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Category: Additional Sex Toys for Men

Subcategory: Additional Sex Toys for Men

Tip: New Life for Old Toys

Old toys become new again with a little creative thinking. Take for example the cock ring, a classic sex toy for men. Typically, a cock ring is placed at the base of the penis to apply gentle pressure and keep the penis harder longer by keeping in place the blood that has rushed to the penis (thereby making it hard). Some cock rings, such as the Screaming O Vibrating Couples Cock Ring, are outfitted with an extra portion at the top, designed to stimulate the woman's clitoris during intercourse. These cock rings can be revamped for masturbation play. Instead of using the ring on the penis, insert two (or more) fingers through the hole. Then insert your fingers into your partner's vagina. Let the clitoral stimulator do its work while you simulate penile penetration with your fingers. Mix it up by using your tongue to stimulate her.

Subcategory: Male Sex Toy Tips

Tip: Using A Sex Toy Guide

If you're confused about what sex toys are available, you may need the help of a sex toy guide. Guides like these are invaluable. They can show you not only what is on the market, but keep you up-to-date on popular items. Most importantly, you can learn how the toys are used and how to keep them in great working (or playing) condition.

Category: Additional Sex Toys For Women

Subcategory: Women's Sex Toy Tips

Tip: Discreet Pleasure For Women

Originally designed by the Japanese, ben-wa balls offer discreet pleasure for a woman. The two gold-plated balls are inserted into the vagina. Here, they roll against vaginal walls and against each other, sending vibrations of pleasure to the wearer. No one will ever know you're using them...except for the smile on your face, perhaps!

Tip: Sex Toy Or Sculpture?

A newer dildo on the market could easily be considered a work of art. Made of tempered glass, these handcrafted dildos don't necessarily look like "the real thing," but rather an artistic rendering. More like a beautiful crystal sculpture that would not look out of place on top of your mantle or on a coffee table! The sheer beauty of a glass dildo makes it a

collectible piece of art as well as a great sex toy for women.

Category: Afterplay

Subcategory: Afterplay

Tip: The Sleepers

This group of afterplayers is probably the most common. After a bit of cuddling, these lovers roll curl up and go to sleep. Typically, those who engage in very rigorous sexual activity are likely to fall into this category, as they've exhausted their bodies through strenuous physicality. Making love is a wonderful way to ease yourself into a deep and healthy sleep. As long as communication is healthy in the waking hours of your relationship, there's certainly nothing wrong with a good old snooze after sex! Bonus Tip: More active couples who wish to try sex as a way to unwind, may take a tip from The Sleepers. After sex, pull each other close and rest quietly in each others' arms. Concentrate on matching your breathing patterns. Let this quiet rhythm lull you into sleep.

Tip: What is Afterplay?

The moments after making love are just as important as the ones before and during. Unfortunately, they are often overlooked in a Mission Accomplished kind of way. For example, when we meditate, the idea is to maintain mindfulness even after we finish the mediation session. In a way, the same goes for sex. We all know the stereotypical ideas of how men and women react differently to the post-coital state: Men like to sleep, women like to talk. In truth, each person is different. I know of women who love to curl up and sleep, and men who love to do an immediate play-by-play rehash of the sex they just had. Takes all kinds. The important thing for couples is not to take these afterplay moments for granted. Since sex is an act of deep intimacy, the period immediately afterwards should honor that exchange. I'm not saying you need to light candles or sing songs of praise to one another. However, do whatever it takes to respect the moment. The tips in this section will give you a few specific ideas, but you and your partner will need to decide what works for you.

Category: Alternative Sex

Subcategory: Alternative Sex

Tip: Role-playing

If you've never tried role-playing with your partner, please do. It's a mind-freeing and

inexpensive way to open up your entire relationship. In daily life we can get stuck in the roles society has laid out for us—colleague, wife, husband, mother, father, sibling, etc. When we find a trusting partner to play with us outside of our own personal boxes, it can result not only in great sex, but also in a sense of empowerment away from the bedroom. The scenario you choose can be anything at all, but do choose one that thrills you. I know that may seem obvious, but many people have trouble coming up with “good” characters. Forget qualifiers like “good.” The more into the character you choose, the more you'll commit to the role-playing. Here are a few ideas:
Masseuse/Client (This is great for beginners...and you can get a nice sensual massage as well!)
Strangers meeting for the first time (A good one for recharging long-term relationships.)
Teacher/Student
Boss/Colleague
Police/Perp
Doctor/Patient
Be sure to be supportive of each other and stay in character until after the game has ended. Always make some transition time with each other afterwards.

