

## IDEAS TO ADD SPARK & SIZZLE IN THE BEDROOM

- Sex is like Gorilla Glue-It secures everything!
- Make it a VERY high priority-At LEAST 2 times a week
- Identify and then ATTACK all excuses (hormones, too tired, etc.)
- Focus ALL attention on HIM entirely "It's all about you babe."
- Buy a deadbolt for the bedroom door, give as a gift to him, and USE it!
- Turn off the TV/Kindle/Texts, etc
- Bring on the Bling (wear nothing else) Use that jewelry!
- Have him paint your toe nails
- Blindfold him, & use silk scarf, feathers, or even your hair on his skin
- ASK what kinds of clothes he likes (garter belt under a dress?)
- Try toys of all sorts, be OPEN to new ideas, be first to imitate sex
- SNOGGING time (kiss like you were teens!) Gross yer kids out!
- M A S S A G E with oils, lotions & lots of new potions
- Talk/text/email 'dirty' if he likes it (be VERY careful with this!)
- Role Play: use costumes, or create a scene & act it out
- Turn your bedroom into a Boudoir: Satin Sheets, black out curtains, light dimmer, candles, Relaxing Pandora music ready
- Daydream about your upcoming time/date hours before
- P r o l o n g foreplay as long as possible
- Name your signature 'sex stunt' i.e.: 'The Gazelle' (Keep it 'your' secret)
- Open your eyes the whole time...
- Read up! (on-line, or buy books) to learn new positions/use of 'props'
- K E E P H I M G U E S S I N G / I N T R I G U E D.....
- Reminisce together: 'Do you remember the time we both....??!!)
- No chit-chat for 10 min. after s e x .... then LISTEN well!
- "Forget" your underwear & tell him so as you enter a public event
- Put on a 'Wet T-Shirt' contest & let him judge
- Plan, then secretly "Kidnap"/Take him away for a night/weekend
- Leave lingerie in his wallet, on the steering wheel, or even milk carton
- GIFT ideas: edible panties, light dimmer, satin sheets mint foot cream, sample lube taped to the back of his work badge. Surprise him!
- Try on sexy clothes for him at stores/peruse catalogs together
- Tell him (with saucy details) your favorite sexy time with him
- Get outside in nature, go to a new city, states, & country if possible!
- Sex in new places: Hotels, balcony on Cruise Ship, Tent, Beach...
- Splurge for a Couples Massage or Mud Bath together
- Take a nap at noon to be ready that night (Tired sex isn't great sex)
- Shop for Hats & then wear only them during sex
- Bring a tray of food to bedroom: Eat/share/feed each other (spaghetti, kiwi,) & then enjoy ON each other- Eat an ice-cream cone together!