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for Intimacy and Vitality.

4 Easy Ways to Spice Up Things in the Bedroom

Are you in a relationship that seems as if it is stalled in the bedroom? If so, your first thought may be to terminate the relationship. But, what if your relationship is long-term? What if you are married? What if you really do love your partner? What steps should you take then?

When it comes to being unhappy in the bedroom, it is important to know that ending a marriage or a relationship should only be used as a last approach. Instead, you will want to take steps to spice things up. Doing so may improve more than just your intimacy, but it may do wonders for your relationship in general.

As nice as it is to hear that you can and should spice things up and in the bedroom, you may be unsure as to how you should proceed. If that is the case, please continue reading on. Below, four easy ways that you can spice things up in the bedroom, are covered.

1. Engage in Foreplay

When you do have sex, what happens? Do you and your partner get right down to business? If you do, that may be a huge problem. Unfortunately, many couples do not realize that intimacy is more than just about having sex. It is also about having a happy and healthy relationship. If you rely on sex to make your relationship succeed, there is a very good chance that it will actually fail.



If you and your partner don't already engage in foreplay, start doing so. Also, remember that foreplay doesn't have to start in the bedroom. Call your lover, send a text message, or a handwritten note expressing your desires to get intimate with them later on.

2. Be Spontaneous

When you want to have sex, what do you do? If you actually take the time to ask your partner if they want to be intimate with you, you may be doing more harm than good. Asking first can make being intimate seem more like a chore than something that should bring you pleasure. The next time that you want to move to the bedroom, don't ask first. Just lead your partner there. In fact, who needs a bedroom?



Know that being spontaneous is about more than not talking about sex first. Ways that you can be spontaneous with your partner is to have sex at a different time, date, or place.

3. Talk About Your Fantasies



One of the biggest reasons why couples have problems with sex is because one person isn't having their desires fulfilled. If that is the case with you? Does your partner know what you like or what you want to get out of being intimate? If not, it is time for you to let them know.

Be sure to talk to your partner about your sexual fantasies and desires. What would you like to try in the bedroom? In addition to expressing your wants, needs, and darkest fantasies, be sure to let your partner do the same. Remember that both of you should walk away from an intimate encounter pleased.

4. Experiment in the Bedroom

Another one of the easy ways that you can spice up things in the bedroom is by experimenting. When doing so, you may be pleased with all of your options. For starters, you can try a new sex position. This may not only lead to extra pleasure, but fun and excitement. Sex toys, romantic or pornographic videos, and role playing are other good ideas for experimenting in the bedroom.



Remember that experimenting in the bedroom is a good way to spice up your intimacy, but be sure to use your best judgment. It may be a wise decision to first discuss making changes with your partner, as you will not want to make him or her feel uncomfortable.

So there you have it! You know have a few ideas on how you can go about spicing up things in the bedroom. So what are you waiting for? Get started today.

4 Ways to Improve Your Intimacy with Your Wife

Are you married? If so, you likely love your wife, right? Despite a deep and intense love for your wife, you may still want to see an improvement in your intimacy. After all, what man doesn't want good sex?

If you want to improve your intimacy with your wife, it is important to know that you have a number of different options. Unfortunately, many men automatically start think of the bedroom. Yes, you do want to "wow," your wife in the bedroom, but that is not all that sex and intimacy is about. In fact, that is where many marriages go wrong. Too much focus is placed on the sex or the lack of it.

To help you properly improve your intimacy with your wife, please continue reading on. A few easy to implement, yet successful approaches are highlighted below for your convenience.

1. Date Her

How long have you been married? If you have been married for a number of years now, do you honestly remember when your last "real," date was. Unfortunately, many men underestimate the power of a date. You will not want to make this mistake. If you opt just for the sex, your wife may start to feel like it is her responsibility to please you and this is not how a relationship should work.



To not only improve your satisfaction in the bed, but to improve your wife's satisfaction, take her out on a date. Many times, getting out of the house is enough to bring new excitement into a relationship. For the best level of success, choose a romantic date theme, such as a fancy dinner, a romantic movie, or a night at a nice hotel.

2. Compliment Her

When is the last time that you have paid your wife a truly nice and unique compliment? If it has been a while, it is time for you to start again. Is your wife wearing a new outfit? Has she recently started a weight loss plan? Did your wife get her hair cut? If so, be sure to compliment her. Complimenting your wife on her appearance will increase her self-confidence. This, in turn, can improve experiences in the bedroom.



As important as it is to compliment your wife on her appearance, it is also important to remember to compliment her on other areas of your relationship. Do you notice that the house is clean? Has your wife prepared a nice dinner? If so, thank her for the job well done. This will not only help to improve your relationship in general, but it can have an impact on your experiences in the bedroom.

3. Seduce Her



What is sex like in your home? Does it occur like clockwork? Do you actually take the time to ask your wife if she wants to have sex? If so, try to refrain from doing so. Yes, you may be rejected, due to a headache or being tired, but why not take the chance? Be spontaneous. Seduce your wife. Make her want to have sex with you.

