

500

Lovemaking

*Tips &
Secrets*



*Increasing Passion and
Intimacy Through Great Sex*

by Michael Webb

Important Notice

500 Lovemaking Tips & Secrets:
Increasing Passion and Intimacy Through Great Sex

Copyright © 2003 by Michael Webb, TheRomantic.com

All rights reserved. No part of this publication may be used, reproduced or transmitted in any form or by any means without the written permission of the author.

If you believe that you received or purchased an illegally produced copy of this ebook, please contact the author at michaelwebb@theromantic.com

To read about Michael Webb's other books, go to <http://www.theromantic.com/books.htm>

TABLE OF CONTENTS

ROMANCE VS. LOVEMAKING	4
WHEN IS LOVEMAKING THE BEST?	5
WATCH OUT FOR THOSE TERRIBLE TIPS	6
SHOULD WE TRY EVERYTHING?	8
IS MASTURBATION GOOD OR EVIL?	9
WHAT ABOUT THOSE TOYS/PROPS?	10
IS PORNOGRAPHY GOOD FOR LOVEMAKING?	11
GETTING THE MOST FROM THE TIPS	12
LOVEMAKING TIPS AND SECRETS	13
LUBRICANT GUIDE	88
LOVEMAKING POSITIONS	89

I'm delighted you are making an honest attempt to increase the intimacy, love and passion in your relationship (or preparing for a future one). I hope you don't jump right to the tips as I think these first few chapters are actually the most important part of the book.

ROMANCE VS. LOVEMAKING

Since I began writing about romance eight years ago, I tried to make it very clear that romance does not equal sex. When women say they want more romance from the men in their lives, they rarely ever mean that they want more lovemaking. I have to say this because, unfortunately, over the years the word "romance" has almost become synonymous with sex.

You can (and should while you are courting) be in a highly romantic relationship without being sexually intimate.

While romance can and does play an important part in lovemaking, real romance is never used as a tool to seduce someone into lovemaking or something to exchange for a sexual favor. Romance is a way to let someone else know that he or she is very special to you. It never has strings attached.

Now this is not to say that you shouldn't use romance along with lovemaking. The best lovemaking always includes romance. If the passion has waned in your relationship, there is a very good chance it is because the romance has too. Romance is the very best form of foreplay you can use to excite and build passion in your wife. If you aren't still romancing her (letting her know how special she still is to you) it will be difficult for her to remain passionate and respond sexually in the relationship.

If you want to turn your wife on, start with romantic gestures. You can get hundreds of fun, creative and inexpensive ideas in my best-seller, [The Romantic's Guide](#). It can be found at a local bookstore, Amazon.com or any other internet bookstore.

WHEN IS LOVEMAKING THE BEST?

Surveys have been done regularly over the past several decades asking men and women to rate the satisfaction of their sex lives. The results are always the same. Despite the media's fixation on and promotion of wild and carefree sex, those who rate their sex lives the highest are men and women who are happily married. And those who have had the fewest partners before marriage rate the love life even higher. Many have the false notion that having more partners before marriage make you a better lover. Multiple sex partners make you a cynical and critical lover.

Some are worried that if they don't sleep with everyone they date, they won't know if the person they end up being married to will be "sexually compatible." You don't have to bed down with someone to know their thoughts, feelings and desires regarding sex. If you go through my ebook, [1000 Questions for Couples](#) before you get married you will know your compatibility in the area of sex and many other subjects.

Some believe that great lovemaking will solve their unsatisfactory relationship. Hot sex will only temporarily cover up the real issues that are slowly destroying your relationship. Until you fix those problems, the lovemaking will never be completely satisfying. Check out my ebook [50 Secrets of Blissful Relationships](#) to help you evaluate what might be missing in your relationship.

Great lovemaking (or the lack of it) will neither make nor break blissful relationships.

WATCH OUT FOR THOSE TERRIBLE TIPS

I get millions of visitors to my website, TheRomantic.com, each month. From an analysis of my search engine requests and the questions I receive, many are looking for tips on lovemaking. This past year I decided to look around and see if there were any websites or books that offered good tips and advice to refer these people to. I was SHOCKED by what I found.

In my research I read over 50 books and 100 magazine articles on sex tips, ideas and advice. What I discovered could be summed up in a quote from one of the books I read. *"It's unfortunate but true that the days of completely carefree sex have come to an end."* I couldn't believe it. Practically all the material I read was written from the point of view of "if it feels good do it" without regard to if it was actually healthy for your relationship or your body. Nearly all the authors of the material I read view sex as something that gives instant gratification, not as something that builds intimacy. No wonder our relationships and marriages are crumbling at a sobering rate.

I read the bios and as much information I could find on the authors ("sexperts") of the 50 plus books I read. While I'm certain that there must be some sexperts out there who are in happy marriages, none of the bios that I read pointed to any. Here is what I did find from some of their bios. These sex advice givers are former strippers, prostitutes, sex "therapists" who actually go to bed with their clients, men and women who thank the dozens if not hundreds of men and women who slept with them, authors who are in "open" relationships and even those who advocate orgies and wife swapping. Not exactly the sort of person from whom I would accept any sort of relationship advice or tips.

Practically all the books I read came with a very healthy chapter on having safe or "safer" sex. Once I began reading the tips and advice I understood why. In most of the material I read, anywhere from one quarter to ninety percent of what was written was immoral or unhealthy and if followed would likely result in a sexually transmitted disease or worse. It was not advice that would build up a close relationship. In fact if you tried out some of the tips and ideas it would probably destroy your current relationship and make it difficult for you to have any fulfilling relationship in the future.

What about the Kama Sutra? Many revere that book as the bible on lovemaking. Obviously, they haven't read it. This book was written as a guide to give men erotic pleasures without regard for women or any sort of morals. It has sections on how to seduce married women so they will kill their husbands, orgies and many other practices practically everyone who read it would recognize as being horrible. Here is just a small bit of bad advice from the Kama Sutra: *"...thrusting his groin firmly against the girl's pubis, he seizes her by the hair and stays crouched over her in order to scratch, bite and strike her."* Far from the enlightened reading many think it is.

Just because a culture is very open and celebratory about sex doesn't mean that their practices bring any sort of lasting pleasure or intimacy. In fact in those places you will typically find the lowest love life satisfaction. The sex practices and beliefs of some of those societies are usually designed to gratify men while they degrade women and destroy families.

The point is: you have to be VERY CAREFUL when you search for ideas to enhance your lovemaking. While you sincerely desire to increase marital happiness, the opposite might occur following certain advice.

So here is my 8th book and one that I never planned on writing. I felt it was my duty to do so after seeing what was available to those who genuinely wanted to enrich their lovemaking and relationship. I promise that none of the tips/ideas are:

- immoral
- degrading
- perverted
- raunchy

Also, if these ideas are used to enhance the lovemaking between a husband and wife who remain monogamous (and are currently disease free) there will be a practically zero percent chance that you will contract any diseases. If you don't use those guidelines, prepare to get at least one as over 25% of the adult population (in the US) has a sexually transmitted disease. When you narrow the field to sexually active singles the rate is much higher.

SHOULD WE TRY EVERYTHING?

Just because a tip or suggestion is in this book doesn't mean it is one you should try (my wife and I don't practice all the tips in this book). Your spouse might have serious reservations, phobias or even religious taboos against certain lovemaking acts. You have to respect and honor that. One of you might find a position or move to be exciting and pleasurable while the other finds it uncomfortable. You should never ask your spouse to do something he or she does not enjoy. On the other hand, if they offer because they know it gives you much pleasure, then it is quite appropriate and loving.

You might notice that there are several practices that are omitted from this book. Many of them like orgies and wife swapping are very clearly unhealthy practices. There are others that I would consider as in the "gray area." They are not clearly right or wrong but I don't feel comfortable even recommending them because the risk is too great.

Some ideas might not be your "style" and that is all right too.

IS MASTURBATION GOOD OR EVIL?

This is an area that many people have strong feelings about. And since I mention the practice in some of the tips, I should elaborate on it and give some parameters. Many readers of this book will have grown up in the influence of a Christian church and have been taught that masturbation is wrong or a sin. I have read many writings on the subject and the fact is that the Bible never, ever brings up the topic of masturbation. Some have misused the reference of a guy who “spills his seed on the ground” and is chastised as indication that the act is wrong. The scripture clearly shows that he is rebuked because the law at that time commanded him to impregnate his dead brother’s wife, which he did not want to do. No Christian church labels refusing to sleep with your dead brother’s wife a sin.

Scripture makes it very clear in many different places that having a sexual act with another person other than your spouse is a sin. It goes on to list all of those acts. If masturbation were a sin the scriptures would surely say something about it. Bringing yourself to orgasm or enjoying the sexual pleasures that God created in your body is not wrong. However, for religious people who have some concerns (and you should), masturbation can lead to do things that are sinful or hurtful to your marriage if you are not cautious. The Bible does give some guidelines, which you should use when it comes to masturbation (some call it self pleasure).

Masturbation is wrong if:

- It becomes an obsession (and once you start it might be hard to stop)
- It takes away from intimacy with your spouse
- It is accompanied by thoughts or fantasies of others beside your spouse

Many have reported that masturbation actually increases sexual desire within a relationship. Some have a low sex drive and masturbation can possibly get the body desiring more sex. Masturbation can be used in phone sex when your spouse is out of town or simply to keep from being sexually tempted when separated for long periods. Some women can only orgasm with manual stimulation (she can show her husband how).

WHAT ABOUT THOSE TOYS/PROPS/AIDES?

Many feel that bringing anything to the bed other than two naked bodies is wrong. It is true that you should never let any object become more important than the pleasures your bodies can give to one another. But, you have to also consider that at some point in a guy's life, it is quite likely he will not be able to satisfy his wife with an erect penis. That could be due to illness (prostate surgery), complications or just the effect of aging. She might desire more penetration and stimulation than your finger can provide. Will you caress her with a device or deny her the pleasure she desires?

What about feathers, scarves and ice cubes? Are those ok? If intercourse were painful for your wife because she suffers from vaginal dryness would you consider lubricants? These are just some things to consider. Yes, you do have to draw the line somewhere but use love, common sense and wisdom when you draw it. Just because you aren't comfortable (yet) with something doesn't mean it shouldn't be used to add some spice to your lovemaking. Sadly there are some couples who have done nothing but the missionary position during their entire marriage simply because it was comfortable and were too scared to try anything new.