Category: Anal Sex

Subcategory: Anal Sex

Tip: Anal Sex Q&A

Let's start by clearing up some questions about anal sex. Q. If I enjoy anal sex, does it mean I'm gay? A. No. No. No. And, no. Next question? Q. Isn't anal sex unhealthy? A. It can be if you don't take proper safety measures. The rectum carries infection-causing bacteria. Always use a condom during anal sex, and change it every time you switch to vaginal or oral sex and back. Q. What if I start and I don't like it? A. This is when anal sex becomes oral: Say something. Of all types of intercourse, anal sex requires that both partners are comfortable with verbal communication. Whether male or female, you have to trust your partner enough to relax and enjoy the experience as well as to speak up if you're having discomfort. Q. Is anal sex dangerous? A. Not at all. As long as you start clean, use protection, go slowly, and remember that anything that is used to penetrate the anus must have a flared base to avoid it slipping entirely into the rectum. Q. So, if anal sex is so great why isn't it more popular? A. Oh, but it is. It's just that many societies have a stigma against this kind of intercourse for religious or personal reasons. The truth is that anal sex can be highly pleasurable for both partners. There are several nerve endings around the anus that, when stimulated, can enhance arousal. And for men, the anus is the route to stimulate their prostate gland, usually causing a cataclysmically fantastic orgasm!

Tip: Bonus Tips For Women

When you have become accustomed to anal sex and both of you know the speed and angle(s) that you prefer, you may try double penetration. The first time, I'd suggest that your lover penetrate you vaginally while you wear a butt plug or insert a small dildo into

your anus. Butt plugs are preferable, since they stay put. As you get more flexible with dual pleasure, you can switch to penile anal penetration with a dildo or vibrator in your vagina.

Tip: First-time Anal Sex: Men

Men tend to have more reservations about anal sex, due to the (unfounded) concerns that enjoying it may question their masculinity. Even those men who agree with digital (finger) penetration may draw the line at other objects like butt plugs and dildos being introduced. Regardless, here are a few tips for first-time anal play. Try it the first time during fellatio. Your partner should be sure you are well aroused. Using a decent amount of lubricant, coat the anus as well as one finger (usually the middle one). Be sure fingernail is clipped short and has no jagged edges. An alternative is to slip a condom over the finger. While continuing fellatio, your lover should trace around the outside of the anus, stimulating the nerve endings there. (Most men find this to be arousing enough, but it gets better.) Slowly ease the finger into the anus, stopping briefly after each knuckle, until the entire finger has penetrated him. Begin to draw small circles with your finger inside his rectum. Some men may not enjoy in-out movements, but you can always try both to see what works. Prostate Gland Stimulation: Curl your finger toward the front of his body (as if gesturing, "Come here."). As you continue with oral stimulation of the penis, press and stroke this area. Sometimes just constant pressure does the trick. Always be on alert for your lover's guidance and communication. Remember: This is not a conquest; it's supposed to be pleasurable.

Tip: Stimulating the Male G-spot

Besides offering intense pleasure, stimulating the male g-spot -- the prostate gland -- is also very good for a man's health. Male vibrators designed for expressly this purpose can be found in any sex toy retail shop. Look for smaller, thinner versions of the female G-spot vibrators -- both have a distinctive curve at the head. Using a decent amount of lubrication (or a lubricated condom), insert the male vibrator into the anus so that the curve "points" forward, toward the front of the body. Begin on a low vibrating setting and move up as you feel more comfortable and turned on. Stimulation of the prostate in this way provides a unique level of sexual pleasure for a man and also exercises the gland itself, which can assist in preventing prostate cancer.

