fish help give a guy stronger erections.

When you sense he is about to climax, grab his buttocks and pull him deeply into you with each of his thrusts. Maybe he likes your nails dug into his skin? Try it and then ask about it later...then you'll know for next time.

Wait for your mate to step out of the shower and dry him or her off with a fluffy towel that has just been warmed in the dryer

Put a shower curtain on your bed or floor or buy an inflatable mattress.

Lather your bodies with body oil, lotion or even olive oil if you have nothing else. He should lie on his back with her on top, swishing up and down his body.

Later...

He rolls over on his stomach and she lays down on top of him and uses his tailbone to stimulate her clitoris and possibly orgasm.

Don't be in a hurry...the man can roll over under her after she's begging him to....This will be a memory you never forget!

Don't forget to have plenty of towels ready ahead of time!

Kiss her on the inside of her wrist.

When you are stroking his penis, continue south in one motion and gently stroke (or scratch with your nails) his balls and move up again.

Gentle nibbling around the neck, ears and jaw can create pressure that stimulates the nerves.

Massage your breasts with oil in front of your guy. Then use your breasts to lubricate his whole body.

Get a few tubes of cake icing and have fun decorating each other and then licking your mate clean.

Honey is not only great for pouring onto (and licking off of) body parts it is packed with carbohydrates, which will improve your stamina.

Women should note which days of the month they feel sexy or super sexy and notice if there is a trend. You might want to share this information with your husband so he can plan accordingly.

You can have sex standing up even if you are different heights by doing it on the stairs.

Most guys are extremely turned on by watching their wife caress herself or even masturbate. It lets them know what feels good to her so they can try to do the same.

Oils with these scents are believed to have aphrodisiac qualities: sandalwood, ylang ylang, black pepper, orange blossom, rose, cardamom, patchouli, jasmine and clary sage.

Women's entire breasts like attention, not just the nipples. Kiss and lick everywhere. Don't forget underneath the breast.

Bee pollen can increase libido, sexual potency and fertility. It will also boost energy levels.

Most men's nipples are almost as sensitive as women's. And sometimes they are even more so. And men don't mind if you suck hard and even bite a little.

To get your guy to spend more time with his mouth on your vulva, ask him to write you messages with his tongue.

A high percentage of women are more sexually active during a full moon than at any other time. And if it coincides with ovulation – watch out! Mark it on your calendar ahead of time! She probably already knows this.

Testosterone levels are generally the highest in men around 9 – 10am. Use that to your advantage.

Yes, most guys get a kick out of having breast sex. That is you holding your breasts together around his penis and letting him pump until he orgasms. Some call it getting a “pearl necklace.” If you're not into the necklace thing...consider entertaining the "prelude"?

Write the alphabet on her clitoris with your tongue.

When you are giving cunnilingus, use different strokes with your tongue but try to keep up a consistent rhythm. She will appreciate it.

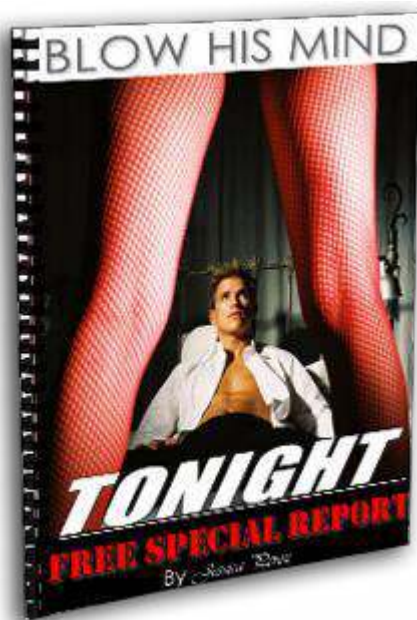
When she moans with delight when you are performing oral sex on her, it does not mean to speed up or do it harder. It means keep doing exactly what you are doing.

The smell of licorice has an erecting effect on some guys.

Tease her clitoris and vulva with your penis. Rub it all around and around and even when she is ready, do not go in yet. Wait until she literally begs for it.