If you can't have a satisfying lovemaking experience without props or toys then you might be relying on them too much. Women who have trained themselves to be able to orgasm only with a vibrator (it can be undone in time) are hurting their relationship and should put away the device for a while.

There are obviously many toys/props I would never recommend because they can actually damage your relationship (many S&M devices for example).

Among the hundreds of tips and secrets in this book you will read about certain items you can bring to your lovemaking session every once in a while to spice things up.

IS PORNOGRAPHY GOOD FOR LOVEMAKING?

One of the common tips I saw in the dozens of books I researched suggested including pornography to spice up your lovemaking. I couldn't disagree more.

Pornography in its many different forms is an artificial or "outside" element people use to create sexual excitement. In many ways it is just like a drug. There is a huge danger in using such a substance to bring stimulation. Here are just a few of the pitfalls of pornography.

- After a while, many can not get aroused without it
- Almost all porn is created for a man's mind – women do not enjoy many of the things you see the actresses pretending to like
- You will compare yourself and your spouse to what you have seen, which of course is unrealistic
- You will NEVER be able to get those images out of your mind
- Most porn is degrading to women and you will not realize you are degrading your wife
- You will naturally lust after the beautiful men and/or women you see depicted and will desire to be satisfied with someone like them
- You will have a very strong desire to recreate what you have seen even if it is harmful to your relationship
- You will begin to need harder and harder porn to get aroused
- It is almost certain you will be addicted if you aren't already
- A very high percentage of those hooked on porn have multiple sex partners
- A very high percentage (some say 100%) of serial killers have confessed to be addicted to porn
- Those who are addicted to porn are reported to have the least satisfying sex lives
- If you use porn that means you are using other people to satisfy yourself sexually which is demoralizing to your spouse
- Many eventually become so involved with their porn that they are no longer intimate with their spouse

Please don't fall into the trap of using pornography as a sex aid. It might be exciting in the short run, but eventually it will ruin your sex life. If you are addicted, here is a website to help you overcome or deal with the problem.

<http://www.pureintimacy.org/>

GETTING THE MOST FROM THE TIPS

You will notice that the tips and secrets are not organized into nice, neat categories. There are two reasons for that. Most of the ideas could be included in two or three categories so it is pretty difficult to accurately organize them in that way. The second reason is that you will naturally be inclined to visit the sections that most interest you and you would end up missing other things you might have never considered. It won't take you very long to breeze through all the ideas.

I recommend that you print out all the pages with the tips on them and mark the ideas to let your spouse know your thoughts and feelings. Maybe put a check mark next to the ideas you REALLY want to try, and X next to the ideas that you would rather not attempt and leave blank the ideas that sound good, but can wait until you have tried the others first.

Give the marked up copy to your lover and ask them to do the same in different colored pen. Or, even better print off a copy of the ideas for each of you and after you have each marked your copy, switch to see the other's preferences.

Of course, if you want to keep this material secret so you are full of surprises, that is fine too.

500+ LOVEMAKING TIPS AND SECRETS

Get the passion flowing with a seductive treasure hunt. Begin with a hand-written note in an envelope that tells your love to look in the freezer (or other location) if they want to make love. In that location, leave a piece of sexy underwear, love toy or other item with a note that takes them to the next location. Lead them to several different spots, which finally leads to you or a note that gives a time and place for some awesome lovemaking.

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

Heat your kisses up by drinking hot tea (coffee breath is usually awful) or hot chocolate. Make sure your tongue is sufficiently warmed up before you massage your mate's lips with your lips and tongue.

Greet your beloved in bed covered only in flower petals.

Give your sweetheart a pampering foot massage with peppermint oil or lotion. Dry with a warm fluffy towel.

The missionary style gets a bum rap a lot of times but a little variety can really spice it up. Ladies, try sticking your legs straight up and cross them.

Find a large sturdy mirror, put it on the floor and make love doggie-style on top of it.

Find a Mardi Gras mask and wear it during your next lovemaking session. It adds an air of mystery and introduces a playful side.

As a prelude to lovemaking, take the time to wash each other's hair, including a sensual scalp massage.

While you are washing your lover's hair, shampoo, massage and rinse their pubic hair too.

When it is cool or cold outside, drive around a little bit until the engine is warm and end back in your garage (motor off) or other safe spot to make love on the warm hood.

Banish the squeaking bed. For many it can kill the mood in seconds.

While you are at it, invest in pillows that can be used as lovemaking props or just to make the bed look more alluring.

You don't need to wait until your guy is erect until you put it in your mouth. He'll enjoy the sensation of you sucking on him while he is limp. You can take him all and the sucking motion will have him at full attention in no time.

Yes, lips are a big attractant to many men. If your lips are on the smaller side, smile! This will stretch them and make them bigger and sexier.

Dip an Alka-Seltzer quickly into water and then insert it into your vagina just before he enters. The tingling sensation will be exciting for both of you.

If you are fit, show off your muscles by doing naked push-ups while she is under you. When you are finished exercising, penetrate her. The more you can do, the more ready each of you will be.

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.

Place a glazed donut (or bagel) around your penis and invite your wife to nibble it until it is all gone.

Pour a little bubbly into your belly button and invite your spouse to take a drink.

Use some of the champagne by pouring it between her legs for some fizzy stimulation. Invite your guy down for a drink.

If the wife would like to introduce a dildo into lovemaking (or to use to masturbate with when he is out of town for a long time), do NOT use one shaped like some other man. It is unsettling to most men. Use one that is a generic shape or make a cast of your husband's penis. Check out some resources [here](#).

Most women find it very degrading to spurt your semen on their face.

For a very romantic lovemaking session, sprinkle rose petals on your sheets. If you leave them on, they will stain the sheets when crushed.

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

An ear massage can be quite enjoyable. Use a light amount of warm massage oil and rub the ear between your thumb and forefinger.

Simultaneous orgasms usually are quite over-rated. Instead of aiming for one orgasm that you share together, first work together to bring her to full climax that both of you enjoy and at some point afterwards it is his chance to concentrate on his own explosion. That way each partner gets to enjoy the energy of two (or more) orgasms. Women often become more aroused after they orgasm so when he orgasms after her she will enjoy the sensations all the greater.

Most guys feel like they are failures if they are not able to bring their wife to orgasm. Sometimes this is the case when he ejaculates prematurely, other times it is just that she wasn't able. Guys, realize that for most women, the ultimate goal of lovemaking is not to orgasm like it is for most men. A great side benefit yes, but not necessary to fully enjoy the lovemaking session.

Having orgasms together every once in a while does have its benefits. While it is typically more enjoyable to have simultaneous orgasms during penetration where you can feel each other's body, you can also aim to get there with side-by-side masturbation. Use a numbering system of 1-5 where you count out loud until you both reach 5 (orgasm) together. The first one to 4 needs to try to stay there until the partner catches up so you can explode side by side.

When she is feeling really aroused, nibble lightly on her earlobe and breathe gently into her ear.

It is rare a man who does not like a tongue in his ear.

It is rare a woman who does like a tongue in her ear.

The tongue is a very crucial part in giving oral sex to your husband. For optimum pleasure, try to keep your tongue in motion the entire time.

If you have problems "getting in the mood" try masturbating yourself before you will be with your mate. However, do not let yourself climax. Your body will be quite ready for some passionate lovemaking when you meet up.

After you have come out of the shower, seduce your wife with just a towel wrapped around your waist.

The vast majority of women do not want to go to bed with a guy who is sweaty or smells.

For a playful lovemaking session, bring some silly string to bed.

Ladies, take your soft and silky panties and rub your man's testicles with them.

Men sometimes refer to their testicles as "stepchildren" because they don't get nearly enough attention.

For a funk-a-delic time, put up a strobe light in the love shack.

Ladies, on your backs. Have your guy lie on top of you and then get up on his hands and knees. Kiss him from his chest and go south as you continue to scoot down to his privates. Using your hands, lower his hips so you can put his testicles in your mouth (both at the same time if possible).

For those with a good sense of humor, let the wife play dress up with her man's penis. Your kids just might have some Ken doll clothes that would possibly be a perfect fit. Guys love to have their penis played with and have been doing it themselves for many years. Well, maybe not quite like this.

For an interesting twist on the above, the guy dresses up his own penis and then asks his wife to guess what outfit it has on. If she guesses correctly, she gets a special sexual favor. If she is wrong, he gets one.

Keep a diary of your lovemaking through the years. At certain times take out the diary and read back in graphic detail previous encounters with your spouse. The only kind of erotica you will ever need.

Try out your kids' tree house when they are out of town. You will love sharing that story with them when they get older.

Take a bath or shower together and use that massager showerhead on each other. Save the genitals for last.

Walk through your house and yard with your spouse and write down all the locations where you think you could possibly make love. Put all the locations on pieces of paper and put them in a jar. Take turns over the coming months picking out a piece of paper to see where the lovemaking session will be.

Put a little [massage oil](#) on her breasts and use your penis to massage her breasts and nipples.

Smoking gives you absolutely terrible breath. Not only that, nicotine greatly reduces testosterone level. If you desire a more fulfilling love life, stop smoking.

Here are some sensual tips on visiting a steam room or sauna.

- Essential oils such as peppermint, grapefruit and eucalyptus are cool to inhale and smell fresh.
- Use coconut oil to massage each other.
- Bring some mints to suck on. They will feel cool in your mouth.
- Rub papaya flesh on your partner's face and back

NEVER blow into a woman's vagina. The air bubbles can get picked up into the bloodstream and in some cases can be fatal.

Lie your guy on his back with his legs over your shoulders. Draw a "W" around his ball sack with your tongue. Start on either side of the scrotum; go up the middle to the base of his penis and then finish on the other side. Now, go in reverse.

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. Ask.

Rent a limo that has a privacy screen and have the driver drive as long as you think you need to have an amazing lovemaking experience in the back.

With your fingers, write messages on your lover's back. Maybe they will be special requests or simply little love notes.

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.

It is reported that some teas have aphrodisiacal effects (I personally believe much of what is written about aphrodisiacs are old wive’s tales or purely speculative. If it works for you, that’s great.).

