

33 SELF-CARE PLEASURE PRACTICES

for More Sexual Desire & Better Sex

FOREPLAY FOR THE SENSES

- Slowly relish every sip of your fav cup of tea.
- Take a shower and feel the sensation of water.
- Linger in a hot 3 bath with your
- fav oils and salts.
- Massage your whole body with
- Stroke your body 5 all over, slowly, every inch.
- Treat your 6 breasts to a sensual massage.

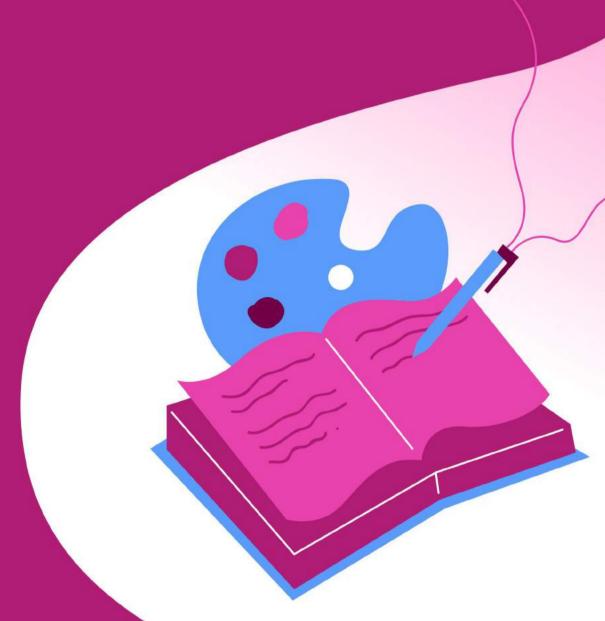




- Tease your body with feathers.
- Play with your 8 favorite plush fabric.
- Take a slow walk in nature and 9 take it all in.
- Savor every bite 10 of your fav treat.
- Lose yourself in 11 your favorite music.
- Play with different foods 12 on your skin.

TURN UP YOUR IMAGINATION

- Journal your desires; 13 no desire is too big or
 - small.
- Paint the scene of 14 your best sex ever in words.
- Explore erotica and 15 let sexy stories set the mood.
- Envision your fantasy 16 sex scene and paint it in words, colors or figures.





STIR UP PLEASURE with MOVEMENT

- Dance like no one's watching. Dance for 17
 - you!
- Move into meditation with 18 your fav song.
- Belly dancing is 19 pure sensuousness.
- Play dress-up with 20 lingerie — for you.
- Shake it out! 21

LET YOUR SOUL **COME ALIVE**

22 soul.

23

it's orgasm for the

Let yourself cry —

- Savor silence and the intimacy of nothingness.
- Afternoon nap. No 24 rush. Nuff said.
- Have a full-on belly 25 laugh.





TURN UP THE SEXY!

pussy and feel the 26 power.

Breathe into your

- Treat yourself to an 27 internal vaginal massage.
 - Play with your

28

clitoris, exploring

Play with clitoris, 29 exploring different

motions.

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pressure.

Explore internally with a dildo.

Explore your

- nipples with 31 sensual touch.
- an altered state of 32 consciousness and pleasure.

Breathe yourself into

allowing body to 33 experience waves of orgasm.

Play with edging,

BONUSES FOR EXTRA FIRE

34 practices 1-12 with self touch practices 27-31 for increased stimulation.

For more sensation: combine any of the sensual

- Self pleasure need not be solitary. Explore practices 27-31 in the arms of your partner. 35
- your body in the mirror moving in undulating waves that are 36 guaranteed to wake up sexual energy in your pelvis.