4. Fulfill Her Fantasies

In keeping with seducing your wife, let her know that you want to fulfill her fantasies. It may take your wife a few times to open up about what she likes or fantasizes about sexually, but the information will likely come out soon. Give it your all to fulfill your wife's sexual fantasies. It is also important to note that afterwards is the perfect time to share your fantasies and sexual desires with your wife. In end, you may all end up being much more pleased.



As you can see, there are a number of different ways that you can go about improving the intimacy in your relationship. Please remember, however, that you want to get started in someplace other than the bedroom. Sex in a marriage is about more and should be more than just the act itself. Taking the time to date and compliment your wife will more than pay off in the end.

5 Easy Ways for Parents to Spice Up The Intimacy

Are you married? If you are, are you also a parent? If you are married and a parent, how is your sex life? Depending on the age of your children and the size of your family, it might not be great. Many parents wish that they had a better level of intimacy with their partner and on more occasions. If you are one of those individuals, there are a number of steps that you will want to take.

When it comes to intimacy in a relationship, it is important to remember that more than the bedroom and sex is and should be involved. Does your intimacy only get started when you climb into bed? If so, there may lay the problem.



If you are a parent, you will want to consider using the service of a babysitter. This will enable you and your spouse to get out of the house and enjoy time alone. In fact, you can even have a "real," date. Go to dinner and a movie with your spouse. Unfortunately, many married couples find themselves entering into a comfort zone that results in their relationship feeling more like a friendship than a marriage. Do not let your relationship get to this point. Dating is a nice and easy way to prevent that from happening.

In addition to hiring a babysitter, rely on a trusted friend or family member. What is nice about taking this approach is the comfort level. Instead of picking a babysitter out of a phone book, you are entrusting the care of your children into someone that you know and trust. This alone can result in you having a better time on a date. You may also feel more comfortable leaving your children with a trusted friend or relative overnight, as opposed to an unknown babysitter. What does this mean? It means that in addition to enjoying a traditional date, you may also enjoy a nice, sexual night of privacy, possibly at a nice hotel.

In keeping with childcare that will allow you and your spouse to spend some romantic, intimate, and quality time together, consider approaching other parents. Do you know the parents of your children's friends? If you do, consider making a monthly arrangement with them. Let them keep your kids for one night and you can do the same for them. This approach is nice, as you are likely to feel comfortable living your children in the care of another parent. Also, remember that all parents find it difficult to seek privacy and intimacy. You may be doing the other set of parents a huge favor.

As important as dating is and can be to your relationship, be realistic. Not every night can be a date night. With that said, there are still ways that you can be romantic and intimate with your spouse at home. For example, sneak in a few hugs and kisses here and here. When your wife is cooking dinner, walk up to her, rub her back, and plant a kiss on her. When your husband is walking past you, stop him and give him a quick kiss. A simple kiss is enough to show your partner that you care and want to be intimate with him, without making your children, who may be watching, feel uncomfortable or out of place.

Another unique and creative way to keep the romance and intimacy alive when you may be unable to have sex or go on a date is the use of text messages. Do you and your spouse have and use cell phones? If you do, send them a sexy and seductive text message. Let them know that you can't wait until they arrive home. Even if your partner is sitting across the room from them, send them a quick message. If you do not own or use a cell phone, know that a handwritten love note can be just as effective.

As you can see, there are a number of ways that you, as parents, can still have a happy and healthy sex life. Implement a few of these steps to help keep your relationship and its romance alive and well.

5 Signs Your Sex Life May Need a Makeover

Are you in a relationship? If you are, are you pleased with the amount of sex and intimacy that you are receiving? Are you unsure? For many men and women, this question is a lot harder to answer than it looks.



If you are unsure as to whether or not your sex life is good, it may be time for you to find out? Why because if you are pleased with the amount of intimacy that you receive, you should be sure to tell your partner on occasion. Doing so can help to improve your relationship. On the other hand, if you are not pleased with the level of intimacy received, it may be time for you to make a change, like experimenting in the bedroom.

So do you have a good sex life? To help you get an accurate answer to that question, five signs that your sex life may need improving are outlined below.

Sign #1. You Find Sex Boring

Unfortunately, many couples, especially those in long-term relationships, get to a certain point where sex just isn't fun anymore. Does it seem more like work or a chore to you? Being intimate with your partner should not seem like a responsibly that you are required to fulfill. Instead, it should be fun and exciting.

Do you reject being intimate with your partner? Do you put off going to bed with them in fear of being intimate? If you do, your sex life may need an improvement or a change.

Sign #2. You Are Left Unsatisfied

If and when you do get intimate with your partner, do you achieve maximum pleasure? If not, your sex life may be in serious trouble. This is most often the case with women. Some women find it more difficult to achieve maximum pleasure in the bedroom. But, know that it is possible. You may need to offer suggestions to your partner or guide them. Whatever you do, just be sure to take action right away. A relationship where only one party is pleased, is likely to fail.