- Gentian tea for increased desire
- St. Johns Wort has been used to curb depression, which of course would make you more in the mood for love.
- Aniseed is believed to speed up hormone production.
- Peppermint tea is thought to prolong erections
- Clove tea to help stimulate the penis

Most men slack off on the kissing after marriage or being with a partner for a while. If you would like more kissing in your relationship and lovemaking, here are some things you can do.

1. Ask him to show you how it feels to be kissed by you
2. Point blank, tell him how much you enjoy kissing
3. Tell him you are going to kiss him the way you like to be kissed
4. Whenever he kisses you the way you like, reinforce the behavior with lavish praise and maybe some special rewards.

Too tired for sex? Try this trick. Take a hot bath for 10 minutes and then stand up and take a quick cold shower. Your pores will be invigorated and you will have the energy rush for some great lovemaking.

For easy access for great quickies, wear a long, loose skirt that can easily be hiked up. It is also a great concealment in not-so-private places.

Big panties that cut above the belly button can help to disguise a flabby belly.

Love swings have been used for centuries and have gotten rave reviews for their ease of use and the ability to try many different positions. The slight swinging motion can produce intense orgasms. Check out some models [here](#).

A device called a cockring vibrator helps the man sustain a much longer erection while the attached vibrator stimulates the clitoris and can help bring a woman to orgasm.

Hide a dab of honey on your body and ask your mate to find it with his or her tongue.

Treat your spouse to a romantic bath either before or after your lovemaking. Scatter rose petals over the water, light scented candles and put on some romantic music while you share in a glass of your favorite beverage.

While your guy is thrusting, gently squeeze his testicles to the rhythm of his motion.

You can join the Mile High Club by engaging in love making on an airplane once you have reached cruising altitude. The best positions to achieve this in the tiny bathrooms are with him entering you from behind or face to face standing. The mirror in the bathroom is an added bonus. If you want to try this, attempt it during the movie or on a red-eye flight when most people are sleeping.

During lovemaking, get rid of your pagers, cell phones, telephones or anything else that might become a distraction.

Try painting portions of your spouse's body with a paintbrush and foods such as: yogurt, syrup, ice cream or custard.

Start a lovemaking jar. Each time you make love, put in \$1, \$5 or whatever you determine. Every year or every 5 years you can use the funds for a special romantic getaway.

Fruits that are fragrant and juicy are perfect ones to eat before kissing. Try peaches, plums, pears and nectarines.

A slightly open mouth makes for much more passionate kissing than a closed one.

The National Opinion Research Center has reported that Jazz listeners made love the most. Put on some Louis Armstrong!

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

If you can undress in a sexy way or do a little striptease, that will most probably excite your partner greatly. Here are some tips:

- Look your partner in the eye
- Do it in front of a full length mirror
- Touch yourself slowly and in places that bring you pleasure
- Take things off piece by piece, very s-l-o-w-l-y
- Caress your skin as you remove articles of clothing
- Guys, make sure the socks come off first if you are the stripper
- Take the underwear off last

Try taking off each other's underwear with your teeth.

Prepare an entire meal for your lover to eat off your body. Appetizer on the chest. Main course on the stomach/abdomen and dessert on the genitals.

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.

Go into the shower and hold each other for a full five minutes until your breathing coincides with each other. Dry each other off and continue from there if you like.

Squeeze grapes so the juices run over his or her body. Lick/suck it off.

Crush berries on his or her genitals and clean it off with your mouth.

In a private pool or body of water, try floating on your back and have him enter you while standing up.

Remember that cold water typically makes penises shrink so don't expect lovemaking in a chilly body of water.

When making love in water, have him enter you before your natural lubrication gets washed away.

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

Play a new version of Spin the Bottle. Whoever the bottle points to has to remove an article of clothing.

Freeze some grapes and then use them for lovemaking. Tickle her nipples with them. Put them in your mouth while you give oral sex.

Tantric sex is simply a name for sex that involves all the senses and creates a close passionate, spiritual bond between two people. Eastern philosophies didn't create great sex; they are simply one of the first cultures to be preoccupied by it (as a result they also participated in and encouraged many sex practices that are very damaging to relationships.) Be careful when you begin to experiment.

When giving oral sex through a condom (something to prevent the spread of sex diseases that 25% of our US population has) you can spice things up by drizzling the wrapped penis with honey, chocolate syrup, jelly or whipped cream.

In the bath, drizzle water over the sensitive parts of your partner using a natural sponge.

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

Women can contract their pelvic muscle and then their anal muscle in alternating sequence to build up their genital sensations.

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

When giving a massage, use oil or lotion if at all possible to keep the massage smooth. Use long, broad strokes. Keep both hands on the skin at all times.

Use your breasts to massage his nipples.

Rocking chairs without arms can create wonderful sensations when she sits on top of his penis and they gently rock together.

When you need a breather while giving your guy oral sex, move the head of the penis to your cheek. It will allow you to breathe easier.

Unzip his fly with your teeth.

Rake up a big pile of leaves and put a large blanket on top. Make love in your nature nest.

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.

Gently slip your finger into his mouth as you make love. As he gently thrusts into you, you gently thrust your finger into his wet mouth with the same rhythm.

A mint in the mouth adds a wonderful sensation for oral sex.

Keep mints on the side of the bed to help eliminate morning breath too.

To give him a great hand job always use [lubrication](#) (uncircumcised guys probably won't need it).

Try this technique. Wrap your hand around his penis with the thumb and index finger down at his base. As you move up the shaft, run your palm over the head and come down the other side, with the pinky finger now down by the base. Now go back and forth.

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

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).

If your lady is tense and uptight, begin your lovemaking with a soak in the tub.

Most people really don't enjoy watching themselves on video. The camera makes you look heavier and the shadows are usually very unflattering. It might actually ruin the experience.

If you want to keep a memory of your experience, try making an audio recording of your lovemaking session. Play it when you want to get in the mood. You can secretly put it in his or her car tape deck before they head to work. They definitely won't be working late.

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.

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

Tell your wife you have a gift for her. Drop your pants to reveal a wrapped penis or at least with a bow on it.

Another silly idea is to create a wrapped box with lid and put a hole in the bottom for your penis to go through when you put the box on your lap.

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.

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

Guys typically like to be touched MUCH firmer than women.

Guys will notice when you are wearing new [lingerie or underpants](#) – even when they don't notice you changed your hair color.

Take turns creating a sexy sentence by each adding one word at a time. When finished, do what you just created. Agree ahead of time how many words the sentence will have.

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.

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.

Some people enjoy a pinkish hue, others find darker shades of red light to make them angry and think it is overly artificial looking.

Men love to be kissed EVERYWHERE.

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.

Whenever you make love on the carpet (and you should from time to time) put down a blanket or towel so you don't get those infamous rug burns.

When you stimulate her G-spot from inside, ask her to press down on her belly to increase the friction and enjoyment.

A man's testicles are highly sensitive and love to be gently stroked, licked or sucked.

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

Think of his testicles as eggs or even eyeballs. Too much squeezing or poking can really hurt.

Keep a quickie kit in your car or other places it might come in handy. Include condoms, lubricant, mints, a small mirror and hairbrush.

When squirting lubricant from the bottle, do so several inches away from your hand or wherever it is going. It makes a nice visual.

If you get bold and bring a [vibrator](#) to bed, hold it against the shaft of his penis and put your hands around both. You can stay stationary or move it up and down.

Use the vibrator's light setting near the tip of his penis and ball sack. Those are the most sensitive. Try the high setting on the shaft and down to the base where he is less sensitive.

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.

Does your spouse have bad breath? Take a mint for yourself and then offer one to your mate.

In the morning, gently stroke your beloved's body while gently whispering "this is your morning wake up call." He or she might think it is an incredible dream until they wake up and realize it is even better – it is for real.

If you want to be even bolder, take his penis (or her breasts) in your mouth while your spouse is still asleep and gently suck until they awake.

Go to a thrift store and buy a cheap fur (or imitation) coat. Use it for a fabulous lovemaking session.

Take all your clothes off and put on some romantic music. Sit facing each other with the taller person's legs on top. Look into each other's eyes as long as it is comfortable. Take turns gently stroking each other's face and saying words of endearment.

Dates (the fruit) are rich in vitamins and many Arabs believe it to be an aphrodisiac.

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.

Slow dance in the nude with your mate.

Brushing your wife's hair before lovemaking is great foreplay. However, brushing it afterwards (when it is certainly tussled) will be very endearing.

Tell your wife how beautiful she is.

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

Remind her how attractive she looks while you are making love.

I can't emphasize the above three points enough.

Be sure to let the condom warm up on your penis for a minute before you put it in her.

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.

One more suggestion to prevent premature ejaculation is to gently tug on his ball sack 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.

When he is inside you, hold a vibrator between the two of you. Both of you will enjoy the added buzz.

Nonoxynol-9 is used on some condoms and has a terrible taste and sometimes a numbing effect. Many report stinging when they use it. Use with caution.

You can tighten your vagina by using the muscle that stops the flow of urine midstream. Tighten for 5 to 30 seconds and work up to 20 reps. You can do this anywhere. Your guy will love you for it and an added bonus it will help prevent incontinence, as you get older.

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.

Help your lady have an explosive orgasm by stimulating her to near peak several times and then stopping. Finally, take her over the top.

When your husband returns from a business trip pick him up from the airport wearing only a trench coat. Either drive home in a limo with a privacy screen or reveal what is underneath as you get into your vehicle.

If you [purchase a vibrator](#), buy one that is smaller than your husband's penis so he will not feel inadequate.

Buy a good soap that lathers well. Put a shower curtain on your bed or floor or buy an inflatable mattress. Lather your bodies with soapsuds and have him lie on his back with her on top, swishing up and down his body.

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

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.

Keep a big clean blanket in the trunk of the car in case a wonderful lovemaking opportunity arises.

Prepare a written menu for your mate and for dessert write “me” or some other description to get him or her building anticipation all through the meal.

Go to a hockey game and bring a lap blanket so you can play with his penis during the game. Sports and sex at the same time – you’ll blow his mind.

Take off her jewelry when you undress her.

Most men are flattered when their wife uses his penis to pleasure herself while he is sleeping (or pretending to sleep).

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

Intertwine your fingers and wrap your hands around his penis. Stroke it up and down and twist occasionally.