If your guy likes your buttocks, oil them up and let him slide his penis between your cheeks (like your breasts) as you lay on your stomach. Maybe set some ground rules first? Haha

**Click The Image Below to Download Your Free Report
It's Filled with Tips on Giving Him Oral Pleasure Like Never Before!**



Ads for vibrators show them massaging other parts of the body. Don't just focus on the genitals. They really do make the rest of you feel good too.

Women generally like more romantic talk, than dirty talk in bed. Try using words that are a little more “poetic” like: lovemaking, beautiful cave, sword, juicy melons, **nectar, juices**, instrument, seed, entrance and wand. Make up your own.

Here are some oriental terms for genitals. Your lover might enjoy the exotic sound of them. Good for erotic poetry you write for your spouse.

**Hers: Golden Crevice, Honey Pot,
Precious Gateway, Pleasure Field of
Heaven, Enchanted Garden, Cinnabar
Grotto, Flower Heart, Jade Gate,
Celestial Palace, The Precious Pearl**

Soft lighting makes her feel prettier.

**When playing with her breasts, devote
generous attention to everywhere
EXCEPT the nipples. The teasing will
drive her wild. Eventually you can
touch them but do so ever so gently at
first.**

**When you open your legs wide and
lift them up, you allow for deeper
penetration.**

Women rarely like it when a guy pumps like a power drill. Gentle and loving is more enjoyable than fast and furious. For a change guys...DON'T speed up before climax...keep the same even moderate thrusting rate right on through it...

AND Keep Your Eyes Open staring into hers...she'll love you for it :)

To avoid the “wet spot” change positions frequently during lovemaking.

Unless you tell a guy what you like he is most likely going to do what he likes. So tell him already!

Many women can't enjoy (or won't even participate) in lovemaking unless the sheets are clean. So guys, change those sheets BEFORE you pick her up tonight.

**If you don't want your juices to taste bad avoid these items the 24 hours before making love:
broccoli, coffee, alcohol (especially beer), dairy products, asparagus, cigarettes, too much meat or fish.**

Do something unexpected and grab his crotch and fondle him while he is talking on the phone, washing dishes or reading the paper. If your guy is extra sensitive...try kissing his neck and working your way down before fondling him.



Forget using your fingers and use your penis as a finger substitute. Make your partner come using your penis – just not inside her. Use it like a vibrator and rub it along the length of her labia with the tip touching her clitoris. Slowly slide it up and down. Don't give in to temptation...hold out until she either comes or begs for it.

Lie on your back with your legs close together. Lubricate his penis and have him lay on top of you with his penis poking straight down through your legs, and caressing the clitoris/vulva as he goes up and down. No penetration needed. In fact...make it a rule ahead of time...only YOU have the power to tell him "when".

If you don't have dimmers on your bedroom lights, it is a very worthwhile investment. When making love, soft lights are much, much better than no lights at all.

Use washable colored markers and draw on each other (dirty pictures maybe) or write love notes on the flesh.

Kiss her on the jaw line, closed eyelids and collarbone.

Drip an ice cube on parts of your lover's body. Nipples will probably get hard while no telling what a penis will do. Follow up with a warm mouth and tongue for a great contrast.

Kiss your mate all the way down the length of their spine.

Gently grab him by the hair at the back of his head. Most men find this erotic.

Ever Wish You Had X-Ray Vision For His Mind?



LADIES - Your Really Can Know What and How He Thinks! My friend Michael Fiore recently asked over 20,000 men... **“What’s the one thing you desperately wish the woman in your life understood about men but could NEVER tell her?”** The results were juicy, devastating and dangerous...Guys opened up...

- About how they FEEL about women...
- About what they WANT from women...
- About what makes them MAD about women...

Click the Image Above To Learn The Secrets
Men Never Tell You

Have I mentioned the inner thighs yet? A very sexy spot. Great for kissing, licking, nibbling and heavy breathing.

Tickle your guy with your pubic hair. Bump and grind on areas like shoulder blades and kneecaps that will give you pleasure and make you wet.

Cover your mate's clitoris with your mouth and VERY gently suck on it while you flick your tongue across it. Keyword here is GENTLY.

You know several ice tricks now. This time make the cubes by freezing exotic fruit juices like guava, mango, pineapple or of course passion fruit.



Collect a variety of feathers for lovemaking pleasures: ostrich, peacock, a quill, boa and even a feather duster.