Category: Dildos

Subcategory: Dildo Tips

Tip: Need A Hobby? Collect Dildos!

One of the oldest sexual aides in history is the dildo. Not only is it an ancient symbol of

fertility, the Greeks used dildos made of wood or leather as sexual toys, although they were called "olisbos." (In fact, olive oil was, at that time, the lubricant of choice!) Today, in the universe of dildo adult toys varieties are just about infinite. Certainly there are enough fascinating models that could amount to an impressive collection.

Category: Erotic Lingerie

Subcategory: Erotic Lingerie

Tip: Buying Lingerie for Your Partner

Buying hot lingerie for your lover can be risky. Be sure you know his/her size, as well as taste. Remember you are buying the item(s) for both of you. What you may think will look fantastic on your partner could make him/her self-conscious – and that's a real turn-off for all involved. Before you go shopping, find a clever way to discover how your partner feels about hot lingerie. Ask what his/her favorite item might be. Once you have your answer, take a quick peek at one of his/her pieces of underwear to get the right size. BetterSex.com has an entire line of hot lingerie that ranges from elegant baby doll dresses to sneak-a-peak bra and panty sets.

Tip: Dress Up and Get Down

Sometimes it's nice to stop being you for a while and take on the role of someone or something – else. Donning a sexy costume can accomplish this goal quite nicely. An interesting thing happens when we dress up: Our personal inhibitions can fall away. We clean the slate, feeling free to try new things. Shy women may consider dressing up as a pirate or a belly dancer. More dominant women can try the role of angel, nurse or schoolgirl. Play your opposite. That goes for men, too. Introverted men may wish to find costumes of superheroes or gangsters. Boisterous guys might try a "perfect dad" costume, milkman or even a shy scientist sexy costume.

Tip: Lingerie for All

The naked body is a beautiful thing to behold. But sometimes not showing it, but rather hinting at it is sexier. This is the idea behind erotic lingerie. Even if you never thought of yourself as the lingerie type, give it a try. Here are a few ideas for beginners: Women Start with something comfortable. Silk or satin teddies are a great choice. They provide torso coverage, while still giving teasing hints at your curves. Choose colors that reflect the mood you want to relay: Lighter tones for playful innocence and darker ones for sultry sexuality. Men Lingerie for you doesn't necessarily mean thongs or bikini-style briefs – although these are excellent for showing off your package, as it were. If you do choose sexy underwear, try pairing them with something unexpected and subtle, such as wearing them under jeans. (When you strip, he or she will flip!) Another great

choice is a short, silk robe. Wear nothing underneath it, and stay in it as long as you can. Your partner will love the feel of silk on his/her naked body.

Category: Foreplay

Subcategory: Foreplay

Tip: Oral Sex Redefined

One of the biggest (and simplest) parts of foreplay actually happens before you hit the bed: Talking. Try this tip when you want to initiate sex. (It works extremely well with a new lover.) Ask your partner, "What turns you on the most during sex?" Open the floor for communication. Be sure to express that you're ready to hear anything, no matter how odd it may seem. If you do hear something that seems strange to you, don't react as such. Remember, you're not necessarily going to be expected to do whatever s/he says. Just listen right now. Chances are, your partner will take up the challenge and ask you the same question. Answer honestly. Often this will begin a discussion about mutual likes and dislikes. As the discussion gets more titillating, speak softly and look your partner in the eyes. Be ready for talk to switch to action! Bonus Tip: Remember what your partner said during your sex talk. Try to find a natural way to incorporate his/her turn-ons into your sex together.

Category: Intimacy

Subcategory: Intimacy

Tip: Mutual Meditation

If you and your partner lead busy lives, sex may become just another thing on the To Do List. Whenever you both have the time to become intimate, pay it the respect it deserves. In other words, unless the moment dictates otherwise, don't leap right into sex. Take a few minutes for mutual meditation beforehand. It's easy: Sit opposite each other, close your eyes and breathe together. Clear your minds of the day's events and focus your attention on your partner and the pleasure you would like to give him/her. Some couples also like to connect physically during this exercise by holding hands or even leaning forward and placing their foreheads together. Mutual meditation is a wonderful way to help your minds catch up with your bodies, creating a more fulfilling act of love.