With a pen or marker, write "instructions" on or near your body parts for your spouse to discover.

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

Get a map of your city, county, state or country. As you make love in certain locations, mark the spot on the map. See how many places you can mark.

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

When your guy is about to climax (if you can't tell, ask him to let you know) contract your vaginal muscles at a steady rhythm to intensify his pleasure.

Make love on top of or leaning next to the washing machine while it is on the spin cycle.

Get naked and sit facing each other with legs wrapped around. Lean together with your two foreheads touching. Close your eyes and feel each other's breath and heartbeat. Put your hands on each other's heart if you can't feel the beating through the head.

If you're making love and the phone rings, DO NOT pick it up. If you do pick it up, it tells your partner that the person on the phone (or at the door) is more important than the intimacy you are sharing.

Have your guy propped up with a few pillows and pour some lubricant into his belly button. Then dip the head of his penis (if it is long enough) into the "dip" and then either give him a hand job or have his penis rub some of the "dip" somewhere on you.

Fill her belly button up with massage oil and dip your penis in and then spread it on her body. Continue until she is fully lubricated.

Most women find hickies to be extremely juvenile.

Help your guy to have a super orgasm by bringing him close to climax but stopping action before he goes over the top. Do this several times before you let him explode.

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

Don't immediately remove your wife's bra. Gently stroke her through the fabric and then pull down one strap and kiss her shoulder and neck, followed by the other side.

Start of a lovemaking session with tantalizing the taste buds with a tray of slices of peach, succulent strawberries, firm grapes and cubes of mango. You might just use the leftovers in the lovemaking session.

Lay face down in a rope hammock and put your penis through so she can give you unique oral sex.

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

Many believe cucumbers are an aphrodisiac because of their phallic shape, but some say that the scent is what increases genital blood flow.

When giving your guy oral sex, wrap your lubricated hand around his penis and instead of stroking him in the same direction your mouth is going, move them in opposite directions.

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.

Hold a bunch of grapes next to your vulva and as he gives you oral sex (cunnilingus) he can take a break and take a grape to rejuvenate.

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.

There are dozens of fun sexual positions to try out. Just realize that each one is not designed to end in orgasm.

If you haven't done it on a moving train, make it a goal.

For a quickie you can masturbate him while he is fully clothed. He won't mind at all. For the fastest results do it when you're both standing with you standing behind him.

Straight-backed chairs are good props for a couple of positions. You can sit on him in either direction, give each other oral sex while sitting, she can kneel backwards in the chair so he can access her from behind or do the same standing up, bending over using the chair for support.

Begin oral sex on him by starting at the ankles and slowly go up licking and sucking.

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

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

If you believe his penis is clean, ask to borrow it as a drink stirrer. It will shock and excite him. Of course lick it clean afterwards.

If he wants to thrust his penis in and out of your mouth, hold the base of it with your hand so he can't accidentally hurt you.

When you want to make yourself alluring to him, try raising your arms in a seductive pose, like using them to lift the hair off your neck. Or put lotion on them while they are raised in the air.

Make some photocopies of your diary entries that describe your lovemaking exploits and send them to your spouse at their office.

You can have a quickie in any room in the house. Just bend over (support yourself on the kitchen counter, dresser, table, you name it) and let him go for it.

Take the time to give your lover's feet special attention. Get a pan of warm water and bath their feet and then dry with a soft towel.

Once your darling's feet are clean, feel free to lick suck and kiss it all over. Devote special attention to each toe and the area between the toes that is quite sensitive.

Try this out. Find the narrowest doorway and undress. Face each other and try to have intercourse while each of you is leaning backwards on the door jamb.

Play a game of "Name that Food". Blindfold your spouse and have him or her lick something off your body (put it wherever you want) and have them guess what it is. They have to keep doing it until they get it right.

If you want to sweeten your semen, eat the following foods up to 12 hours before lovemaking: celery, pineapples, melon, strawberries or kiwi.

If you want to taste really bad for your partner then smoke cigars or cigarettes.

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.

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

Do you know what your makeup tastes like? -If you took it off before lovemaking you might get more kisses all over your face.

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!

Use a bra to playfully tie your lover's hands together and then enjoy their entire body.

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

Most guys wake up with at least a slight erection but not because they are horny. But, unless they have to pee really badly, they don't mind you taking advantage of the situation.

When using votive candles, put a small amount of water in the candleholder so the candle will automatically extinguish when it gets down low.

Can you bring your partner to orgasm only using your mouth and tongue? Find out!

Instead of putting lubricant directly on his penis, squirt some in your cleavage and lube him up that way.

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.”

Real or imitation pearl necklaces are wonderful lovemaking tools to wrap and maneuver around a penis. Lubricants can break down some threads so you might need to get them restrung.

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

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.

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.

Use your tongue to flutter back in forth in the slit of his penis. If you hold it open with your fingers, you will intensify the pleasure.

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 practically begs for it.

Adjust your porch swing where you can stand and enter her as it gently swings back and forth.

[Try two vibrators](#). One on the clitoris and one for the vagina. Or one for him and one for her.

Try an entire lovemaking session without using your hands. It is more difficult than it seems and will force you to use other parts of your body.

If you use strongly scented candles at the dinner table it will change the taste of the food.

Asparagus has long been considered an aphrodisiac, mainly because of its slender, phallic (penis) shape. Although guys are never that thin.

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

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.

One of those cheap electric toothbrushes you can buy at the grocery store can actually be your secret vibrator. No one would ever know.

Most guys love to hear sounds and words of pleasure coming from their wife during lovemaking. If you have difficulty doing so, practice on your own when no one is around.

Guys usually enjoy it when you talk dirty in bed. Not necessarily vulgar, but things like “oh, I love it when you fill me up.” “My _____ is so hot and dripping and I need your _____ in me right now.” However if you say his penis is so huge but it is really small, he’ll know you are lying. It’s ok to exaggerate the truth though.

Maybe take the time to let each other know what sex terms turn you off.

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

His: Crimson Bird, Celestial Dragon, Mushroom of Immortality, Healing Scepter, Jade Stalk, Jade Stem, and Rainbow Serpent

Check out the dozens of poetic terms for lovemaking and genitals recorded in the Bible's Song of Solomon (believed to have been written 3000 years ago). The Judeo/Christian religion records the celebration and enjoyment of sex way before any of the Eastern religions came up with sex manuals.

Massage his genitals while wearing gloves of different fabrics.

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.

The doggy style position is wonderful for both partners. It allows for deep penetration which both usually enjoy. He can enjoy the view of going in and out. She gets good contact with her G-spot. Either has access to her clitoris for additional stimulation.

The one draw back to the doggy style is the loss of eye contact. Try doing it in front of a mirror so you can still look at each other's face.

Women rarely like it when a guy pumps like a power drill. Gentle and loving is more enjoyable than fast and furious.

Take turns asking each other “What is Great Lovemaking” and then say the first thing that comes to mind. You will each get several turns so just give one short answer each time.

Take your lover’s penis and hold it upright with one hand and with the other hand gently squeeze the top of the head as though you are squeezing a lemon.

Give your guy (or lady) a handful of dollar bills and put on a strip show for them, letting them put the bills in your g-string.

When you are on top thrusting up and down on his penis, play with your nipples at the same time. Both actions together will be a big turn on for him. Then invite him to enjoy your breasts.

Put a little marshmallow crème on your guy’s penis. Now get it off.

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.

Many women can’t enjoy (or won’t even participate) in lovemaking unless the sheets are clean.

When using candles, try not to combine floral scents with fruit scents.

Most guys say the most enjoyable oral sex they receive is when the giver is really enjoying it.

Many guys say the pleasure of oral sex is intensified if he is standing or kneeling.

When the wife is on top, she should take the opportunity to play with his penis, fondling it and using it to massage and play with her vulva before she puts it inside her. It is a great visual for a guy to see her enjoying his penis and using it for her satisfaction.

Get your guy all hot and excited and if he doesn't mind, playfully tie him to the bed spread eagle. Then fondle and caress yourself in front of him. It will drive him absolutely wild that he can see but can't touch.

Soft lighting makes her feel prettier.

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.

It turns a guy on when he catches his wife staring at his crotch. Do it more often and make sure you get caught.

Do something unexpected and grab his crotch and fondle him while he is talking on the phone, washing dishes or reading the paper.

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.

For a welcome change of pace, let your guy know that you want to pleasure him by doing the thrusting for a little while so he can just relax and enjoy it.

Raise his penis up with one hand and put the palm of your other hand on the tip with your fingers pointing down. Now gently massage and squeeze the head like you were juicing an orange. Of course make sure it is lubricated.

Breathe on and lick his penis while it is still in his underwear. You can even suck on it. A big turn on for guys.

Give your wife oral sex with your secret weapon. When your tongue is in place, press a vibrator up to your chin to send chills down her spine.

Blindfold your spouse and make love to him or her. It will be a completely different experience.

Instead of using your fingers to “finger” her, use your penis to gently stroke her clitoris and vulva. When she is ready, you are right there.

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.

Strip and paint each other with fluorescent paint. Use a hair dryer to cure the paint. Turn off the lights and turn on a black light for a unique lovemaking experience.

Guys, you need to know that it is estimated that only 25% of women can orgasm through intercourse alone, most women need clitoral or G-spot stimulation.

If you are only giving your lady penetration with the standard missionary position with her on bottom, there is a good chance that she is faking orgasms.

The best position for practically any woman is reverse missionary, with her on top. She can control the angle of penetration so it hits the clitoris or G-spot as well as the tempo.

Most men love it when a woman is on top because the view is beautiful and they can “touch the fruit” too. If you are a similar height, the breasts are in a great position for sucking and playing with.

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.

Try twinkle (Christmas) lights in the bedroom. It creates a fairyland atmosphere.

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.

While women need to hear they are beautiful when making love, men love to hear you tell him how wonderful his penis is. Compliment its thickness, hardness, length, smoothness, size of head, strong veins or whatever you enjoy about it.

If your wife lies on her back and raises her knees you can sit between her legs and have good access to her G-spot and fondle her clitoris as well. Penetrate, lick or play. Or do them all.

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

Roll your guys penis between your hands like you are trying to start a fire with a stick.

Thump his penis against you.