Sign #3. Sex Feels Like a Responsibility

As it was previously stated, being intimate with your partner should not seem like work or a responsibility that you must fulfill. If it does, it is time for you to change. Be spontaneous. Initiate sex yourself, as opposed to waiting for your partner to do so. Spice up your intimacy by experimenting in the bedroom with a new position or simply just have relations at a different time and place. Whatever approach you do take, be sure to do something. Do not let an otherwise healthy relationship fail because sex is something that you would rather avoid.

Sign #4. You Don't Have It

To have a good sex life, you must first be having sex. Are you? If you are in a relationship, you should be. Whether you get intimate with your partner on a daily basis or even just once a week, this closeness is important to your relationship and not just in the physical sense.

If you are currently not in a relationship, that doesn't mean that you shouldn't have or not get the opportunity to experience intimacy and closeness with another adult. Take action to start feeling wanted, needed, and loved today. This may involve using an online dating website or just visiting a bar with a bunch of your friends.

Sign #5.Your Relationship Is Failing

Do you and your partner spend most of your time arguing? If so, your relationship may be in serious trouble. Despite arguing about a topic not related to intimacy, such as money or work, did you know that your lack of intimacy may be to blame? Couples who are happy inside the bedroom are likely to be happy outside of it as well. The two should go hand in hand.

So do you have a happy and healthy sex life? If not, remember that there are a number of steps that you can take to make an improvement in your levels of satisfaction.

5 Ways to Improve Your Intimacy with Your Husband

Are you married? If you are, you likely love your husband. With that said, love isn't always enough to keep a relationship going strong. Intimacy is very important to having a strong, happy, and healthy relationship.



How is your life in the bedroom? Do you think that your sex and intimacy can be improved? If so, you may be nervous about discussing the subject with your husband. After all, your husband may wrongly get the impression that they don't satisfy you anymore. If you are interested in improving your intimacy with your husband, there are still a number of other, different approaches that you can take. A few of these approaches are touched on below.

1. Date

If you and your husband have been married for a while, there is a good chance that you haven't gone out on a date in a while. Many married couples get to a point in their relationship that is commonly called "the comfort zone." This zone is not one that you want to be in, as your relationship may feel more like a friendship. To prevent this from happening, ask your husband out on a date.

Although many wives believe that their husbands should do the date asking, you sometimes have to take hold of the situation yourself. Now may be one of those times. Choose an activity that is romantic, such as a romantic comedy for a movie or a nice restaurant. This can help to spark a little bit of romance and passion in your relationship, which may lead to better and closer intimacy at home.

2. Show Romantic Gestures

When it comes to "wowing," in a relationship, women sometimes think that men should do it. You will also want to "wow," your husband, like you did the first time that you met. One of the easiest ways to do so is by performing a number of romantic gestures. When out shopping with your husband, grab their hand and hold it. When walking by them in the house, give them a quick kiss. Sending a love note to work with them is another romantic gesture that you may want to try.

3. Be Sexy and Seductive

If your marriage enters into the above mentioned comfort zone, sex and intimacy may seem like a thing of the past. If you do have sex, it may seem more like a responsibly, a chore, or even work. To help reduce these feelings, be sexy and seductive. Do not wait for your husband to initiate sex and do not ask if your husband is up for it first, just get right down to business. Strip for your husband or simply just remove their clothes. Snuggle next to them on the couch and just start massaging their whole body. You may be surprised just how easy and effective it is to be sexy and seductive.

4. Be Spontaneous

As it was previously stated, do not ask your husband if he wants to have sex and do not wait for him to start. Instead, take matters into your own hands. Whether you start with a little bit of foreplay or jump right into the intercourse, do so. Your husband should like the surprise. Also, remember that being spontaneous involves having sex at different times of the day, as well as in different locations of the house.

5. Offer to Experiment In the Bedroom

To improve sex and intimacy it is important to know that a change can do you good. You may want to suggest to your husband that you experiment in the bedroom or take them up on their suggestion to do so. Remember that experimenting in the bedroom doesn't have to mean getting an additional sex partner or doing something that makes you feel uncomfortable. A new sex position may be just what your relationship needs.

As you can see, there are a number of easy ways that you can go about improving your intimacy with your husband. So what are you waiting for? Get started today.

Can Losing Weight Help Improve Your Sex Life?



Are you a woman who is unhappy in the bedroom? If you are, there are likely a number of reasons for your unhappiness. Despite the possibility of a number of causes, do you think that your weight may be to blame? If you are overweight or obese, it may be.

Since you now know that your weight may have an impact on your sex life, you may be curious what weight loss can do for you. It is really possible to improve your intimacy with weight loss? Unfortunately, the answer isn't always the same, as it tends to vary. Weight loss and its impact on your sex life will honestly all depend on you and your own personal situation.