Tip: Sleeping Together

Sleeping is one of the most intimate acts two people can perform together. When we

sleep, we are at our most vulnerable. It takes a lot of trust to share that vulnerability. Even though we sleep everyday, couples should not take for granted how important it is to engage in this activity together. The next time you share your bed with your partner, take a moment to acknowledge—if only silently—the comfort of having that person next to you all night long. Sex is a great way to communicate, but sleeping together lends an even deeper sense of intimacy between individuals. Enjoy it.

Category: Long-term Loving

Subcategory: Long-term Loving

Tip: Mark Your Territory

A quick and easy tip for spicing up your long-term love: Have sex in every room of the house. Not all at one time, of course, but over the course of about one month. It's a great game. Not only is it fun to do, it's possibly even more fun to fantasize which room will be next and how you'll utilize it. A few pointers: Chairs without arms are fantastic for female superior positions. Kitchen sex can incorporate nibbles from the fridge or cool water from the sink tap splashed at just the right moment. Bathtubs and showers are obvious, but try using ledges and/or (sturdy!) towel racks to anchor yourself. (Don't use shower curtain rods unless they are bolted to the wall. Trust me on that one... Ouch.) Bedrooms are obvious too, but try making love in another part of the room...like the closet or an easy chair. Sex on the desk in her office... You can even incorporate a little role-playing into this one. Sex on the living room floor is dreamy, if you set up blankets and pillows like a steamy slumber party.

Tip: Sex and Aging

Unfortunately, sexuality and aging is a subject that has been somewhat taboo. For some, it conjures an uncomfortable image of our parents or even grandparents, “getting it on.” Well, guess what? We, too, are going to age—and our sexuality will necessarily come into new phases as well. I doubt that many of us are willing to accept an age where our sexuality will simply fade away. Certainly some of us will “mellow out” with age, not needing as much sexual activity. On the flip side, just as many of us experience an increase in desire. Even better news is that older adults are perfectly capable of sexual pleasure and orgasm even in much older years. As for the physical changes, many can be overcome with a few tools. Women can overcome vaginal dryness with the use of personal lubricants. Radically decreased sex drive can be addressed with hormone replacement therapy (HRT) in women, and drugs like Viagra for men. Try looking at the positive side of change: If you and your partner need to take things more slowly due to physical constraints, you can use this down-time to develop new and exciting ways to make love. For younger people sex has basically two steps: physical stimulation/foreplay and intercourse. Now that you have more time to enjoy

each other, try exploring each other's sexual depths through sensual massage, sharing fantasies, deep embraces, and more. Aging does not have to mean an end to our sexuality. To get a good idea of how your sexuality will be affected as you grow older, take a look at your sex drive now. Chances are if your attitude toward and enjoyment of sex is healthy now, it will continue to be well into your advanced years.

Tip: Sex and Parenthood

Being a parent offers the best of us enormous challenges as it is, not the least of which is keeping a once-active sex life alive. For any new parents – whether it's your first child or your fourth – a few obstacles are almost certain to arise. Exhaustion: Between the baby's off-kilter sleeping schedule, feedings, changing, and more, the very thought of making love can seem like some far-fetched luxury! The good news is that babies do sleep. Try to be flexible enough to take advantage of the time you have to yourselves. Even sharing a cuddle during your baby's down time will increase intimacy between the two of you. Physical Changes: Vaginal dryness is perhaps one of the most common experiences among new mothers. Breast-feeding can increase due to the decreased amount of fluid in your body. Try using a lubricant. Today many are even made with a woman's physiology in mind. Physical Pain: In general, most women are able to have sex without discomfort after about six weeks. Don't be discouraged if it takes longer; every body adjusts at its own pace. There are many ways to make love without penetration, such as intimate touching and sexplay (like mutual masturbation). Overall, remember that there is no "right" time to become sexually active again after having a baby. What counts more than anything else is the love and affection you and your partner show each other. By being loving with each other, you're also developing a healthy child who will grow up to find joyfulness in love.