[Chocolate body paint.](#)

If one of you is far from in the mood, then the other should not nag or whine to try to get you to bed. It will make for mediocre lovemaking and will ruin things from here on out.

Sometimes guys aren't really in the mood or don't have the energy for a long lovemaking session and just need a quick release. Help him out if you are able. Tell him this time it is "just for him."

Put your darling's favorite perfume or cologne on a scarf or piece of cloth and drape it over a lamp. The heat from the bulb will scent the room.

A woman can't get excited unless her body is relaxed so don't try to put pressures on her during lovemaking.

When you are giving your sweetheart a sensual massage, make sure the parts of their body that you are not massaging are kept warm with a sheet or towel unless the room is very warm.

Knead his penis with both hands like it was a piece of dough.

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 not telling what a penis will do. Follow up with a warm mouth and tongue for a great contrast.

If it is ok with him, rub an ice cube all over his penis until it is as cold as an icicle and then plunge it deep inside for a shock for you both.

If you don't feel comfortable talking during lovemaking or you simply find it distracting then do what you can to let moans and grunts and squeals let your partner know how wonderful it feels.

Don't scream during an orgasm unless you really mean it. By all means, if it is out of this world, then scream as loud as you want.

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

Get a sleeping mask to spice up your love play. Some airlines give them out on international trips or for flying in business or first class.

When your spouse is wearing a mask you might feel less inhibited about doing certain things.

When you stroke your husband's penis, do it firmly, smoothly and in a steady rhythm. Speed up as he comes close to orgasm.

Talk dirty when you aren't in the bedroom, like at a restaurant or whispered while at a friend's house. It will get the heart pumping and build anticipation for a great lovemaking session.

Women can't be turned on sexually like a light bulb. They slowly warm up after many minutes or hours.

Tell your wife that you want to enjoy her body tonight as you are leaving for work. It will have her warming up, and overheating as she anticipates your return home. Call or email a couple of times to let her know exactly what you will do to her.

Condoms can add some spice into the lovemaking. Buy ones that come in [different colors and designs](#). Try glow in the dark or "The Starship Enterprise" which goes "where no other condom has gone before."

When giving him oral sex be sure to keep your lips firmly on his penis with your teeth back behind your lips.

When “going down” on your guy, be sure to include at least a little bit of suction, like it was a Popsicle.

To drive him over the top, twist your head as you bob up and down on his penis.

When your partner has gotten out of the shower, dry him or her off with your tongue.

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

The navel is a sensitive spot but be sure it is properly cleaned first if you want to have it tongued.

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

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.

Put a pineapple ring over the penis. Guess who gets to nibble it off?

Put anything on your breasts and he will gladly lick it clean.

Kiss during climax to create an amazing passionate moment.

To prevent any lovemaking injuries, remove your sharp jewelry before getting to far into your lovemaking.

Don't be afraid to tell your spouse how something feels. Let him or her know when something feels great, amazing, or out of this world. They will become better lovers only if you are their teacher.

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

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.

As your husband ages, he will need more physical stimulation and foreplay to be fully aroused. Then he will appreciate how a woman operates and that is one of the main reasons the lovemaking of couples can continue to improve as the years go by.

You know that temporary dye some teens use on their hair? Have fun with it by coloring your pubic hair shocking red, purple or some other zany color. See if your partner will let you do his or hers to match.

If you gently stimulate your wife's clitoris after orgasm she might just come again and again. Some women are able to have serial orgasms that way.

Create a natural, edible lubricant by mashing peaches or papaya.

After your man climaxes, go prepare a warm washcloth to clean him up. He will feel pampered.

The best thing about entering a woman is the snug fit, the heat and the moistness. When giving your guy hand jobs or oral sex be sure to include those three things.

When you take a shower or bath with fragrant oils or lotions, don't dry off with a towel that will wipe it away. Use a blow dryer on a warm setting instead. The warm air blowing your special spots will help warm you up too.

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

Whipped cream!

Flick underneath her clitoris from side to side.

When you tilt your head back during oral sex, you can take in more of the penis.

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.

If she likes her vagina to be fingered, then insert one moistened finger with your finger pad facing her belly button. Then gently stroke her like you were summoning someone to “come here.” There is a good chance you will hit her G-spot.

Never ever bite the clitoris.

If you are overweight you are not only harming your health, you are lowering your testosterone level. Additionally, if you eat foods that are high in fat, your blood circulation will be diminished which might eventually make an erection impossible.

You know how a metronome sways back and forth to help musicians keep the beat. Do the same with your partner’s penis until it becomes fully erect.

When you undress him, remember to remove his shoes and socks first. Massage his penis before you unzip the fly. Fondle him again before you remove the underwear.

Ladies can create an artful image by leaving on her stockings and nothing else. Try wearing a long silk scarf only or maybe just a long pearl necklace.

Use that silk scarf to gently stroke his entire body.

For a special Valentine's Day surprise, trim your pubic hair into the shape of a heart. You can do a star or tree for Christmas, a shamrock for St. Patrick's Day, etc. Dye the hair the appropriate color if you desire an even more impressive display.

Spend a lovemaking session kissing every possible inch of your partner. There are probably many, many places you have never kissed before.

A woman reaches her testosterone peak in the third week of her menstrual cycle. While she is the horniest at those times, she is also the most fertile so take precautions if you don't want to get pregnant.

Try some gentle scratching techniques that your spouse might find pleasurable:

- Sounding: Pressing that leaves only a small indentation
- Half Moon: A curved mark made with one nail
- Circle: Two Half Moon marks made opposite each other
- Line: A straight line made by drawing a fingernail across the skin
- Tiger's Nail or Claw: A curved line
- Peacock's Foot: A mark made by all five nails

- Jump of a Hare: Five nail marks made close together
- Leaf of a Blue Lotus: Marks made in a leaf pattern

Don't scratch so hard that it breaks the skin

Ask your sweetheart to masturbate for you. You might end up masturbating while you watch them masturbate.

Have a race. The first one to come to orgasm has to help finish off the other by caressing other parts of their body or doing a special favor for them.

Ask your husband to suck your breasts while you masturbate. You will feel intense pleasure and he will get to suck and watch – a big turn on for him.

Intertwine your fingers and wrap both hands around your husband's lubricated penis (guys whose foreskins aren't butchered have natural lubrication). As you move your hands up and down the shaft, squeeze on and off with a regular beat.

Guys who aren't circumcised report MUCH higher levels of sensitivity and pleasure from their penis/lovmaking (perhaps why many consider Europeans to be better lovers). Seriously consider whether or not you remove your son's foreskin. If you let him keep it, he will probably thank you profusely when he comes of age. He can always make the decision himself to have it removed when he is an adult (and almost all that do regret it). Decades ago circumcision was often performed to desensitize young boys so they would not masturbate (it didn't really make any difference anyway). In a change of trend over 20% of boys born in the US each year are not being circumcised. All the "circumcised penises are cleaner" myths have been debunked.

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.

If you and your spouse are apart for a period of time, try phone sex. You can mutually masturbate on the phone or not. Make sure you know what sort of words and phrases are a turn on and which turn your mate off.

Put your man's condom on with your mouth. You won't want to do this if it has spermicide on it. Put the condom down so it looks like a mini sombrero hat, with the edges up on the sides. Now put your lips on the condom and slightly suck it to your lips. Place it on his tip and with your lips slowly roll it down. You can practice with a banana or cucumber first if you desire.

To give your guy extra pleasure and to make it go on easier, place a squirt of [water-based lubricant](#) on the tip of the penis (not too much otherwise the condom could slip off during lovemaking).

Don't wear any lipstick or gloss when doing the above. It could break down the latex condom.

Instead of one very long kiss, try giving lots of short sucking kisses right in succession for a change of pace.

While serving your spouse dinner, come out with the dessert plate with a condom, sex toy, your underwear or some other hint on it.

Another great hand job method is the Hand Over Hand method where you make a ring with your thumb and forefinger and slide it down his shaft and when you get to the bottom you do the other hand, keeping up the rhythm until you want to try something else.

Go to bed early and set the alarm clock for when you usually wake up in the middle of 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.

Have fun with paints or markers by drawing breasts on him or a penis on her.

Turn off the lights and bring a flashlight to bed. Take turns shining the light on one of your body parts. Whatever is shined upon the other has to devote attention to for five minutes.

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.

Some think that making love in the bath will provide good lubrication but it will actually wash away the natural lubrication. You can add a little bit of oil to the bathwater to give the water some lubricating properties.

Blow on her nipples after you have wet them.

Most of your bad breath germs aren't on your teeth and gums. They are on your tongue and the roof of your mouth. You can buy special tongue brushes or just use the one you have.

Use paints to draw a pattern or picture on your spouse's buttocks and have him or her sit on your stomach to transfer the design.

Some paints are edible. If you can't find them, you can always use chocolate syrup and any jelly.

Research shows that when people quit smoking they have more orgasms than when they were still lighting up.

When the top part of his shaft is in your mouth, draw swirls on his head with your tongue.

Gently lick the corners of your sweetheart's mouth.

Caress the perineum which is that spot between the anus and scrotum or vulva. It is usually quite sensitive.

Realize that a person's ticklish spots are usually sensual spots for them as well. Under the arms, bottoms of feet, rib cage, etc.

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 make it a sober event. Make jokes. Laugh.

Playing sports or exercising is perhaps the number one way of increasing your libido.

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.

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.

You can do the above exercise just about any time, anywhere.

Exercising your love muscle will help guys have firmer, thicker erections. She will even be able to feel you "flexing" inside her. He will love it as she grips, strokes and caresses his penis with her strengthened vagina.

Those condoms that are ribbed for “her pleasure” can be turned inside out to give “him pleasure” for a change.

When you travel, collect those little bottles of mouthwash so you can keep some in your purse or nightstand.

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.

The area around a man’s scrotum is fairly sensitive but it is often covered in too much hair to be explored. After he has a hot shower, get some shaving cream and a razor and lovingly shave him smooth.

He might enjoy you shaving his ball sack or even his entire groin.

Just be aware that it will be a little itchy as it grows back in, but it will be smooth as a baby’s butt in the meantime, giving some great satisfaction.