For starters, many women make the mistake of believing that their lost weight resulted in better sex. It can, but did you know that many women are just deceiving themselves? Being intimate with your partner may feel better and result in more pleasure, but it honestly may be due to an increase your self-confidence levels. Women who lose weight do see an increase in self-confidence. This extra confidence often allows women to enjoy it better. What does this mean? It means that the sex may be the sale ole sex you have been receiving for years, but it just feels better now.

Another impact that your ability to lose weight may have on your sex life is your ability to experiment in the bedroom. Experimentation is a key to keeping your relationship "hot." One type of experimentation that you may want to try is a new sex position. Has your weight previously kept you from being creative? If so, now is your time to shine. Show your partner that you now have moves that you never even thought of trying before.

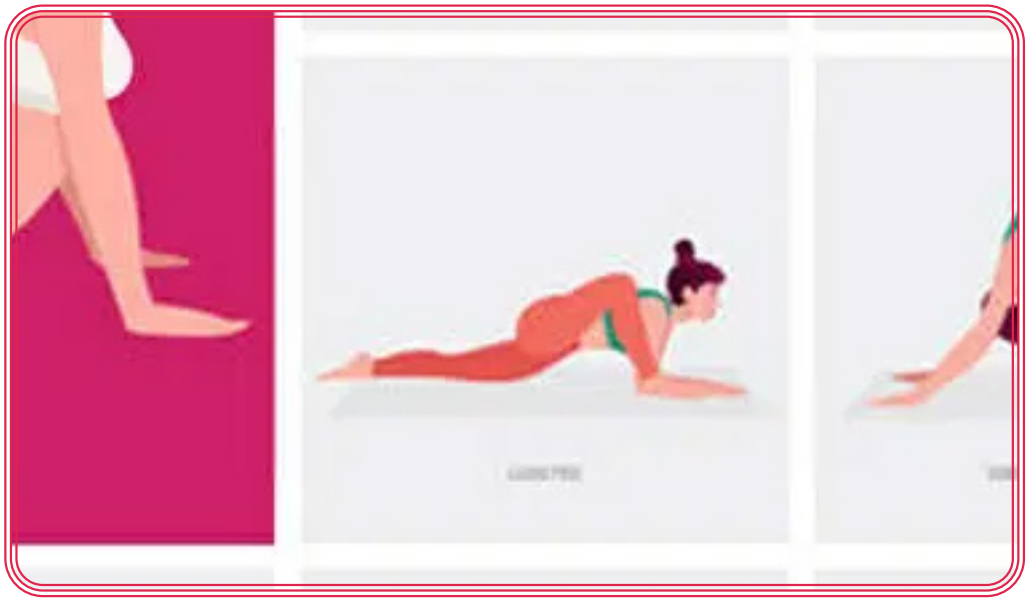
In keeping with experimenting in the bedroom, it is important to know that experimentation comes in a number of different formats. One other format is that of role playing. As previously stated, weight loss gives may women confidence. You may now have the confidence to have sex with the lights on, wear sexy lingerie, or a full-blown costume. These large steps can do wonders for your relationship, both inside and outside of the bedroom.

It is also important to take your partner into consideration. Unfortunately, this is not something that many women take into consideration. If you were to lose weight, there is a good chance your partner will like the improvement. Yes, your husband most likely loves and worships you now, but there is still something attractive about women who take steps to better themselves, especially in terms of appearance. If you do decide to lose weight, let your husband know that you lost the weight for them and to better your sex life. They will not only be proud of you, but they may also be turned on.

Since there is a good chance that your sex life will improve with weight loss, you may be interested in starting a weight loss plan today. If so, go ahead and do so. Use your need for improved intimacy in the bedroom as a source of motivation. When you can envision yourself thin and in the bedroom having an amazing time with your husband, you may find it much easier to lose weight, as well as exciting. Speaking of which, remember that a healthy diet and a strong exercise plan are needed.

The more weight you have to lose, the more your sex life may improve. With that said, be sure to use your best judgment. If you are average or thin, weight loss is not needed and can be dangerous. If you are seriously overweight, consider talking to your doctor before starting a new diet or exercise plan. Losing weight to improve your sex life is important, but don't put your body at risk just receive extra satisfaction in the bedroom.

Can Yoga Really Help You Have Better Sex?



Are you a woman who is looking to improve your sex life? If you are, you may automatically start thinking of new ways for you to experiment in the bedroom. Of course, trying new things will likely prove to be successful, but did you also know that there is a much easier and much more relaxing approach that you can take? There is and that approach is called yoga.

So yoga and sex? If you are wondering what the connection is, you are not alone. Many women automatically think that there can't be a connection there. This is because exercise and sex often aren't too activities that are used in the same sentence. But, it is important for you to know that yoga can help you have better sex.

In fact, do you have any idea how many people recommend yoga for improved intimacy? A lot of people do. These people include women, just like you, their sex partners, fitness instructors, and medical professionals. If all of these people say there is a connection between better intimacy and sex, they must be right.

What it is important to remember is that being fit in general is likely to give you more self-confidence. When your self-confidence levels are high, your satisfaction in the bedroom will automatically increase. It will still actually increase even if the sex doesn't change at all! How amazing is that?