Tip: The Beginning of a Beautiful Relationship...

Whether you're a virgin or are simply having sex with a new partner, the first time can be nerve-wracking. How do you know it's the right time? Will you be able to perform? Will your partner think you're a good lover? Relax. Most of what you're stressing about has no bearing on the first time in bed with someone. Think about it: How could you possibly know what s/he likes if you've never made love to him/her before? And vice versa. Essentially, you both are bringing to the bedroom all the past experiences you've had with other lovers and/or by yourself. Some of what you know may work, some won't. There's no hard-and-fast rule for being a stellar lover, so drop that notion and start fresh. Here's where the art of sexual communication is key. Think of this new love as blank canvas on which the two of you will jointly create a work of art. Start slowly, listen to your partner's desires, watch his/her body language, and ask questions. I assure you that even the most inexperienced lover can become a master by treating each encounter as a new and treasured adventure.

Category: Lubricants

Subcategory: Lubricant Tips

Tip: Fun Lubricants

Who says sex lubes can't be fun? Besides the slippery sensation lubes offer, many have flavors and scents to help take lovemaking to a whole new level. Oral sex can get a boost when you smell and taste flavors like chocolate, vanilla, strawberry, and even bubble gum. Spicy lubes are available that taste of cinnamon and tingle on your skin. As you can see, some lubricants put the fun in function!

Category: Massage

Subcategory: Massage

Tip: Why Massage?

Most couples think of a physical relationship only in terms of sex. However, another wonderfully intense way to be physically intimate with your partner is through massage. Massage allows you to pay close attention to your lover's entire body with no time limits or expectations toward progressing toward sex. When we make love, oftentimes the focus of our attention is the "goal" of orgasm. Naturally, our attentions turn to the genitals as a result. With mutual massage, the pressure to perform and the goal-oriented path are both alleviated. Massage is also a fantastic alternative for couples abstaining from sex for health or personal reasons. Massage opens up energy channels in the body, allowing natural vitality to flow more freely through the body. It can be relaxing or invigorating, depending on the pressure and speed you choose, as well as the types of oils or lotions you use. Most importantly, massage brings you closer to your mate. Silent touching brings a whole new mode of communication to your relationship. The best part is, couples can use massage when their relationship is thriving, but also when things are not going as well—it's a perfect way to heal emotional rifts.

Category: Masturbation

Subcategory: Masturbation Tips

Tip: Be Your Own Lover

Stand in front of a mirror naked. If this is a little too daunting for you, take a moment to prepare yourself beforehand. As you undress, think of a moment you were incredibly

turned on. Or consider a time when you were most pleased with yourself. When you regard your body in the mirror, imagine it is not you looking at yourself, but a lover. Isolate sections of your body and say something positive about each. You'll probably gravitate toward all the sections you don't like about yourself first; it's human. But if you do, be sure to say something—anything—positive about them. Remember, it's not Your Sexual Self talking about your body; it's a lover. For example, look at your shoulder. Note its curve. Touch it. You might say something like, "You have such soft skin." Or stare into your own eyes. What would you say to yourself if you were your own lover? Bonus Tip: Masturbate, but imagine another version of yourself is making love to you. For this exercise, your ideal lover is you.

Tip: Masturbation 101

Masturbation is often the first way we learn about sex. Technically, it involves the self-manipulation of one's genitals toward sexual release (orgasm). Sexual release is not required, however, for masturbation to be an enjoyable experience. It is quite normal to begin masturbating at an early age. Over the years, learning our own bodies and the way they receive pleasure, makes us better equipped to learn about others' and express our desires as lovers.

Tip: Masturbation Aides

Masturbation techniques vary from person to person. Often they involve using one's hands and/or fingers. Many people use additional masturbation aides as well. Popular tools include vibrators, dildos, and rubber sleeves (for men). However, a masturbation aide might also be something as simple as running water in a bathtub or rubbing against a pillow.

Tip: Myths About Male Masturbation

Let's debunk a couple of common myths about male masturbation. Masturbating frequently will not make your penis longer. Nor will it have a negative effect on the amount of healthy sperm you produce or your ability to have children. Conversely, not masturbating will not affect your health negatively, either.

