

33 SELF-CARE PLEASURE PRACTICES

for More Sexual Desire & Better Sex

FOREPLAY FOR THE SENSES

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



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

TURN UP YOUR IMAGINATION

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



STIR UP PLEASURE with MOVEMENT

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



LET YOUR SOUL COME ALIVE

- 22 | Let yourself cry — it's orgasm for the soul.
- 23 | Savor silence and the intimacy of nothingness.
- 24 | Afternoon nap. No rush. Nuff said.
- 25 | Have a full-on belly laugh.



TURN UP THE SEXY !

- 26 | Breathe into your pussy and feel the power.
- 27 | Treat yourself to an internal vaginal massage.
- 28 | Play with your clitoris, exploring pressure.
- 29 | Play with clitoris, exploring different motions.
- 30 | Explore internally with a dildo.
- 31 | Explore your nipples with sensual touch.
- 32 | Breathe yourself into an altered state of consciousness and pleasure.
- 33 | Play with edging, allowing body to experience waves of orgasm.



BONUSES FOR EXTRA FIRE

- 34 | For more sensation: combine any of the sensual practices 1-12 with self touch practices 27-31 for increased stimulation.
- 35 | Self pleasure need not be solitary. Explore practices 27-31 in the arms of your partner.
- 36 | Combine 20 with 19 and belly dance in your lingerie. Watch your body in the mirror moving in undulating waves that are guaranteed to wake up sexual energy in your pelvis.