Turnabout is fair play and he might be thrilled to be able to shave around her vulva or even the entire thing. Some guys think a completely shaven vulva looks too much like a little girl and prefer the pubic hair to be cut really short instead so it looks like a woman’s but with a better view. He can do that with a comb and scissors or clippers.

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.

Place a condom and a mint on the pillow to drop a pretty big hint.

Or put a condom or sex item next to his or her toothbrush so they know to be ready when they come to bed.

Create a trail to your lovemaking nest with lit votive candles (remember to put water in the bottom of the holder), chocolates, rose petals or some other romantic item.

Don't make your husband keep a condom in his wallet. It is likely to get worn and damaged. Keep one in your purse instead so you are ready for spontaneous sex if the opportunity arises.

Poker isn't the only [game](#) you can strip to. Try stripping to black jack, hearts, backgammon, checkers or any other game you wish.

You can always use lipstick if you don't have any body paints handy.

Instead of thrusting in and out of her, grind instead. The clitoris will be most happy.

If she keeps her legs closed during the missionary position, the penis will most likely brush against the clitoris when you thrust.

If your guy's penis is too long for you, do the above to keep him from penetrating too deeply.

Speaking of penis size, anything over 7 maybe 8 inches is often too long for deep thrusting.

The most sensitive parts of a woman's vagina are the first two or three inches. Beyond that she doesn't feel much, so between 4 and 7 inches it doesn't make much difference for the length.

A smaller penis is more enjoyable for oral sex for both him and her so be thankful if you are on the smaller side.

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.

Put your hand on top of his and show him how to stroke you and at what speed.

Guys, put your hand over hers when she is giving you a hand job and show her the pressure and speed you most enjoy. Or beat it yourself for a minute to let her see what pleasures your penis. She will probably be surprised how “rough” you like it.

It is a bit trite, but it works. Greet him naked.

However, it rarely works for her. Again, she needs time to warm up.

When you are in a public place, hand him your panties that you have just taken off.

Play a game of strip pool. Every ball that you sink, your spouse has to remove an article of clothing.

A pool table is a great height for leaning over so he can enter you from behind.

If you decide to get on top of the pool table, put down a towel first so you don't ruin the surface.

Buy three [dice](#) and on one of them write body parts of the husband on each side. On the second one write the wife's body parts. On the third one write actions like kiss, suck, lick, etc. Take turns rolling two dice and do whatever the combined sides say.

If your wife is extremely sensitive, try stroking her through the sheets, the fabric of her removed panties or some other fabric.

Ask her if you can enter. Just because she is wet doesn't mean she wants you in her yet. It is a courteous thing to do. Like opening the door for her.

One of the most fearful things is having a broken condom if you aren't ready to have a child. They usually break because they were stored in a wallet, used with an oil base lubricant (like baby oil, Vaseline or hand lotion) or the packet was opened with teeth.

Condoms cut down on a man's sensitivity a little bit. However, if you put a pea-sized drop of lubricant on the penis head before you apply the condom that will add some additional pleasure.

Wearing condoms won't dramatically affect the pleasure of a guy's orgasm, just the pleasure from stroking.

Some guys like to wear condoms as it can help prevent premature ejaculation, actually increasing the size of the orgasm. Some guys even wear two condoms at the same time for that reason.

Avoid condoms that are made in Korea or China where poor quality latex is often used.

Try out "[ticklers](#)". They are sleeves that fit over the penis that are covered in bumps, ridges or other things to stimulate the vagina.

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

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.

Gently press down on the area about 3 inches below her belly button for about 3 minutes to promote blood flow to her genital area.

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.

When there is a full moon out, go skinny-dipping and caress each other under the water.

Turn off the lights and sport a glow in the dark condom. However, be aware that some fun condoms are labeled “novelty” and don’t give protection.

Part her labia (lips) so you can see what you are doing. You can even buy devices that will keep them separated while you devote full attention with your mouth.

If men want to make love to a woman wearing too much makeup, they will visit a prostitute. Most men actually think that less is more, especially when it comes to lipstick. Look in a mirror and ask yourself if you would kiss those lips.

Most prostitutes will not kiss their customers. They find it too personal and intimate. Keep that in mind when you want lovemaking to be personal and intimate.

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

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.

Make a lunch date at a hotel near work or back at home for a different kind of meal.

A recent fad is for men and women to get several tattoos. Unfortunately it might not be in style 10 or 20 years from now. Get a beautiful henna tattoo, which lasts for a few days. You can buy kits at craft stores and practice on each other.

Apply a temporary tattoo to yourself and tell your spouse that they have to find it when you get home later that night.

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

Massage your guy's front with oil and then slide up and down on top of him until his penis touches your entrance, but don't let him enter. As you work up the heat let him come in a little more each time.

Many people unconsciously hold their breath during lovemaking, which decreases the arousal. Remember to breathe throughout the experience.

Get several different clothes to stroke his penis. Satin, silk, felt, rabbit fur or others you can find. If you want, blindfold him and have him guess the fabric.

Do the dance of the seven veils. Wrap yourself with seven veils and put on some music and slowly and strategically remove the veils as you dance around him. Don't let him touch you until you are done.

Run your fingers along his raphe, which is the seam you can see running the length of his scrotum.

The next time you go to a party where there are lots of people (and you won't be instantly noticed missing), find a closet, bathroom or somewhere for a "dangerous" quickie with your spouse.

A man's freshly shaved scrotum is incredibly smooth.

Keep a glass of water next to the bed so you can keep your mouth wet and shiny.

When your guy is climaxing. Press his perineum firmly with your finger (no nail) or knuckle. It might drive him into ecstasy.

You can and should massage the perineum at other times too.

Too much perfume or cologne can kill the mood and might even give your lover a headache.

He lies on his back with legs straight out. As his wife mounts his penis he should alternate stretching his legs as far as possible, which will give his penis a little twist or wiggle inside her.

When doing 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.

In the doggie style position, let her do the pumping for a change so she can control the movement and sensation for her.

Make love outside, on the deck, on the roof or on the ground when the stars are out.

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

Try this unusual position. Lie on your back with your knees up to your chest with your penis poking through for her to put inside.

Position your guy on the edge of the bed in front of a full-length mirror. Sit behind him (straddle him) with your breasts touching his back. Stroke his chest and play with his nipples with your well-oiled hands. Eventually make your way down to his penis. Now use his favorite strokes to masturbate him. If you have a free hand fondle and stroke his testicles and perineum. Watch his expressions as he writhes and explodes in ecstasy.

Husbands can do the same to his wife.

Instead of piercing your tongue to give extra friction during oral sex, stick a frozen pea on your tongue instead (your tongue would need to be fairly dry for it to stick).

Make a love trail of honey from your navel to your genitals.

Always begin a lovemaking session with a freshly made bed – even if you just made it minutes beforehand.

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.

Put your panties in the freezer for a short time and then bring them to bed to rub his hot spots with them.

Create a “cock ring” for his penis using your hair scrunchie after he is fully erect. Put it over his penis and underneath his scrotum and if tight enough it will keep the blood engorged in the penis for a longer rock hard erection. Remove it before climaxing.

A man's penis actually begins in his lower abdomen. Begin your penis massage there.

When you are in the doggy position, spread your legs really wide so he can enjoy the fully view.

You might make fun of having a mirrored ceiling but have you actually tried making love with mirrors around you? Some find it quite hot.

Hey, don't forget the buttocks. They are often sore from lots of sitting and love getting massaged and stroked.

Drizzle sweet wine, liqueur or champagne on your body and invite your spouse to come lick it off. You can even do this standing while they are sitting in a chair.

Just like women, men need a constant stroking rhythm in order to come. You can speed it up or slow it down, just don't stop to switch hands (unless you do it in rhythm) when he is close to coming.

If he is close to coming while you are giving him oral sex and you don't want the semen in your mouth (most guys wouldn't want it in their mouth either) you can switch to your hand or he can take over as he knows exactly how to finish it off.

Have an ice cube on hand and just as he is exploding, rub the ice on his testicles.

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.

The atmosphere can dramatically affect lovemaking. Try different styles of music from classical to jazz to New Age or something with a hard beat. Or put on sounds of waves crashing or other nature sounds.

Pure maple syrup is not as sticky as honey and is a special treat to lick off your partner. It is more expensive than “pancake syrup” but worth the extra cost.

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 30 seconds to a minute until he is not super sensitive.

Another trick is to get on top of him and place his penis head inside your vagina and hold it tight with the vaginal muscles you have been exercising. Now caress the soft shaft with a lubricated hand and use your other hand on his groin and testicles until he is firm again.

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

If you leave the house before your spouse awakes write a love note (“I want U”) on their body for them to discover when they awake. You can accompany with lip prints or dirty pictures depending how sound of a sleeper he or she is.

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.

When you stroke his penis up and down with one hand use the other hand to lightly tug on his balls in rhythm.

A woman is more likely to serial climax when she is ovulating (that third week of her cycle).

Never put too much pressure on her to have multiple orgasms.

Wrap aluminum foil around his penis and/or scrotum and hum while your put your lips to the foil. The vibrations will be otherworldly.

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

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

Coordinate your [condoms](#) with the holidays/seasons. Blue for the Fourth of July, red for Valentine's Day, green for Christmas, etc. [duplicate idea](#)

Attempt to remain in an embrace with him still inside you (assuming he is not wearing a condom) for 10 minutes after orgasm. It might be easier to do if the room is fairly cool. After ten minutes, both of you might be ready for round two. If not, the intimacy will still be amazing.

Get a friend or a travel agent to arrange a weekend getaway on a deserted island, a cabin in the woods or some other place away from phones, books, televisions and civilizations. Have them stock the place with food (and these lovemaking tips) and then blindfold you and your spouse and drop you off. You will have all weekend with no distractions other than each other.

Put a vibrator next to your cheek when you are giving him oral sex.

Never touch a dry clitoris or vagina with a dry finger or penis. It doesn't feel good.

Leave a trail of your clothes to where you are ready and waiting for your spouse. Or just include several pieces from your underwear drawer to create the trail.

Play a game of Sexy Scrabble. Instead of the usual seven letters, you get ten letters each turn but you have to create a sexy word each time, such as suck, back, breast, hung, large, testicle, etc.

Try nine very shallow thrusts where just the head penetrates the vagina followed by one deep thrust. Repeat as desired.

If your darling isn't getting enough sleep, it is unlikely she will be in the mood for making love.