Category: Oral Sex

Subcategory: Oral Sex

Tip: Give Her Your Digits

As your partner gets more aroused during cunnilingus, you can begin introducing your fingers into the mix. Use one or more well-lubricated fingers to penetrate her vagina,

simulating your penis. Again, start out slowly and build up a faster rhythm, while simultaneously penetrating her more deeply. (Don't forget to keep up the tongue action.) Your lover will let you know with body language or oral (sorry for the pun) indicators such as moaning or quickened breathing patterns. Bonus Tip: At the point where you think you're finished performing, continue for another few minutes. Trust me, she'll be thankful.

Subcategory: Oral Sex Tips

Tip: The Definition of Oral Sex

By definition, oral sex (also known as oral-genital sex) is the sexual stimulation of genitals by use of the mouth and/or tongue. This may sound technical and perhaps unappealing, but with the right skills, oral sex is immensely pleasurable. And not just for the partner on the receiving end! Oral sex can be a wonderful way to connect with your partner and add variety to your sex life.

Category: Orgasms

Subcategory: Female Orgasm Tips

Tip: How To Let Go

Everyone is able to experience sexual pleasure. But many women in particular claim never to have achieved orgasm. One of the reasons for this is an emotional withdrawal due to feelings of shame or insecurity concerning sex. A way to remedy this is to remember that sexuality is normal, healthy, and necessary. Next time you are alone or with a partner you trust, try relaxing and keeping this in mind as you engage in sexual activity. Forget the goal of orgasm and let yourself simply enjoy the sensation of being touched.

Category: Safe Sex/Sex Without Sex

Subcategory: Safe Sex/Sex Without Sex

Tip: Fun with Condoms (Yes, it's Possible)

Does anyone really like using condoms? Whether we do or not, condoms are a necessity. So, here's an easy tip to make using one more fun: Break up the interruption of putting on a condom by having your partner do it for you...with his/her mouth. Unwrap the condom. Place the tip in your mouth, and press down with your lips, pushing out excess air in the tip. The rolled edge should be sticking out of your lips. As though

you are about to kiss the tip of your partner's penis, place your lips at the top of the penis, positioning the condom. (Keep the condom Use your lips (and mouth) to slide the condom down the length of the penis. You can use your fingers to help unroll the condom, if needed.

Tip: Mutual Masturbation

Mutual masturbation is perhaps the most gratifying safe sex act ever discovered. It combines the thrill of voyeurism with the intimacy of seeing your lover in bliss. There is no touching of body parts (except your own, of course), so the risk of infection is nil. (Be careful of bodily fluids making contact, however.) Some couples may be averse to sharing such a private act, but I beg you to give it a try at least once. By sharing this act of pleasure, you drag it out of the dark of possible shame and into the light of a more connected state between the two of you. Besides all that, it's hot. Seriously.

Tip: Tasty Protection

Spice up your oral sex play with FDA-approved flavored condoms. These innovative and protective sex aids are available from major condom brands like Trojan and Durex, and come in flavors as wide-ranging as orange, raspberry, cinnamon and even chocolate. A word to the wise: Don't overdo it with flavored condoms. Use them as a once-in-a-while treat; the novelty will wear off fast if you don't. Also, since you need to use new condoms for each sex act, be sure to choose complementary flavors (such as strawberry, then orange or chocolate, then cherry).

Category: Sex Education

Subcategory: Sex Education Tips

Tip: Cyber Sex Education

A quick and easy way to learn about sex it by visiting sex education websites. These websites are far from pornographic sites that simply serve to titillate. A real education can be gained by these helpful online resources. Many can help answer your questions about anything from love oils to orgasms.

Tip: Introducing a New Sex Video to Your Partner

If you're planning to introduce a new sex video into yours and your partner's life, you may wish to watch it alone the first time. When we watch sexually explicit material with others, we sometimes become more concerned about how our partner is reacting to what's on-screen, and forget about our own reactions. Some people may be downright embarrassed to watch sex videos with others – at least the first time around

– so previewing in privacy may be the best way to familiarize yourself with the sex video before sharing it with your partner.