Whipped cream! Play a game of connect the dots?

Flick underneath her clitoris from side to side. Then try circling it with your tongue...a woman will usually like one direction or the other...does yours like clockwise or counter-clockwise?

Make or buy a box that can include all your lovemaking supplies: oils, lubricants, vibrators, condoms, tissues, etc. Keep it under the bed or another place close by. A lock is great too.

Never ever bite the clitoris. NEVER!

Call your spouse at work and tell him or her that you have a trivia question. If it is answered correctly, you will be their sex slave for one hour when they get home. If they get it wrong, they have to be your sex slave for the hour.

Men usually make the mistake of using their tongue like a penis when giving oral sex. Instead they should think of the clitoris and vulva as an ice cream cone.

Go to bed early and set the alarm clock for when you usually wake up in the middle of the night or half way through your sleep if you don't wake up at all during the night. If you go to bed knowing you will be making love in a few hours you might even have sensual dreams of your spouse, which will make the waking up even more pleasurable.

Hold your beloved's head gently in your hands as you kiss. Caress their face, the sides of the neck and the back of their head.

Blow on his / her nipples after you have wet them. Cover them with your whole mouth and exhale slowly with as much "heat" as you can generate.

Gently lick the corners of your Sweetheart's mouth.

When your spouse is in the shower, jump in with a can of shaving cream and blast their body. It will make things very slippery so be careful. You will have fun cleaning it off.

Have FUN making love. Just because it is designed for adults it doesn't mean it always has to be a serious event. Make jokes. Laugh.

Always try to make your first contact with your lovers vagina in a different way than the last time...keep her guessing. Hot moist exhales...tiny soft caresses with your tongue...one long firm lick with a flattened tongue as if your licking an ice cream cone from the bottom up...

Start with a flattened tongue pressing progressively over her labia without moving then lifting up and exhaling hot moist air over her....you get the idea. Pick one!

Spend an entire day in the nude with your spouse either at home or a hotel room.

You are guaranteed to have a lot of lovemaking time, AND laughs too!

Some experts suggest squeezing your love muscle 60 times a day, in quick succession. It will give it power and strength and help you to control your orgasms.

Decorate your wife's breasts with paints and then press onto a piece of paper for a piece of sensual artwork or a unique memento. Nobody else has to know right?

Masturbate her with her hand on top of yours, guiding you.

Men !!!

**The next tip is a BIG ONE
She **WILL** Thank You for it!**

Instead of thrusting in and out of her, *grind instead*. The clitoris will be most happy. **EVEN BETTER...**while inside her...*slide your body higher up hers...to where your hips are lined up above hers...staying inside her almost to the point of sliding out...now the shaft of your penis will rub over her clitoris...glide in and out in this elevated position as long as you can take it...or as long as SHE can take it!*

Make or buy a set of sex cards. You have two piles. One has body parts and the other stack has actions like kiss, bite, caress, rub with genitals, etc. Pick one card from each pile and do the action for five minutes and then it is your spouse's turn.

Place his hands on you, exactly where you want them.

Make her beg you to enter her. Wait as long as you can until she does. Tease her...taste her...entice her...seduce her with soft pleasures giving no regard to the clock. Just because she is wet doesn't mean she wants you in her yet...not to mention how sexy it is to be begged for your sex.

Try out “ticklers”. They are sleeves that fit over the penis that are covered in bumps, ridges or other things to stimulate the vagina.

When you are giving her oral sex, she needs consistent position and rhythm when she is close to orgasm in order to take her over the top.

In a research study, more than 90% of women reached an orgasm when their lovers spent more than 20 minutes on foreplay.

Gently press down and "grind" on the area about 3 inches below her belly button for about 3 minutes to promote blood flow to her genital area. This is a great time to multi-task and kiss her neck...earlobes...and more.

**Foreplay STARTS in the mind...start hours before every chance you get.
SEE THE BONUS SECTION!**

Be creative when you give a sensual massage. You can use feather dusters, silk scarves, hairbrush, tennis ball, natural sponge, rolling pin, paint roller, make-up brushes, soft stones (immersed in hot water) and other items you might find around the house. Make a list together and then cross them off one at a time over the next year.