Practicing yoga and exercising in general can also give you a better awareness of your body. This is important to having a good sex life. You may notice things about your body when you do aerobics, yoga, or just stretch. You can begin to better understand your body, its flexibility, and your limits. This alone can help to improve your sex life.

The art of yoga relies on body awareness, body movement, and breathing. Many experts claim that these three components are important to having healthy intimacy levels. In fact, did you know that your sex life with yoga will improve even if it wasn't your goal or the main purpose for you taking up yoga? That is also pretty neat.

As previously stated, when you have better body awareness, you are more likely to enjoy sex. Body awareness is one of the many foundations that yoga is built on. Being aware of your body can help to give you a better image of yourself, which can, in turn, increase your sex drive and ignite passion.

As for the breathing of yoga, it is so much more than just taking a breath while sitting on the couch at home. The breathing that yoga calls for actually helps to make your spine and your pelvis stronger. What does this mean for intimacy? It can result in better action and movement. You may find yourself being able to have sex longer. Your ability to try new sex positions successfully also improves.

Despite the fact that yoga is often referred to as a "woman's workout," it isn't. More men are starting to enjoy yoga now than before. Why? Perhaps, it has to do with what yoga can do for your sex life. After all, all men and women want to achieve maximum pleasure in the bedroom. If your boyfriend or husband is one of those men, and they should be, convince them to try yoga with you. You may very will find yourself going at it in the shower or heading to the bedroom immediately following a yoga session.

College Students and Sex: Tips



Are you a student in college? If you are, you may spend most of your time focusing on studying and your grades. With that said, it doesn't mean that you don't have other needs. You may have a need for a relationship and a need for sex. If your sex life is say nonexistent, you may be looking for tips on how to "get with the program." If you are, please continue reading on.

To have intimacy with another individual, you first need to get out and meet other people. How you do so should also depend on your wants and your needs, in terms of intimacy. Are you just looking for a good time or would you like to have a full-blown relationship? If a relationship is what you are after, consider attending on campus events, such as concerts. You may also want to join a college run program, such as a charity organization. This will help you meet other college students who are not only nice and attractive, but ones that share the same interests.

As nice as it is to have a relationship, you may not have the time or the need for a serious relationship when in college. If that is the case, you may just be after a good time here and there. If that is what you are looking for, you may want to target social events, both on and off campus. There is a good chance that a party is happening somewhere near your college this weekend. If so, go attend. Another great option is to visit a bar. If you live in or around a college town, there is a good chance that bars are stocked full of other young students who are also looking to have a good time.

As a young adult, you likely already know the importance of safe sex, but it is still a topic that needs be to mentioned. Never have unprotected sex, no matter who you are having relations with. Birth control does not protect you against any sexually transmitted diseases. There is nothing worse or life changing than realizing you have a sexually transmitted disease, even if yours can be treated or cured with medication. Don't let the lack of protection mess up your future or the good grades you have been working so hard to achieve.

It is also important to remember to keep your expectations in check. If you are looking for a relationship, do not automatically assume that your new sex partner is as well. As previously stated, those who spend their nights at parties or at bars aren't always looking for a serious relationship. Be sure to have fun and be safe, but don't automatically start thinking that the guy you are with is and will forever be "the one." This can often cause you trouble and heartbreak. Don't let anything impact your future or the grades that you are working so hard to get.

In conclusion, attending college is more than just about getting good grades and starting your future. It is also about having a good time. If you are a sexually active college student, you can continue to get your needs fulfilled while still getting the education your future needs. Just remember to use your head. Many college students have multiple sex partners so your chances of catching a sexually transmitted disease increase significantly.

Do You Have a Happy Sex Life? Signs That You May



Many couples are often curious about their sex life and how it compares to the sex life of others. In all honesty, you are able to determine, on your own, if your sex life is good, happy, and healthy. With that said, there are some common signs that you may want to look for. These signs, a few of which are outlined below, often signal a happy and healthy sex life. Are you receiving the ultimate level of satisfaction?

Sign #1. You Have a Healthy Relationship

Couples who have a healthy relationship use communication with each other and often. They are able to let their partners know when something is bothering them. Each partner understands that their relationship involves two fully committed individuals. Couples with happy and healthy sex lives often do not have unrealistic expectations or make excess demands on their partners.

Sign #2. Experimentation in the Bedroom

Experimenting in the bedroom is another sign that you may have a happy and healthy sex life. Of course, this does not mean that you and your partner have to become the next big adult movie stars, but experimentation can improve your sex life significantly. It is also important to remember that experimentation comes in a number of different formats. It can be something as simple as having sex at a different time of the day, in a different part of the house, or extended foreplay sessions. Fantasies and fetishes are fun and okay, but only if both parties agree to them. Be sure to consult with your partner before going "overboard."

Sign #3. Sex is Given Freely

In many relationships, especially long-term relationships, sex can be seen as a chore. This isn't how it should be. Sex should be something that you and your partner want, not a responsibility that needs to be fulfilled. If you and your partner are open to both spontaneously engaging in the act, you may have a happy and healthy sex life. When you have sex because you want to, as opposed to because it is your "job," maximum benefit and pleasure is achieved.