Tip: Sex Ed Tips from Professionals

Sometimes the best adult sex education comes from the professionals. Not doctors, but adult film stars. Here are some suggestions from which you both can benefit: Want it. Want it bad. Nothing is a greater turn-on than being desired. Show your partner you're passionate about being intimate with him/her. Luxuriate in the anticipation of making love. You can accomplish this verbally or with body language. Oral sex isn't a chore – nor is it a reward for "good behavior" in the relationship. Adult movie actors always seem to enjoy going down, don't they? So should you. As comedian Robin Williams once advised, "Pack a lunch and stay the day." Enjoy your body. Save the complaints for commiseration sessions with your pals. A partner who is comfortable in his/her skin reflects a sexiness that is irresistible.

Tip: Sex On The Silver Screen

The adult movie industry has made great strides since the old days of "stag films." With developments in film and video technologies, adult movies are looking and sounding better than ever. The public's desires have been heard as well, and now many films are so well-written and acted that they have attained the status of "erotic cinema." There are even annual awards shows -- much like the Academy Awards -- held to honor the best in adult film industry.

Category: Sex Positions & Techniques

Subcategory: Positions and Techniques

Tip: SexSpeak: Overview & Basics

"Talk dirty to me." Have you ever heard your lover ask that of you? Did it feel like the emotional equivalent of being dropped into a 100-gallon tank of piranhas? Oh, the pressure! Don't worry. "Talking dirty" has many connotations. Usually your partner is not so much asking you to whip out a stream of one-liners you'd hear in a bad porn film as to speak intimately to him/her while you make love. Defined in general terms, "SexSpeak" is the stuff you say to your lover in the height of passion. Beyond the moans and groans of pleasure (which are undoubtedly delightful), SexSpeak is the articulation of your arousal in spoken language. At its most basic form, it comprises phrases like "Oh, baby," "Yeah, right there," "Oh, my god," etc. But for the connoisseur, SexSpeak can actually serve as a technique that will bring your lover to new heights of pleasure. Try using a few encouraging phrases in your next lovemaking encounter. Remember that when you express yourself during sex by using verbal language all you

are doing is giving your partner a green light. Simple SexSpeak (like the examples given above) serves to do one thing: it lets your lover know that you are enjoying yourself.

Tip: What Position Is Best?

There is often a lot of debate about which sex position is best to achieve orgasm. Of course, the answer varies from person to person, but many men find the missionary position the best for them. When the man is on top of the female, he has more control to move as necessary to reach the level of stimulation he needs. Even some women find this the easiest position, as they can accommodate deeper penetration, thereby increasing arousal. Many women, however, prefer the female on top -- or female superior -- position, as it allows for easier manual stimulation of the clitoris.

Category: Sex Swings & Furniture

Subcategory: Sex Swings & Furniture

Tip: Reviews of Love Swings

If you are not convinced that a love swing is for you, why not have a look at what others are saying? The Internet is full of sex swing reviews for you to read. (Here's a preview: Most of them are raves.) Do all the research you need before purchasing this sex toy. It is a bit of an investment, but for those who enjoy it, it's a must-have addition to a home sex collection.

Tip: Sex Swings Work For Anyone

A fantastic sex aid for those needing a little extra boost or mobility is the sex swing. Most swings hold up to 200 lbs., more if the swing has a spring attached (usually up to 400 lbs.). Since sitting in the sex swing takes pressure off your muscles, those with limited mobility can trust the strength of the swing to hold them aloft. Sex swings also rotate 360 degrees, so your partner can move you into a wider variety of positions that may not have been possible before. People who experience back pain will love the effortless suspension of the sex swing, as well.

Tip: The (Sex) Swinging Life

Perhaps one of the most fun sex toys ever created is the sex swing. You and your lover can enjoy complete freedom of movement in your lovemaking. Most swings are easily installed in a door frame or ceiling and are completely rotatable. That way, you can enjoy your favorite positions without stress or strain. And you may come up with a few new positions as well!

Category: Sex Toys & Games

Subcategory: Sex Toys & Games

Tip: A Couple That Plays Together...