Set an alarm and make it a goal to have foreplay or lovemaking go a certain amount of time like 20 or 30 minutes. Make it a goal to have a one-hour session some time in the next 30 days, 2 hours within the next two months.



Tired of the "Distance" ?

Want That Good Old Excitement Back?

Intimacy? Laughter? Romance?

**100% Guaranteed Results! This System Is
SOOOOOOO Much Easier Than Divorce!**

Before The Crazy Sex...

You Have To Catch Him First!



Be Yourself - But Do This Too!

Give your sweetheart butterfly kisses (with the eyelashes) all over their body.

When doing it doggie style, don't do it like dogs. The woman might try putting her head down on the bed or pillow and putting her rear up as high as possible. It usually allows for deeper penetration and might make it easier for her to climax.

Make love outside, on the deck, on the roof or on the ground when the stars are out. Take a blanket and sneak out to the park after dark.

Do it standing up next to a wall with her bending up one knee and wrapping the leg around your waist.

Next time you make love, do it in another room.

Put a dab of vanilla on whatever area you would like licked. So tasty!

Wear a thin silk shirt and no bra. Rub your erect nipples on his chest through the fabric.

You can now purchase fruit flavored lubricants that come in gel-capsules. Pop one in your mouth and bite on it just as you are about to use your mouth on your lover.

If you would like your guy to do another round, wash him off with a warm, moist wash cloth and then give him oral sex until he is erect again. You might need to wait 1 to 5 minutes until he is not super sensitive.

It is easier to stimulate her G-spot if you have an empty bladder.

Have an ice cube on hand and just as he is exploding, rub the ice on his testicles. This works even better during oral sex!

Have your guy lie on his belly right after you have showered or oil him up and slide up and down his back. Massage his buns with your breasts. Massage your clitoris with the heel of his foot or anything else that seems right.

Caress her clitoris with your mouth while you stimulate her vaginal entrance with a vibrator. (remember, she only needs stimulation in the first few inches)

Flick the roof of your beloved's mouth with your tongue.

Investigate the "We-Vibe"

[Click Here](#)

**You've never felt
ANYTHING like this!**

UNREAL!



Get into character! Spice up your lovemaking with a mask, a hat, some leather or something else out of the ordinary. Then if you're up to the challenge...play the part of whatever you're wearing.

Examples: Doctor, prostitute, pizza delivery, repairman, exotic dancer, stripper, maid, butler, and don't forget Master / Slave!

Take it one notch higher and try it in PUBLIC!

Next time you go to the grocery put seduction on your list. Buy foods that go just as well in the bedroom as they do in the kitchen. Focus on finger foods, especially:

Ripe fruits and sensual candies
Plump strawberries
Juicy grapes
Pineapple
Chocolate sauce
Whipped cream

Bring them home, arrange them in a pretty basket, and set that basket on your bedside table. When playtime comes, feed them to your lover. As things get heated, get creative – and make your body the plate.



Be Yourself - But Do This Too!



So You're At That Point?

Where is This Relationship Going?

Does He Really Love Me?

Find Out Now & What You Can Do

To Reel Him In!

Play Couple's Games

Strip Poker? Naughty Monopoly?

There are several games lovers play, and you can cash in on some of the simplest ones. The “pick your trick” is always nice: On pieces of paper, write directions for sex and foreplay. Some examples might be “Give a massage” or “Kiss for five minutes” or “Lick chocolate from the body part of her choosing.”

Make some directions very simple, and make some very explicit. Put them all in a deep bowl or cup, and take turns choosing the strips, then perform the action written there.

Erotic Movies -

Talk about it ahead of time and agree on some certain "genre" or pick one out to rent together. Then as you watch it...imitate what they are doing...go so far as to try saying the same things they are in the film...

Showers / Baths - Save some water today! Do It Together!

ICE - Yes you've probably tried using it during foreplay...but how about during intercourse? When you're both hot enough to burst into flames...slip a small round cube inside you and let him chase after it...the combination of friction, heat and icy all in one is unlike anything else!

Soft and Gentle is always nice, BUT sometimes a woman just needs to be TAKEN. Make sure your timing is right...both for the day and for the month. Think ahead of time about where and how you're going to take her...and then surprise her with a session she'll never forget.