Sign #4. Sex Becomes a Regular Part of the Relationship

It is no secret that having an active sexual relationship can be difficult. With raising families, working, and other common duties, sex can often take a back seat. Another sign that you may have a happy and healthy sex life is if you don't let your day to day responsibilities and duties get in the way of having sex. Regardless of how busy you are, if you still find time to have sex with your partner, you have a healthy sex life. Just be sure to remember that sex doesn't have to be scheduled. In fact, spontaneous sex can do wonders for a relationship.

Sign #5. Sex is more than Just an Act

Contrary to what most people believe, sex is more than just having intercourse. An important component of having a happy and healthy sex life is that of engaging in foreplay. Foreplay can be something as simple as holding hands or giving a relaxing massage. Love notes, kind gestures, and doing something that your partner may not expect on a daily basis are all easy ways to keep your partner interested in you, both emotionally and physically. You have a healthy and happy sex life when the romance continues on long past intercourse has come to an end.

So, do you have a happy and healthy sex life? If a number of the above mentions signs describes your relationship with your significant other, there is a good chance that you do.

Even if you have a happy and healthy sex life now, it is important to remember that things may change. Remember that as time passes, it may be easier to let sex impact your relationship negatively. Be sure to always keep an open line of communication with your partner, especially where sex and their needs are concerned.

Does Your Sex Life Need Improving: Signs That It May



Are you in a relationship? If you are, are you currently happy, in terms of sex? Of course, it is important to make sure that you and your partner get along, have a good time together outside of the bedroom, and do not argue, but intimacy should not be ignored.

To help you determine if your sex life needs improving, please continue reading on, as a few signs that it may are highlighted below.

You don't have sex. Not being intimate with your partner is a good sign that your sex life could use a makeover. Before proceeding any farther, it is important to determine why you and your partner are not being intimate. Do you not feel the need to be? Is your work or family getting in the way? Determining the route of your problem is the best way to fix it.

In keeping with not being sexually active, the same rules do not apply to you if you are not in a relationship. If you are not in a relationship, but if you want to experience intimacy, there are a number of steps that you will want to take. First, you will want to find someone who is compatible with you. To do so, use an online dating service, a speed dating service, or ask someone that you know to set you up on a date.

If you do have sex, how often do you have it? Not being intimate with your partner enough is another sign that your sex life may need improving. When determining what is the appropriate amount of times to be intimate, you will find that it depends. A number of factors, like your children and your work schedule, should be taken into consideration. With that said, learn how to make time for intimacy, as it is an important component of having a healthy and happy relationship.

Another common sign that your intimacy may need improving is if the sex that you do have is dull, boring, and no longer exciting. Once it becomes a chore to you or it seems like a responsibility that you must perform, action should be taken. To have a happy and healthy relationship, intimacy is important. With that being said, not just any intimacy will do. You should get excited about going to the bedroom with your partner and you should end the event satisfied.

If you and your partner are growing distant, it could be a sign that your sex life needs to improve. Why? As previously stated, intimacy is an important component of having a healthy relationship. Although a relationship should not revolve around sex, it should be an important part of it. If you and your partner are growing distant, consider using the bedroom to make improvements. When you do so, you may end up seeing the rest of your relationship properly fall into place.

If any of the above mentioned signs or situations apply to you and your love life, you may need to make a few changes. The good news is that it is easy to go about doing so. If you can't seem to find the time to be intimate with your partner, make time, even if you must stay up later or get up earlier. If your sexual encounters are dull and boring, consider experimenting. A new position or the use of sex toys may be just what your relationship needs.

Experimenting in the Bedroom: Should You Make a Change?



How is your sex life? Does the thought of having sex with your partner get you revved up and excited? If not, it may be time for a change.

For many couples, the thought of uneventful sex can be looked upon as a required task or a duty, as opposed to a period of enjoyable pleasure. As relationships grow and expand in time, so should a couple's sex life. If this is not what is happening with your relationship, a change may be needed. Unfortunately, many men and women believe that change requires a new sex partner, but that doesn't have to be the case. There are a number of ways that you can your current sex partner can experiment and bring new life into your bedroom.

It is important to know that there are many new bedroom techniques and tricks readily available for couples to try. These new techniques and tricks may be just what your sex life and relationship needs. Experimentation can come in the formats of both physical and emotional. For more information on ways that you can bring new life into your bedroom, with the use of experimentation, please continue reading on.

Do you and your partner currently rely on the use of sex toys? If not, you may want to give them a try. Sex toys can make sex more fun and exciting. In fact, did you know that they can also help to make you feel young again? Toys are available for multiple uses. Concerning these items, it is also important to remember that you don't have to go into "kinky," territory. There are accessories, such as a new outfits, blindfolds, and massage oils that also fall into the category.

