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Category: Afterplay

Subcategory: Afterplay

Tip: The Quiet Types

Sometimes silence is golden. Lovers who have been together a long time or who are lucky enough to have that unspoken connection in their lives both in and out of bed often also have the ability to convey their feelings without speaking aloud. Typically, sex for these people is a way of talking, so there's not much if anything to be said after the physical act has finished. Resting quietly in each other's presence is enough to round out the connection made during sex...and stay connected in those moments afterwards. Unfortunately, many people are uncomfortable with silence. They think their partner may be covering something up or avoiding something. That's why the Quiet Types who engage in peaceful silence immediately after sex are usually couples who know each other well and trust each other deeply. Bonus Tip: To become a Quiet Type, make a pact of five minutes of total silence after making love. Hold each other and say nothing for five whole minutes. As you rest in silence, let your mind clear and concentrate on the soothing physical presence of your lover.

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.

Category: Alternative Sex

Subcategory: Alternative Sex

Tip: Promises, Promises

This is a game that's a lot of fun for creative couples. Find a box and cut a slit in the top of it. Put the box and a pad and pen somewhere away from possible company, like in the master bathroom or on your bedroom bureau. Every day for one week, each of you write down a sex "promise" you'd be willing to make to your partner and put it in the box.

Try to make it something out of character for you both, something you've never done before. At the end of the week, randomly pick one of the promises and work it into your next lovemaking session. If you do it right, you should have fourteen exciting sex ideas to try.

Category: Anal Sex

Subcategory: Anal Sex Tips

Tip: Anal Sex Basics

In essence, anal sex involves penetrating your partner's anus with a penis, finger(s), a dildo, or another anal sex toy, with the goal of experiencing mutual pleasure. But for many, anal sex can be a bit daunting. The first fear is usually the pain factor. In fact, the walls of the anus are actually lined with very sensitive nerve endings. However, it produces no lubrication of its own. Supplemental lubrication must be used and penetration should be slow. If these guidelines are followed, anal sex can be a highly arousing experience.

Tip: Anal Sex: The Spa Vacation of Sexual Positions

Think of anal sex as the spa vacation of sexual positions. Because tender areas being penetrated, it's necessary you and your partner relax and take your time -- just like you would on vacation! And what vacation is complete without a few fun toys and gadgets? Anal sex toys are a great option once couples are more comfortable with the basics of anal sex. From butt plugs to dildos to vibrators to anal beads, there are plenty of options for adventuresome lovers who want a holiday...any day of the week.

Category: Dildos

Subcategory: Dildo Tips

Tip: Dildo Vibrators: The Best Of Both Worlds

If you like a combination of penetration and vibration during sex play, a dildo vibrator is the choice for you. The versatility of these sex toys allows you to have the best of both worlds. Use the shaft for penetration, then adjust the vibrator speed to the level that gives you the most comfort and pleasure. Or you can use the vibrator and dildo functions separately, depending on your mood.

Tip: One Is Never Enough?

If you are lucky enough to have a lover with a perfect penis, why not treasure it forever by cloning it? Not genetically, of course, but with a dildo kit. Perfect rubber replicas can be made of your partner's penis using a special mold. It's a great way to spend a fun evening with your lover. And at the end of the project, you'll have your favorite penis ready for you whenever you want it!

Category: Erection

Subcategory: Erection Tips

Tip: When Erection Difficulty Happens...

At some point in nearly every man's life he may experience erection difficulty. In most cases, there is no cause for alarm. Difficulty achieving or maintaining an erection once in a while is a very normal occurrence. It can be caused by something as simple as every day stress. If difficulties continue over longer periods of time, it's best to seek the help of a medical professional who may be able to better assess your situation.