You might set the stage a little by dropping subtle hints about needing her tonight, whatever it takes to make sure she's in the mood. Try meeting HER at the front door in your sexiest silk boxers or tightest bikini briefs...whatever she likes best.

Try Masturbation TOGETHER - watch her as she watches you...

The "DEEP SPOT" - Just as hot as the G-Spot only a little further in. Insert your finger completely with your palm facing UP. Then do the "come hither" motion with your finger as deep as you can inside her...slowly and gently at first and then building in intensity. Change it up to the G-spot...but not too quickly or too often.

Have a photo shoot - just remember, what's good for the goose is good for the gander! Have fun with it...as an act of good faith download them to your home computer in a secure file and then delete them off your phones if it makes either of you feel better.

Talk about your fantasies. Remember each others dreams and make a point of trying to make one or more of them come true in real life!

Make a deal ahead of time to meet at a bar and pretend to be strangers. Then pick her up all over again (or vice versa). Don't be too quick about it and if others are listening it can make it that much better.

TOYS

I mentioned the We-Vibe earlier...try experimenting with toys together. Make a date to go toy shopping together or surprise your mate. Either way you WILL have fun!

Not ready to go to the Adult Store in person ?

[Click Here](#)

To see all that Amazon.com has to offer you delivered discreetly to your door. Nobody will ever know.

LADIES - Even if you don't think of yourself as sexy...Believe it for one night. Act like your favorite Hollywood sexy bombshell and pour on the sexy...it's all in your attitude. If you believe it he will too. Remember, he did CHOOSE YOU! Show him how glad you are he did.

Teasing

Invest the time into teasing and you'll both be much more satisfied. The more time you spend making him / her anticipate the stimulation, the more powerful that stimulation will be when it finally comes.

a. Kiss him/her all over the neck, inner thigh, behind the ear, lower stomach, behind the knees, all around the nipples but NOT the actual nipples, lick and kiss all around the genitals but not touching them...

b. Breathe hot air over the genitals, even through his / her underwear...get that fabric moist!

c. Blow gently on her clitoris or over the head of his penis.

d. Kiss and lick the genitals through their underwear

First Real Contact

Start with one long lick at the base of his shaft or from the bottom of her inner lips moving upwards. Then stop and breathe.

Repeat

Do this about 5 times, then cover her vulva or his penis with your mouth and STOP.

HOLD this position as long as you both can take it.

Pull back, take a slow breath... and repeat 2 or 3 times.

Return to the long slow upwards licking motion. Is your partner begging yet? **GOOD**

Continue to tease in any way that strikes your fancy. Just remember to change it up often...and don't get in a hurry.

Hands and Fingers

Time to back off and try teasing more with your hands / fingers. Make sure whatever you use is moistened and glides over the skin.

Guys - slowly push your finger inside her an inch. Twist...and wait...pull back and trace around her lips... and repeat...that first inch is so much more sensitive than you might realize.

Ladies - Slowly grip his shaft and tug. Feel his blood pumping. Tell him what you feel. Slowly stroke him up and down with one hand and use your other hand on his scrotum VERY gently.

Tongues

Ladies - swirl your tongue over the tip of his head, flatten your tongue and apply firm pressure.

After 30 seconds or MORE, take the head into your mouth...only the head. Swirl that tongue again...then apply suction, still swirling your tongue at the same time.

This will drive him wild. Try focusing on the actual tip of his head...even more wild!



If You've Already Got Hot Women Throwing
Themselves At You... [Don't Watch this Video](#)

**If You Want a CERTAIN Woman To Throw
Herself At You - Definitely Watch This Now!**

Find and Snag The Woman of YOUR Dreams!

This is not About Deception –

This Is All About Being

The Best Man You Can Be!

Guys - remember your tongue is NOT a replacement for your penis.

Thrusting in and out with your tongue only goes so far. Instead use it for what your penis CAN'T do.

Trace all the individual lines of her outer lips....then her inner lips...circle her clit...flatten your tongue over her clitoris...grind softly over it...slowly graduate to a slight sucking of her clitoris. Pay attention to what she likes the most as you do all this. Bring her to orgasm. It IS worth the effort! When she's close, do not speed up...just keep your rhythm and keep going...slightly more pressure is ok...