Experimenting in the bedroom can also involve trying a new position. As for the benefits of doing so, a new intimate position tends to increases excitement and satisfaction levels. Did you also know that it can increase the number of calories burned? While we don't always look at intimacy from the standpoint of exercise, it is an added benefit to take into consideration. If you need ideas or suggestions, invest in a new Kama Sutra book. Just remember that some positions look nice on paper, but they may be too difficult or unrealistic for you and your partner to try.

The use of romantic or pornographic movies can also be used as a way to experiment in the bedroom. Before inciting intimacy with your partner, consider starting a movie. Romantic and seductive movies can help to get you in the mood for what is about to come. You may also get new fun and exciting ideas for the bedroom. As for what you will find available for sale, subjects range from instructional sex movies all the way up to hard-core pornographic films.

Role playing can add new excitement to a sexual relationship that is in need of improvement. When role playing is involved, it is best to inquire about your partner's desires and fantasies. Ask your partner what kind of person or type of person they fantasize about. If they don't provide you with an answer, offer up a surprise. Be sure to share your fantasies and desires with your partner as well.

The above mentioned ways are just a few of the many ways that you can revive your sex life. Experimenting in the bedroom has proven successful for many couples and their relationships. With luck, it may be able to do the same for your relationship. With that said, it may be best to proceed with caution.

Before you implement these changes or ideas, discuss them with your partner. Do not make the mistake of assuming your partner will be "all game." To have a happy and healthy sex life, an open line of communication is important. Comfort is also vital. Intimacy should result in pleasure for both you and your partner, not discomfort or embarrassment.

Experimenting in the Bedroom: The Dangers of Going Too Far



If you are looking to improve your sex life, chances are you may be up for a little bit of experimenting. Experimenting in the bedroom is how many couples improve their relationships and not only in the bedroom. The only problem is that some individuals do not know that there is a line that shouldn't be crossed.

Before you suggest experimenting in the bedroom to your partner or before you start doing, it is important to know that there are consequences for going too far. Before closely examining those consequences, it is important to determine what too far actually means. Here is the problem, many individuals are unsure. You know your partner through. Will he or she be turned on with the addition of a new sex partner or sex toys or will he or she be turned off? You should know before you proceed.

As for what the consequences are to taking experimenting in the bedroom too far, your partner's feelings may be hurt. Unfortunately, many spouses and significant others believe that experimentation is needed in the bedroom because they aren't able to fulfill your desires enough on their own. If this wasn't bad enough, their mind may start to wander. Do you really want to be with them any more? Are you cheating? Will you start cheating soon?

Another consequence to taking experimentation in the bedroom too far is the view that your partner may develop about you. Do you want to add another sex partner into the mix? If you do, your significant other may start to think very poorly of you. She may think that you are sick or sex crazed. If your main goal is to improve your overall relationship, not just the intimacy in the bedroom, this is an important factor that you will want to take into consideration before suggestion something extreme.

If you take experimenting in the bedroom too far, your partner may no longer wish to have sex with you. In fact, he or she may start to avoid having any form of intimacy with you. This occurs for a number of different reasons. Typically, if your partner is turned off by what you are suggesting, they are likely to put off having sex with you, even just for a short period of time.

If avoiding sex wasn't enough, you may find your relationship coming to an end. Unfortunately, many individuals, possibly just like you, do know how big of a deal experimentation in the bedroom can be. Remember that there is a difference between trying a new sex position and having your spouse pretend to be an old girlfriend of yours or even bringing an old girlfriend into the bedroom. If you are not careful with how you proceed, spicing up your intimacy may be the least of your problems. You may find yourself alone and in an empty bed, having to start the whole process over again.

As you can see, there are a number of consequences to expecting too much of your partner in the bedroom. Experimenting in the bedroom can help to spice up your sex life, but just be sure to use your best judgment. Do not offer up suggestions that you already know your partner will refuse, as there may be serious consequences for doing so.

Experimenting in the Bedroom: Your Options Reviewed



Are you tired of having the "same ole sex," with your spouse? If you are, you may be looking for ways to experiment in the bedroom. After all, experimenting in the bedroom has been successful for many other married couples and you may experience the same results.

As much as you may know that you want to spice things up in the bedroom, you may not know how you should go about doing so. What is nice about bedroom experimenting is the options that you have. There are so many for you to choose from. Just a few of those options are highlighted below for your convenience.

Trying a new sex position is a simple, yet effective way to increase the amount of pleasure and that you receive from intimacy. Does your current sex just involve you or your wife on top? If it does, expand your horizons. There are literally hundreds of different ways that you can have sex. Starting trying them out today.

Sex toys are another great way that you can experiment in the bedroom. If you aren't already using sex toys, starting doing so. There are so many toys and accessories for you to choose from. This means that something out there will be able to heat up your bedroom. For privacy, as well as the largest selection of sex toys, consider shopping online.