Category: Erotic Lingerie

Subcategory: Erotic Lingerie

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: Erotica & Pornography

Subcategory: Erotica & Pornography

Tip: Getting Busted

If a man catches his female partner looking at porn, it most likely won't have the same consequences as a woman catching her male partner doing the same. Don't you agree? Good. Then I'm addressing this tip to women finding their men indulging in pornography. Problem 1: You didn't even know he looked at porn. Solution 1: Now you know. Okay, he could have told you, but it's not so easy for most men to admit they're lost never mind that they like to watch women in bikinis break into spontaneous sex with each other while washing a BMW. It's not exactly smiled upon in our struggling egalitarian society. Problem 2: If he has you, why does he need it? Solution 2: He doesn't need it; he likes it. Men are visual creatures. If he's watching porn now, chances are he did before he met you. The closer you get as a couple, the more it may drive him to a comfort act from his singlehood. It's probably nothing more serious than that. Bonus Tip: If you walk in on him, please don't flip out. That's not going to get you anywhere. Apologize and leave him to it. Most men will want to cover themselves, literally and figuratively. At least offer him the rest of his private time, and table any conversation you may want to have until later. If you have concerns with pornography and are troubled that a) he's getting turned on by what you perceive to be the exploitation of women, or b) that he's spending more time watching porn than he does making love to you, you have every right to talk with him about it. Just not at that moment. If you have no issues, my favorite option is of the "if you can't beat it, join it" variety. It's certainly a great way to show he doesn't have to keep secrets from you. And it's fun.

Tip: Meeting Halfway

So, you're into sex videos and s/he isn't. Well, happy day, there's a meeting point halfway between: Educational Sex Videos. Developed by experienced sex professionals (doctors, not porn stars), these videos often use real-life couples to act out educational sex tips that serve to improve the sex you have with your partner. By watching these videos together, you'll have the opportunity enjoy the voyeurism of sexuality while both of you view it as a learning tool toward empowering your personal relationship.

Category: Foreplay

Subcategory: Foreplay

Tip: #1 Sex Tip for Women: Confidence

If there's one thing men want women to know about sex, it's this: You are sexy. If you weren't, he wouldn't be there in the first place. The biggest turn-off for men is a woman who is self-conscious about her body and/or her sexuality. Sex is communication. The more self-conscious you are during sex, the more your partner will be apt to become self-conscious himself. Even the most comfortable lover will begin to withdraw in the

presence of a partner who is doing the same. No one is expecting you to abstain from sex until you are madly in love with your own body. But at least suspend your self-criticism while you're making love. Bonus Tip: Live vicariously through his attraction to you. Watch his behavior toward you as you make love. Reflect his attraction to you back at him. If you do this often enough, you will begin to develop a healthier and happier sense of your sexual self.

Category: Intimacy

Subcategory: Intimacy

Tip: Sharing Fantasies

To be sexually intimate without having sex is a wonderful way to keep relationships healthy. A titillating way to accomplish intimacy is to share fantasies. This can be daunting, since many of us worry others may think our desires are strange. Here's a tip: There's probably nothing you can dream up that hasn't been thought of or even done by millions of others since the history of sex began. What's important is that you establish an atmosphere of safety and respect when you share your fantasies with your lover. As you speak, pretend you're telling an erotic story. Be specific about what turns you on in each aspect of the fantasy. As you listen, shut off your own desires for now and be receptive to how your lover is getting turned on. It's a great opportunity to get to know each other in a way others never will.

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.

Category: Lubricants

Subcategory: Lubricant Tips

Tip: Choosing A Lube

Some lubricants are made of glycerin, which can become sticky or stain sheets and clothing. Water-based personal lubricants are odorless and non-staining. Many also come in a gel format. This ensures that the lube won't drip where you don't want it. A quick tip: If a water-based lube dries up before you are ready to wash it off completely, all it takes is a few drops of water to reactivate it.

Tip: Types of Lubes

The standard personal lubricants are typically colorless, odorless, and flavorless. At their most basic, they are designed to offer moisture where it is lacking. Specialty sex lubes, however, can offer a lot more variety. Some heat up with friction. Others are flavored, which can serve as an aide for those who like a little variety when giving oral sex. Personal lubricants can also be used by one person alone, during masturbation.

Category: Masturbation

Subcategory: Masturbation Tips

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: Mutual Masturbation

A wonderful way to connect with your lover in a very intimate way is to masturbate together. You and your partner can masturbate each other -- that is, caress each other's genitals. Another option is to masturbate in front of each other. By sharing your own pleasure with your partner, you are simultaneously developing a closer bond with him or her as well as showing him or her exactly how you like to be touched.

Tip: Self-love Tips

When it comes to masturbation, anything goes. It's really up to the individual how he or she prefers to experience sexual pleasure. Here are a few basic masturbation tips. First, get comfortable! Allow your body to relax and become full of positive energy.

Remember masturbation does not have to be solely a means to get off; in reality, you're making love to yourself.