The Back Door

NOT necessary, but a nice touch if your partner is open to it. By now there should be plenty of fluids for lubrication in the area.

Not sure? There is NEVER too much lubrication when attempting this maneuver!

Graze the anus with a fingertip for a while...then insert only the tip, preferably right before her orgasm or his if you choose to take him there.

Phone Sex / Sexting

Want to up your odds of getting lucky tonight? Call or text her during the day and tell her how much she turns you on. Call or text him during the day and tell him how much you dream about him being inside you while you're at work.

Tell your partner what you would like to do to them if you were there with them. Ask them what they would do in return. Ask if they would like this or that...or ask what they would like you to do next.

The conversation can be short...it will still get his / her brain working in that direction.

[Click Here to Visit Our Page FILLED with FREE Sexy Texts!](#)



[Click Here to Visit Our Page FILLED with FREE Sexy Texts to Send
HER!](#)



FEET and TOES

Massage is great...but kissing, licking and sucking her toes will show her even more how much you love her...Try both and remember slow and firm will help alleviate ticklishness

Try using some of that flavored massage oil on her feet...then you'll be even more tempted to taste them

Bonus Content

Guide to a Woman's Erogenous Zones

1. The Brain

Why it's hot: Have you ever heard someone say that the mind is a woman's biggest sex organ? Believe it.

Sex can easily become boring if there is no psychology to it.

Appealing to her mind with the right sex talk will entice and excite her.

How to activate it: It's essential to comprehend that there's a range of sexy talk, from romantic to dirty—to downright kinky.

The same kind doesn't turn every woman on, so find out what type of language and role playing works best for her.

Maybe she'll want you to play the prince; maybe she likes it better if you're more of a toad. It pays to find out.

2. Her Scalp

Why it's hot: A head massage helps release oxytocin, a stress hormone that provides a sense of calm while enhancing sexual pleasure.

How to activate it: Scratch the scalp, using long sweeping strokes with your nails or fingertips. Move toward the base of the head where it meets the neck, kneading the area with firm upward presses with your thumbs.

Then work your way to the part of the scalp behind the ears, using the same repeated upward, forward motion.

She'll love that the action is soothing, sensual, pampering, and seductive.

3. Her Ears

Why it's hot: It's not just *talking* into them that could turn a woman on.

Caressing her ears can be sexually stimulating, since they have more than 120 acupressure points.

Chinese energy specialists believe that touching this area can send sexual energy throughout the body.

How to activate them: Ears can be very sensitive, so don't grope them like a gorilla.

Press the lobes between your lips, or massage them gently with your fingertips.

4. Her Nose

Why it's hot: The olfactory sense is a key player in the biology of arousal, since intrinsically, people believe you are as you smell.

If you smell bad, women aren't going to be turned on by you.

How to activate it: Beyond you not stinking up the room, there's scientific research to suggest that certain odors arouse women more than others. Research says a combination of licorice and cucumber is the number one scent to turn a woman on. And if that's not easy to conger up, experiment with essential oils.

Patchouli and ginger increase sexual energy, and ylang ylang is said to increase sexual interest.

5. Her Mouth

Why it's hot: The novelty of a first kiss drives up dopamine in the brain, and kissing a long-term partner releases oxytocin, both of which are feel-good, put-you-in-the-mood brain chemicals.

How to activate it: Even if you prefer sloppy kisses (research says men like them because saliva has traces of testosterone in it), be warned that most ladies aren't so into it. Keep your lips firm-but-soft, and let the lady take the lead. She'll probably kiss you the way she wants to be kissed back, which will *definitely* turn her on.

6. Her Neck

Why it's hot: According to another scientific study, nearly everyone responds to the sternocleidomastoid muscle (let's call it the SCM), which connects the base of the skull under the ear to the sternum.

It's highly sensitive to kissing, licking, nibbling and biting.

How to activate it: My favorite technique, which is an absolute slam dunk every time, is to bite her neck, if you can learn to do it skillfully.

Bite into it and release, repeating down the length of the muscle. Find the balance of biting down and releasing, and she will be putty in your hands.