Once you and your partner have reached a level in your relationship where you feel comfortable with each other sexually, you may wish to incorporate sex toys for couples into your lovemaking. If you're new to the world of sharing sex toys, start out with something you both can enjoy, such as a small vibrator. Take turns moving it across each other's skin, but not directly on the genitals at first. After a while, you can begin to investigate how the vibrator turns each of you on when placed on (or in) different areas of the body. Some people also enjoy more interactive sex toys for couples such as light S&M kits. These often include restraints, feathers, blindfolds, whips, clamps and more. However, not everyone enjoys using toys in sexplay, so it's best to discuss the idea with your partner before you introduce toys to the bedroom.

Tip: Lord of the Cock Rings

If you're new to sex toys, the best way to begin is with a simple cock ring. Cock rings help men stay erect longer, which results in a more powerful orgasm. There are a number of varieties on the market, but I'd suggest buying one (they're fairly inexpensive) that has a clitoral stimulator on it. These are generally made of jelly-like plastic and look like an oversized finger ring—the “jewel” being the stimulator portion. Once erect, slide the ring all the way down to the base of your penis, with the stimulation area of the ring facing out, so it can rub against the clitoris during intercourse. Be sure to remove the ring soon after ejaculation so that your blood vessels do not remain constricted.

Tip: Surprise Attack

The next time you and your lover are doing something routine—watching a movie at home, gardening, doing housework, whatever—flash your lover. You can do this subtly by, for example, not wearing a bra and wearing a loose top that exposes you when you lean a certain way. You can also spring a full-fledged surprise attack: Men can ask their lover to refresh a drink for him, then, have her return to find you bare naked on the couch. For added fun, act like nothing is different...for a minute or two, anyway.

Tip: Traveling with Adult Sex Toys

With airport security as tight as it is these days, you may be wondering how to pack adult sex toys for your next vacation getaway. Your best bet is to pack toys into your checked luggage. Your bag will most likely be checked, but not as thoroughly as your carry-on can be. Try to bundle adult sex toys in their own carrying cloth, bag or case

within your luggage to avoid the glaring obviousness of a dildo or a strap-on harness lying amid your cargo shorts and tank tops. If you do decide to keep your toys in your carry-on, be prepared for questioning, especially if the toys may be misconstrued as potential weapons. (Some metal or glass items may be questioned.) Keep a sense of humor about it, and you'll get through security in no time.

Tip: Watersports

It's said that if you dream about water, you're actually dreaming about your sexuality. It's easy to understand why: It's soothing, supportive, and comforting. (In fact, water was our first home, in the form of amniotic fluid.) Making love in water is an experience not to be missed. The lapping of waves against your skin, your bodies held afloat and weightless... However, many people find it difficult to achieve full penetration while submerged. This is due to water being sucked up into the vaginal canal, filling it and leaving less room for the penis. There is an easy way around this problem. If you're making love in a bath or hot tub, simply lift your bodies just above water level at the time of penetration. In a larger body of water, you can either swim to a more shallow area and do the same, or the woman can keep water from entering her vagina by not fully relaxing the vaginal muscles until the time of penetration. Hard to do when you're aroused, but since water is a natural lubricant, chances are you'll be able to move toward penetration a little faster than you do on dry land. Bonus Tip: Any excess water can be expelled from the vaginal canal by simply using the same muscles to push it out.

Category: Vibrators

Subcategory: Vibrator Tips

Tip: The Future Of Vibrators

Women are complex creatures. Their sex toys are no different. Because they need a variety of stimulation, a great sex toy for women is one that provides the perfect combination of penetration as well as clitoral stimulation. Many vibrators are now being created that do just that. They're big-sellers, so there's probably a chance even more varieties will be developed in the future.

Category: Women and Sex

Subcategory: Women and Sex Tips

Tip: Role Reversals

In the world of lovemaking, balance and variety are important. A stereotypical scenario is that men initiate sex and women agree to or reject it. This can get boring for anyone! If you find yourself playing the same roles over and over again, try switching them. You may be very pleasantly surprised by the results.