Tip: Women And Masturbation

Masturbation is often seen as a forbidden topic, especially for women. In reality, female masturbation is quite common. In fact, sixty to eighty percent of American women have masturbated at some point in their lives. Interestingly enough, when recent testing was done on this subject, only eighteen percent of American adults were aware of that statistic.

Tip: Your Sexual Self

Make a list of 10 things you like about your sexuality. (Yes, it may sound cheesy at first, but do it anyway.) If you get stuck, think about aspects of your character that even some lovers might not know about you. Or use these questions to spark some ideas: 1. What is your first sexual memory? 2. When did you first discover your own body, sexually? 3. How do you honestly feel about sex? 4. When was your first sexual experience with another person? Was it positive? Negative? Are you indifferent? Why? 5. What was the best sexual experience you have ever had? What made it so? 6. What does "sexy" mean to you? 7. Would you say that you are a sexual person? That is, do you consider sex an important part of your life? Why or why not? 8. How satisfied are you with your current sex life? 9. What are your top three strengths as a lover? 10. What are your top three weaknesses? What do you need to turn them into strengths or eliminate them entirely? Bonus Tip: Start a Sexual Journal. Take some time once a week to jot down your experiences, thoughts, and questions. Here are a few suggestions about what to add in your journal: New Positions to Try (with a section for notes once you've tried them) Fantasies Sexual Tools Stories Poems Drawings Article Clippings New Ways to Communicate Sexually

Category: Oral Sex

Subcategory: Oral Sex

Tip: Analingus: The Other Oral Sex

Often overlooked in the world of oral sex is analingus, or lip and tongue stimulation of the anus. Although many see this as a strictly homosexual activity, nothing can be farther from the truth. In fact, if you're already giving oral sex to your partner, you may

incorporate anilingus into the act. However, this type of stimulation requires a more caution. Start with a clean anus and a clean mouth. You both may choose to shower together beforehand. It's nice foreplay. Never move from anus to vagina or anus to penis directly. You'll need to rinse with antibacterial mouthwash first. Don't forget to swish with water afterwards; the mouthwash may sting your lover's sensitive skin. If you wish to include both anal and oral play, put a dental dam (latex sheets similar to saran wrap) over the anus. Both men and women have thousands of nerve endings around the edge of the anus, so this kind of stimulation can be incredibly pleasurable. There's no reason to avoid this kind of stimulation, just be safe about it.

Subcategory: Oral Sex Tips

Tip: Is Oral Sex Normal?

Some people are reluctant to give oral sex. This can be due to a number of reasons, ranging from religious beliefs to personal negative associations with the act. Oral sex is a perfectly natural method of pleasing your lover. It's an ancient, worldwide practice, in fact. One study put out by the Kinsey Institute shows that over 90 percent of married couples engage regularly in oral sex.

Category: Orgasms

Subcategory: Female Orgasm Tips

Tip: Finding The Clitoris

Perhaps one of the most elusive spots in a woman's anatomy is her clitoris. In fact, it is not so difficult to find. The head, or glans, of the clitoris is located just below the top of where the inner lips of the vagina meet. There is often a small flap of skin protecting it, and once lifted, the clitoris can be seen quite clearly.

Category: Safe Sex/Sex Without Sex

Subcategory: Safe Sex/Sex Without Sex

Tip: Aural Sex

Next time you're both in the mood, try reading some erotic stories to each other. There are plenty of compilations of fine erotica to be found in any bookstore. Find a collection you both will enjoy. Choose one story apiece, and read it out loud to your lover. Bonus Tip: Both of you can get naked for story time. Don't allow your lover to touch you as you read. Make sure you get through the whole story!

Tip: Be a Body Buccaneer

Close your eyes. What does the bottom of your lover's right foot look like? Don't know? Have you ever seen it? Time to fix all that. Get naked together. Choose a place where you are most comfortable, either in bed, in a bath, or even lounging on the couch. Take turns exploring each other's body. For each place you touch, try to invest as many senses as you can in the action. For example, if you touch the small of your lover's back, feel the hairs under your fingertips. Smell the scent of his/her skin. Taste it. What are the sensations you feel in your body as you do this? Take your time on each area. Don't rush! It may feel odd, but keep going. And it's perfectly okay to laugh and have fun while you investigate each other.

Tip: Condoms: Not Just For Men Anymore

Condoms are not just for men anymore. Female condoms provide women and men with an additional choice to protect themselves from both unintended pregnancy and the transmission of diseases. The female condom is inserted in the vagina, and protects it as well as the cervix and external genitalia. Since it loosely lines the vagina, it is not tight or constricting. Another great perk is that it can be inserted before intercourse, so it will not interrupt sexual spontaneity. Also, the female condom does not need to be removed immediately after ejaculation.