Share a fantasy with your spouse that involves him or her. Share all the juicy details and if possible, try to act it out in the future. Ask for a fantasy in return. While it is common (but not good) to lust after other people, it is not healthy for your marriage if you dwell on those thoughts or act them out. Would you really want your wife to pretend that she is having sex with her dentist? Having an affair is the next step beyond fantasy so be very careful about the fantasies that you actually act out.

Use your tongue to create an original work of imaginary art on her vulva.

If you shut off sounds during lovemaking, you are actually suppressing blood flow. So let those natural moans, sighs and screams come on out for a more intense experience.

More tips for a good strip:

- Drop each garment to the floor as you remove it.
- Don't wear socks
- Don't wear garments that you have to pull over your head
- Do wear items that zip
- Use an old shirt or blouse that you can rip open
- Wear some incredibly sexy underwear your husband or wife has never seen.

The first time you try a new lovemaking tip you might not enjoy it. The fact is that you might be worried too much about doing it right to get pleasure out of it. Try something up to three times to make an honest determination if you should add it to your lovemaking repertoire.

At a fancy place let your husband know that you “accidentally” forgot to put on any underwear.

Squirt a little minty toothpaste on his penis for a little bit of a stimulant. It turns into lubrication as you suck on his rod.

If you use a scent during lovemaking often enough (like your perfume or a certain type of candle) then the both of you will eventually associate that smell with making love and just the scent will get you aroused.

A little bit of that minty toothpaste will make his testicles tingle too. But just a little. Too much will make him uncomfortable.

Mail him a piece of sexy underwear with a note that explains exactly when and how it should be used.

Lighten things up with indoor nude volleyball played with a balloon. The movement will get the blood to flow, not to mention the sight of your spouse jumping around in the buff.

When he is in the shower, join him wearing a thin top or t-shirt. When it clings to your skin, he'll be delighted.

Move lots of plants into your bedroom so you will feel like you are in the jungle. Put on a nature CD to enhance the illusion.

When you are close to coming, hold your muscle in a sustained contraction. It will reverse the blood flow and can prevent ejaculation.

If you enter her from behind, rotate your hips while you penetrate to stimulate her vagina in different places.

Buy him a piece of [erotic underwear](#) that has a hole cut out for his penis and ask him to wear it. See if he will wear it all day to work to build the anticipation. His penis will rub against his pants all day and will constantly feel the friction.

If her clitoris isn't overly sensitive, try gently rolling it between your thumb and index finger.

Slowly squeeze your husband's penis as he enters or withdraws with your vaginal muscles.

Give your husband a lingerie catalog or drive him to a lingerie store and ask him to pick out one piece he would like you to model for him.

Use caution with products that market themselves as “body glides.” They are often made of silicone, which may be dangerous if absorbed by the body.

WASH YOUR HANDS before touching her genitals. Even the salt from your skin can cause her to burn or get an infection. Her chemical balance is very delicate and doesn't appreciate getting off kilter. Be sure to wash all the soap off your hands as soap will burn too.

The best lovemaking isn't a one-time thing, but is created because the intimate bond between the two of you is already there from daily hugs, kisses and affirmations.

Take that lovemaking session you recorded and splice it up between sensual music like Ravel's *Bolero*.

To make your penis appear larger, trim your pubic hair.

For every 35 pounds overweight you are, your belly engulfs your penis by one inch. Lose weight and get a longer penis.

Wrap your long hair around his penis and trail it up and down his body.

If you want to introduce any nude photos into your lovemaking, get a camera with a timer and take some of yourself. Your partner needs no others to turn him on (if he does, he has a problem).

A female orgasm can actually release enough endorphins to get rid of a headache.

When he isn't looking, place a small ice cube in your vagina for him to be surprised by.

Darting your tongue in and out of a guy's ear can actually bring some men to orgasm.

Visit the art museum together and check out the nude sculptures and any erotic artwork. Then go home and create your own. When you are done explain your pieces to each other and be inspired for some artful lovemaking.

PLEASE clip your nails and clean under them before touching a woman's sensitive parts. They can inflict serious pain and infection.

If you plan on performing oral sex on your guy, first suck on his fingers as though they were little penises. It will rush the blood to the real thing.

Here's an oral sex tip called "Twanging the Guitar". Put his penis in your mouth and flick the top of it at the frenulum (the ridge that runs up and down the penis). Pretend you are twanging a guitar string.

When you are giving your guy a blow job, try humming while the shaft is in your mouth. Then change the tone or pitch to drive him wild.

Men love the feeling of being deep throated but it is quite rare that a woman can do that. Instead, extend your mouth by putting your wet hand next to your lips. As your mouth moves up and down, accompany the movement with your hand, which is wrapped around his shaft.

When you are in the tub maneuver your darling so their genitals are under the running warm water.

Tap on the clitoris repeatedly like you were tapping on a keyboard with one or two fingers.

Try the nine shallow thrust routine by working backwards. Start with nine shallow thrusts and one deep thrust, followed by eight shallow thrusts and two deep thrusts, until you reach one shallow thrust and nine deep thrusts.

Check how scratchy your beard is by rubbing it on the inside of your wrist. That is what she will feel when you rub against the inside of her leg or anywhere else.

Take note of how and where your lover touches you. If he or she sucks on your nipples, kisses your eyelids, etc. that is probably what they would like to have done in return.

Place several fingers over her clitoris and gently vibrate like a vibrator does.

What should you do with that old underwear? Have your lover rip it off you. Offer them a pair of scissors or hint that you are about to throw the underwear away if they would like to take them off another way. It's a perfect way to get rid of those holey underwear your husband keeps wearing. He won't mind a bit if you stick your fingers in the holes and rip it to shreds while it is on him.

It is rare that a guy with an erect penis is not in the mood. If you can get your man erect, he WILL then be in the mood.

If you don't think you and your spouse are making love often enough, schedule it. It might even make it a bit spicier knowing that a certain day or two of the week is your passion night. Knowing you are going to make love is usually a lot better than not knowing.

If you schedule lovemaking, take turns planning how and where it will take place. The planner is responsible for bringing the props and toys to the event.

Check out our lovemaking resource center at <http://www.500lovemakingtips.com/resources.htm> for even more ideas!

LUBRICANT GUIDE

Water-Based Lubricants Containing Glycerin

Brands: Astroglide, Eros Water Formulation, K-Y, Foreplay, ID, Sex Grease, Wet

PRO: easy to clean up, variety of textures, non-staining, latex compatible, some available in flavors

CON: glycerin may cause yeast infections in some women

TIP: add a little water to rejuvenate when it dries up

Water-Based Lubricants Without Glycerin

Brands: Hydra Smooth, Liquid Silk, Maximus, Slippery Stuff

PRO: latex compatible, less likely to cause irritations in women or yeast infections

CON: they tend to dry up much faster

TIP: if you are sensitive to other lubes, try these

Water-Based (Natural) Lubricants

Brands: O'My, Probe, Silk

PRO: contain natural ingredients like kiwi, hemp, aloe and grapefruit seed extract; latex compatible

CON: doesn't last as long as lubes with artificial ingredients

TIP: still might irritate even though it is natural

Silicone-Based Lubricants

Brands: Eros, Eros Woman, ID Millennium, Wet Platinum

PRO: stay wet the longest and latex compatible

CON: potentially unhealthy if absorbed by body and they never wash out

TIP: Wet's After Wash cleans up the easiest

Oil-Based Lubricants

Brands: Vaseline, baby oil, Crisco, Wesson, variety of lotions and massage oils

PRO: most are cheap and easy to find

CON: Will break down condoms, can cause vaginal infections and hard to wash out

TIP: Don't use if you are going to have intercourse

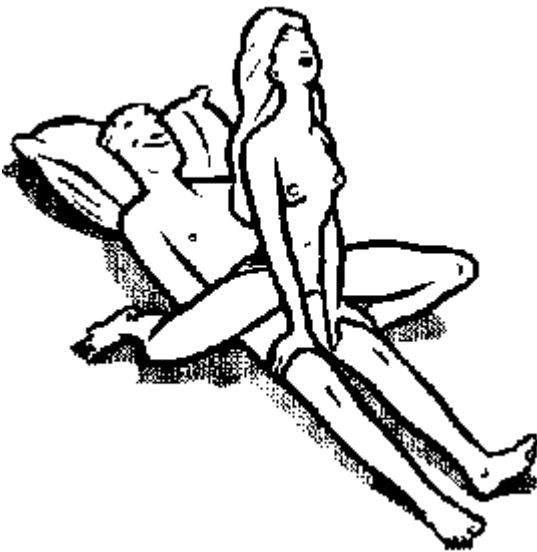
LOVEMAKING POSITIONS

There are books out there (the Kama Sutra for instance) that describe or depict dozens if not a hundred or more sexual positions. The reality is that there are maybe 8 or so basic positions with slight variations for each. Many of the positions described in some books could only be done if both of you were extremely fit gymnasts or double jointed. Other positions are just plain uncomfortable and have very little if any pleasurable benefit.

You will probably end up with three to five basic positions that work very well for you. You might find that only two or three positions can bring you or your spouse to orgasm. You will probably want to switch positions one or two times during a lovemaking session to focus on different body part and pleasures (helps to minimize the “wet spot” too).

Here are some positions you might want to try out if you haven't already. Try each out two or three times so you can do it without wondering if you are doing it correctly. Even moving an inch in one direction can dramatically change the feeling and intensity of a position so take your time to find the best angles for the both of you.

WOMAN ON TOP *Woman Facing Away*



The woman straddles her man while facing his feet. With this position, she has good control and possibly deep penetration. The more she leans forward, the better the view he gets of her bottom and can even rub her perineum. Now she can give some attention to your scrotum and thighs, which are more difficult to touch in other positions. She can also lean back for additional stimulation.

Reverse Missionary



Identical to the traditional missionary except that she is on top. Just as in the other position, the person on the bottom has their (his) legs together and the one on top has them spread. This is probably the easiest position for a woman to climax because she can control the friction to her clitoris and/or G-spot. Since you typically want the women to orgasm first, this would be one of your first positions and then you could move to a position like missionary or rear entry where they guy has full control for his orgasm. You can vary your leg positions by both spreading your legs or alternating the one who has them spread and the one who has them together.