7. Her Breasts

Why it's hot: News Alert - This just in: You may be more into playing with her boobs than she enjoys having you do it. You definitely shouldn't concentrate all your energy on her twins, but some women have orgasms just by having them touched the right way.

How to activate them: Resist every impulse to grope like a teenage boy.

Some women's breasts are really sensitive, so light caresses or licking can go a long way.

Other women's breasts aren't so sensitive, so you have to figure out what works for the woman you're with.

8. Her Skin

Why it's hot:

Skin is a powerful mechanism of arousal.

A huge part of the brain is devoted to touch, but less is more—once again.

Women will get hot and bothered by even the slightest caress.

How to activate it: Here's the tip:

Let her feel your breath against her skin without touching it. When she's not expecting it, lightly touch her skin—with a fingernail, a long, slow stroke with one finger, or your tongue—down her belly, her thigh, her back, or her ass. Some women may respond to grabbing, kneading, or smacking too, but make sure you know she's into that before you try it out.

9. Her Clitoris

Why it's hot: You *really* should know this already, but just in case: The clitoris is the female equivalent of a penis, and it gets hard—and releases—when it's handled properly.

How to activate it: Time to take a tip from another kind of pro:

The only difference between a gigolo and a regular guy is that the gigolo takes instructions

Get from her what she wants, yes that's right - talk to her ahead of time! Then give it to her. And don't be too rough or too fast. Women like things slow and wet.

You can always ask questions like:

"What are your favorite parts of our lovemaking?"

"Right before you come...do you like it better if I go faster AND harder or...should I just keep the same rhythm?"

"What would you like me to try different?"

It's all about communication!

After all that's what sex is...right?

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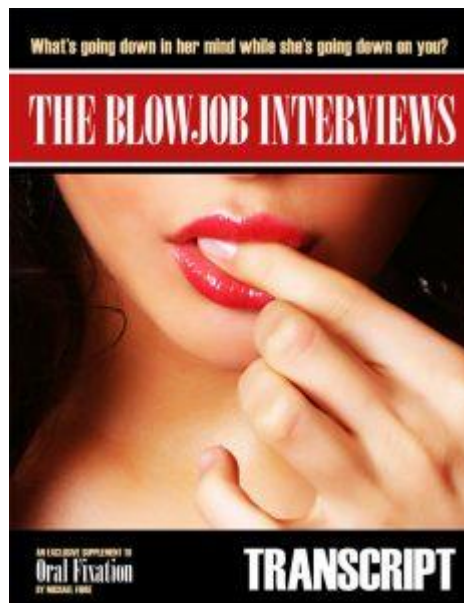
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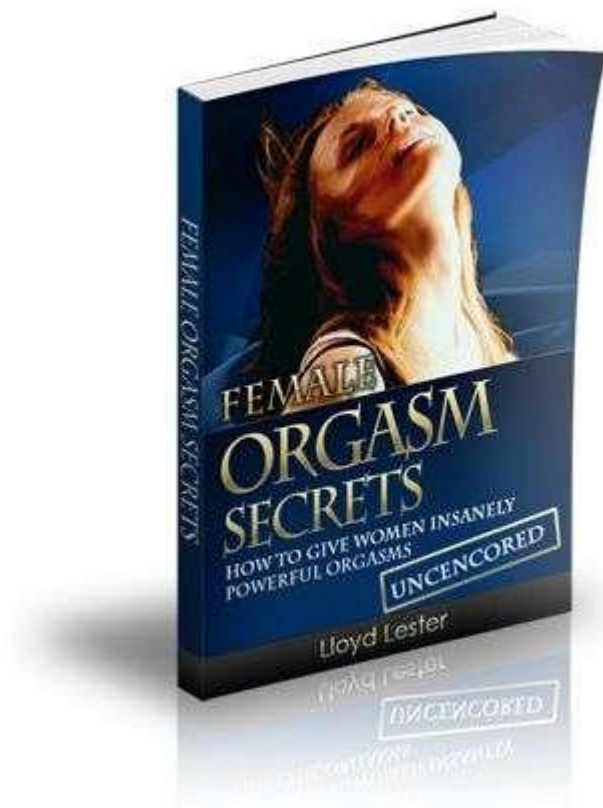
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