Tip: Creative Condoms

More and more people are waking up to the importance of protected sex. Condom companies have begun to take notice. Now, condoms are made in a wide variety of styles and sizes. In this way, both partners receive maximum benefit. Some condoms have "ticklers" on the tip, to help with female stimulation. Others are pre-lubricated, some with Nonoxinol-9, a spermicidal agent. There are also condoms that come in vibrant colors and patterns...or even glow in the dark!

Tip: Heavy Petting

The practice of "heavy petting" probably conjures up an image of two teenagers grappling in the back of a steamy-windowed car. However, petting is a wonderful prelude or alternative to actual intercourse. Petting is defined as touching or rubbing against a partner's body in a sexual manner, toward release. There are, however, many variations on a theme as far as heavy petting is concerned. One of the most fun for long-time couples is to spend an evening petting instead of making love. Begin as you normally would begin a lovemaking session, only this time, restrict yourselves from actually having intercourse. Knowing this ahead of time will make the petting session even more intense. Remember, there's no rule against having an orgasm, just no penetration. See how creative you can get! Bonus Tip (for the truly adventuresome

and/or truly horny): Keep your clothes on.

Tip: Keeping Your Safe Sex Education Up-to-date

When it comes to your sexual health, finding updated information can be difficult. Many don't even know where to begin searching. While there are plenty of magazines and books available on the subject of safe sex, medical advancements in this area are occurring rapidly. How should you keep up with the times? The most recent safe sex information is best obtained from your health care provider or by searching reputable resources online.

Tip: Make Safe Sex Fun

No one likes to think of sex as a hazardous act. But it doesn't have to be a hassle to practice safe sex, either. Keep condoms near the bed (or wherever you make love) for easy access. That way the momentum of foreplay will not be diminished. Putting your partner's condom on for him can also be a continuation of foreplay. Find ways to incorporate safe sex into your lovemaking to ensure mutual health and happiness.

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.

Category: Sex Education

Subcategory: Sex Education Tips

Tip: Aftersex

One of the more overlooked aspects of making love is "afterplay." The Kama Sutra, India's oldest sexual guide (available in print and also on video, in truncated form), warns against ignoring the importance of the moments just after making love. This is a perfect opportunity to connect deeply, as you have both just completed a very personal connection. Contrary to popular thought, it's not necessary to talk after sex — although this can be a great time to discuss your sex life or other intimacies between you. If nothing else, close touching and holding after sex is key to rounding out the act of making love.

Tip: Choosing Adult Films

If you and your partner are interested in watching an adult movie to spice up your sex life, but don't know which one(s) to watch, get some feedback from friends about what films they like. Chances are that their tastes will be similar to yours. If nothing else, you can gather up a few different ideas about film styles, titles even favorite performers. Take your research and hit the adult video store with your partner. Don't forget to have fun shopping & keep your options open.

Tip: Sex Education Has Come A Long Way, Baby

Remember the old sex ed film strips from high school? Usually they featured a doctor in a lab coat pointing to diagrams of human genitalia. Luckily for adults, sex education videos have come a long way. Most are still produced and narrated by doctors, but these days the videos are more helpful in that they feature actors who demonstrate sexual positions and scenarios to better educate us.

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: A Sex Technique Basic For Women

One of the best sex technique tips a woman can learn is that men are sensitive, too! Particularly the head of the penis, which increases in sensitivity proportionate to arousal. When performing oral sex, for example, most men prefer not to receive constant or hard pressure on the penis head. Most often, harder pressure can (and should) be applied to the shaft of the penis. But remember that there are thousands of nerve endings present. Even though an erect penis looks like it can take it rough, check with your partner to see what kind of pressure he prefers.

Tip: Debunking The Kama Sutra

Did you know that the ancient Indian text, The Kama Sutra, (or Aphorisms on Love) was not intended as a sex manual? The writings on sexual union were only a portion of the books deeper message of spiritual wholeness. (See? This whole sex-as-communication thing is making more sense now, isn't it?) Today, we view The Kama Sutra as a kind of How To book for exotic lovemaking positions. True, the book does offer manipulations of sexual union that are guaranteed to change up the normal routine of man-on-top/woman-on-top. Let's not forget, however, the other, deeper message of The Kama Sutra—and indeed the point of all sexual intimacy we share with our partners—that two human beings are coming together to communicate love with their bodies. Any new sexual position you try isn't simply a trick to keep love alive, it's also a fresh way to communicate with your partner.