Women Astride



If the guy props his back and head up with pillows, he can get a great view in this position and both get to enjoy deeper penetration. Additionally, he can touch/suck on her breasts and massage her clitoris. She is basically kneeling over him, with knees down on each side of him while he is on his back. She can start this in basic reverse missionary and slowly draw her knees up or sit on him right away. If she is too heavy on your pelvis, she should lean back on your thighs.

MAN ON TOP

Missionary



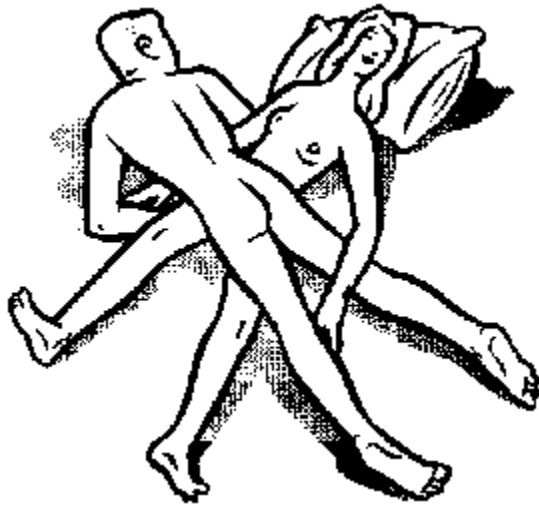
This is the most commonly known position, although not the best for most. It is probably the most ideal if you want to get pregnant and it is great for guys because it gives them full control. Guys need to support themselves with their hands or elbows so their partner isn't flattened. Although most women will want her man's stomach resting on hers for that skin to skin contact. You can look deeply into each other's eyes and still kiss in this position. However, most women cannot climax this way.

Knees to Chest



This position is similar to above with the lady bringing her knees to her chest and wrapping her legs around his neck. If she is not flexible enough she can put her feet on his chest. This position will allow for deeper penetration and will stimulate the back walls of her vagina.

Cross Buttocks



This is a good position for keeping your weight off your partner. You can start in the typically missionary position and rotate to the left or right to form an "X" or begin in that position. Thrusting will stimulate the sides of her vagina for a different feel for her. Most guy's penises are not really circular but more oval in shape so that will make it feel unique as well.

Seated Missionary



If you feel like you are crushing her in the standard missionary position, this is a good alternative. Her knees are bent and her legs spread open with you sitting between them. As you slowly scoot closer and closer to her you can slowly slide into her vagina. You will be able to see the action, although thrusting and penetration is limited.

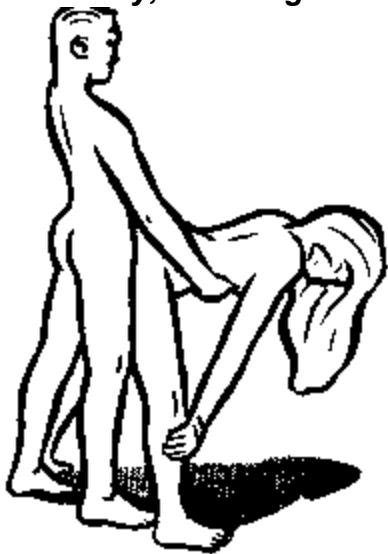
REAR ENTRY

Classic Rear Entry, Kneeling



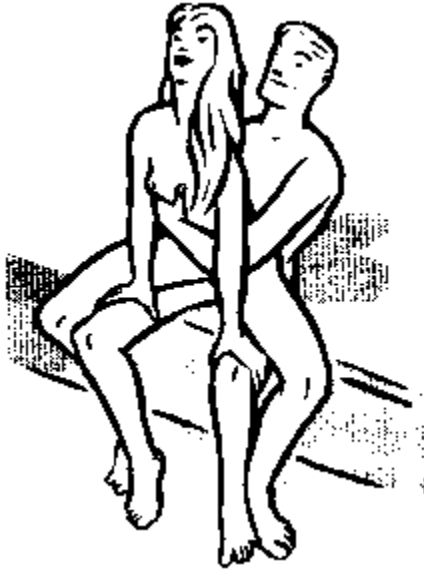
Practically every animal species utilizes this position so it is a natural one for humans to enjoy as well. Although you won't have face to face contact (unless you use the mirror tip) there are many benefits. This is one of the best positions for hitting her G-spot and allows you to fondle her breasts, stomach, clitoris, back, neck and other sensual spots. Even she can touch her clitoris in this position. She kneels before you (some women enjoy it more if their head is down on a pillow) and you enter her from behind. The main benefit for the guy is a view of her beautiful bottom and being able to see the action while getting incredibly deep penetration (above average guys need to be careful as deep thrusts might hit her cervix which can be quite painful).

Rear Entry, Standing



This is very similar to the kneeling rear entry. The main difference is that both of you are standing. She leans over and puts her hands on her knees, on the bed or a counter top. The benefit from standing is that you have more freedom for thrusting although your legs might get tired more quickly. If the guy is significantly taller, find something for her to stand on to bring her up to his height.

Rear Entry, Seated

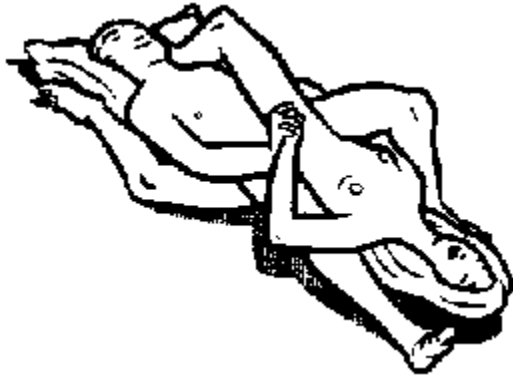


You sit on a chair or the edge (or corner) of the bed and she lowers herself onto your penis. This is a good position when you are outside of the bedroom and have access to a chair. Again, both of you have access to her breasts, abdomen and clitoris for additional pleasure. However, in this position, the other work is all up to her. She has to do the thrusting in and out.

ADVENTUROUS

The following positions can add some spice and variety but are better as early or intermediary positions. Many, if not most, couples could not use them for climaxing.

Scissor Position



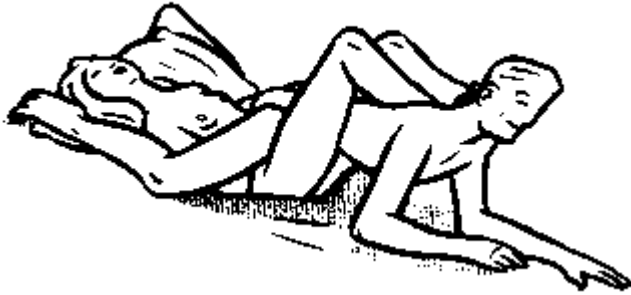
You almost have to see the picture to see how this works. Begin with the Woman Astride position with full insertion as she faces you. Have her put one of her legs under your leg and grab hands while she lays all the way back. You can't thrust but you can move your hips around for a little stimulation. Either of you can sit up without disturbing the other.

Squatted Kneeling



This is not a position you should attempt if you have a bad back. The guy kneels down and she sits on his lap, straddles your legs and inserts the penis. You wrap your arms around each other and come close together and kiss if you desire. She bounces up and down on the balls of her feet to control the minimal amount of thrusting that is possible. You can lose a few calories with this position.

Man on Top, Facing Away



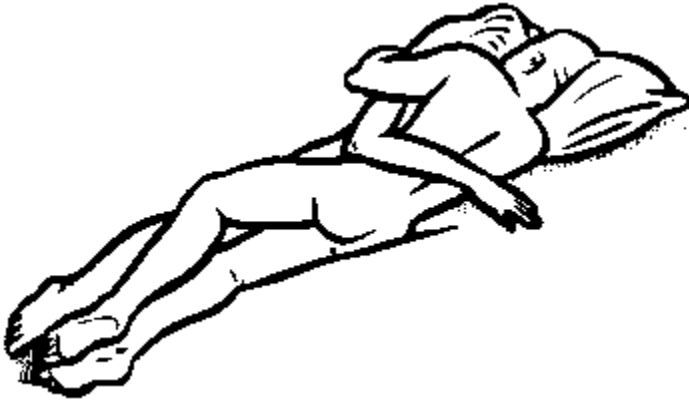
She lies on her back and instead of putting his face next to hers like the missionary position, the guy puts his face down by her feet while he makes penetration. She will need to have her legs spread apart for that to be possible and when that happens, she can put her feet up on your back if she desires. He can support himself with his arms, which will allow him to thrust backwards.

The Spoon



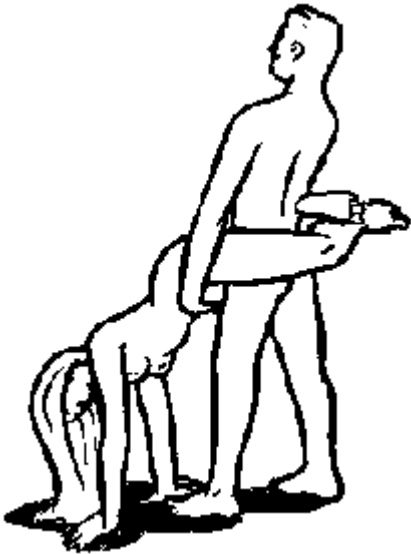
This classic position is good when you don't want to exert much energy or for guys who are heavy. You both lay on your sides facing in the same direction. She lifts her knees up and he enters her from behind. You can't get too much penetration or thrusting in this position but it is one of extreme closeness when you mainly want to snuggle. If she sleeps in the nude, this is a good way for him to get some middle of the night action without her having to do very much. This position is also a good option if you are pregnant.

Side Embrace



This position often begins in the man on top or woman on top missionary style positions. You simply roll over to your sides while still inserted. Penetration will vary as you move your legs and knees in various positions. Again, difficult to orgasm because you can't thrust much and the friction might not be there for the lady. But it is an extremely intimate pose.

Standing Wheelbarrow



Have you ever done human wheelbarrow racing? You use the same position except while naked. She supports herself with her hands on the ground and he lifts her up by her thighs and penetrates from behind. You have to be in good shape to keep this up for very long. You can actually "wheelbarrow" around the house while you try this out.