Tip: Man-on-Top: “The Anvil”

This position is ideal for deep penetration, and it only requires one shift from standard missionary position. Instead of the woman's legs stretched out (or lifted) on either side of the man's hips, in the anvil position, the woman raises her feet above her partner's shoulders. Minor flexibility is needed for this position, but not as much as you might think. The more flexible the woman is, the closer her partner can bend down to her, but the deep penetrative effects can still be gained from the couple remaining essentially in a ninety-degree angle.

Tip: SexSpeak: Intermediate

The next level of SexSpeak takes the same idea of basic SexSpeak and fine-tunes it. They move beyond finite phrases of encouragement like “Oh, yeah,” which are the equivalent of “I like what you're doing; keep it up.” Because pleasure is subjective, your partner may have received the information that you like what s/he is doing, but s/he may not know why. Or, more specifically, what is it that is going on that is giving you pleasure. The idea here is to educate your lover so that s/he knows precisely what is turning you on. The information gets filed, stored, and now your partner knows how to better please you. Not to mention the fact that most of us get a real charge out of being able to give pleasure to our partners. In a way, by employing SexSpeak, you're performing a service to you both. Got it? Good. Moving on.

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: Tantra And Sex

Like The Kama Sutra, tantra is misunderstood as solely a method of sexual union. In truth, tantra is a spiritual practice geared toward unifying disparate halves of our selves, in order to become whole human beings. In what is known as tantra sex technique, sexuality becomes a symbol of the union of masculine and feminine within us. When we unite with our partners, we are basically paying homage to a union within our own souls.

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: Spinning Sex Swings

If trying new things is your game, you may wish to try a spinning sex swing. The adjustable spinning swing gives great support to back and hips, allowing you to try new positions without the burden of gravity! There's really nothing you can't try with this

swing, since most rotate 360 degrees and can hold up to 300 pounds. It gives "swinging" a whole new meaning!

Category: Sex Toys & Games

Subcategory: Sex Toys & Games

Tip: The Brain Game

Here's a classic scenario we've seen played out in countless films and television shows: Someone—the man or woman—is lying next to his/her partner, in a state of what should be post-coital dreaminess, but his/her gaze seems far away. His/her partner looks over, snuggles up and asks, "What are you thinking about?" It's a question many of us dread. Rarely is the answer, "I was basking in the glow of your wonderfulness, darling." Typically, we are thinking about some decidedly non-romantic thought like a task that has yet to be done, what the world might be like without Velcro, or, worse, how unsatisfied we were by the sex we just had. It happens. The important thing is how to deal with the thoughts we have before, during, and after sex. Consider the sex you've been having with your partner for about the last three months. With that in mind, answer the following questions as honestly and thoroughly as you can. Afterwards, share your answers with your partner and discuss.

Before Sex

1. What initiates sexual activity between you?
2. Who generally makes the first move?
3. As you begin to make love, what are your first thoughts?

During Sex

1. Would you consider yourself to be open to receiving pleasure from your partner or do you prefer to be the one giving pleasure?
2. Does your mind begin to wander during sex?
3. Do you think about your satisfaction more, less, or as much as your partner's?

After Sex

1. How do you know when sex is over?
2. What is the very first thing you do after sex? What about your lover?
3. Do you and your partner treat each other differently after sex (either later that day or the next morning, if it takes place at night)? If so, how?

Overview

1. If one partner tends to initiate/dominate, how would you feel about switching these roles? (If "switching" roles seems awkward, why?)
2. If either or both of your minds wander during sex, to what are they wandering to?
3. List three ways you help each other to stay mentally and emotionally present in your lovemaking.

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.

Subcategory: Vibrators

Tip: Protecting Your Sex Toys

An easy way to keep your phallic toys (dildo, vibrator, etc.) ready for quick use is to place a lubricated condom on them before you begin to make love with your partner or yourself. When you're ready to incorporate your vibrator, dildo, or dildo vibrator combination into the act, it will be pre-lubed, clean and ready for action. If you and your partner are sharing the toy, use a fresh condom each time -- especially if the toy is used for anal play. After use, always discard the condom and wash the dildo vibrator in hot,

soapy water.