Pornographic videos can also be used to heat up your bedroom. Unfortunately, many men and women are afraid to bring porn into the bedroom, but you shouldn't have to be. For example, just because your wife has never suggested watching a movie before, it doesn't mean that she doesn't seek enjoyment or pleasure from them. For the ultimate level of satisfaction, you and your partner should pick out a movie together.

In addition to full-blown pornographic films, there are also instructional sex videos available for sale and for renting. Although these videos may not be romantic or seductive in nature, they can show you new ways to have sex. As it was previously stated, there are a number of benefits to spicing up your sex positions.

The use of lingerie and sex costumes in the bedroom is another form of experimentation that you may want to try. It is an approach that you may want to take if you or your partner want to start out slow. If you are the wife, remember that there are costumes and pieces of lingerie that your husband can wear as well. You don't have to be the only one who dresses up. In fact, you can and should encourage your husband to do the same.

In keeping with dressing up for sex, role playing can also help you bring new fun and excitement into the bedroom. Role playing and costumes often go together. For example, if you have a robe and a maid's outfit, your wife can be the maid who carries on an affair with her boss, and so forth. In fact, when it comes to role playing, you have so many different options. Be sure to use your imagination.

As you can see, you do have a number of different options when looking to experiment in the bedroom. There are also many more options that you have, including the addition of a third participant. No matter which way you choose to spice up things in the bedroom, be sure to use your best judgment. Make sure that your partner is a ready and willing participate.

Having Sex After Having a Baby: Tips for Husbands



Has there recently been a new addition to your family? If so, congratulations! There is nothing more exciting or rewarding than becoming a parent.

As rewarding and as exciting as it can be to be a new parent, you may want to start returning to your normal routines. Depending on your relationship with your wife, that routine may have involved daily or regular sex. Unfortunately, many men are disappointed to learn that their sex life is not going to be what it was like before, at least right away.

If this is your first child, you may not be familiar with how sex after a baby works for women. If that is the case, please continue reading on, as a few helpful tips are outlined below for your convenience.

Most importantly it is important to give your wife space and time. She may not be ready for sex yet, emotionally or physically. In fact, did you know that women need time to heal after having a baby? Many doctors recommend waiting at least a month before having sex after giving birth. With that said, your wife may be different. She may be ready to resume intimacy sooner or later than the average, recommended time frame.

In keeping with giving your wife time, it is important to not have high expectations right away. These expectations should also include more than just intimacy. As previously stated, having a baby is exciting and rewarding, but it can also be very overwhelming for new parents, especially moms. Late night feeding sessions and fussy babies may prevent your wife from wanting to initiate sex, as well as getting many of her daily tasks completed, like cleaning the house or having dinner prepared on time.

Speaking of which, if you want to improve the intimacy in your relationship and not just in the bedroom, be sure to help your wife out. This may involve taking a late night feeding session with your new baby, doing the dishes, cooking dinner, and so forth. Many new moms feel so helpless and overwhelmed immediately following the birth of a baby. Do not let your wife feel this way. The kind gestures of helping on your part may improve your relationship and in more ways than one.

It is also important to not push your wife to have sexual relations with you when she is uncomfortable or unready to do so. As previously stated, it does take women time to heal after having a baby. It is also important to take other factors into consideration. Is your baby sleeping in your room? If so, your wife may not feel comfortable being intimate then. Your wife may also not be ready to hire a baby sitter or even allow a trusted relative to care for your child. This means that a romantic weekend or night away is often out of the question. Most new moms needs months or even longer before they are ready for this big step.

Since there is a good chance that your wife may not be ready to resume intimacy in your relationship, it is important to be patient. Instead of dwelling on not having sex, work for it. Use the time to "wow," your wife all over again. Do so with romantic gestures, such as preparing a nice dinner at home, flowers, and love notes.

How Simple Dates Can Improve Your Intimacy



Love and romance are two important aspects of an intimate relationship. When looking to develop or maintain a relationship, dating is an important component. Unfortunately, after time has passed, many couples enter into an area of comfort. This comfort zone often has a significant and negative impact on one's relationship and marriage. Do not let it have the same impact on yours.

To prevent you and your partner from falling into the above mentioned comfort zone, where dating and courting are a thing of the past, knowledge is key. It is important to never underestimate the power of a simple date. A regular date with a partner or spouse can reignite sparks. A date can bring romance back into the relationship. If you are not in a serious relationship right now, it is still important to understand dating and its importance. It is an easy, yet important way to get to know a potential partner and start a budding relationship.

If your relationship is that of marriage, dating is a crucial factor in keeping your relationship fresh and alive. In fact, dating can help to save an otherwise failing marriage. This doesn't mean that each date must be overly romantic or that you have to spend a lot of money to "wow," your husband or wife. Often times, simply just spending time alone with your partner can be enough to help keep the romance alive. Each night does not have to be a date, but know that going on a date with your spouse on a consistent basis helps to ensure that love and romance remains a part of the relationship.

As for why dating is important for your marriage. It is important, as it prevents your husband or wife from making assumptions. For example, your wife may believe that you would rather not be seen with her in public or that you are ashamed to showcase your relationship. Skipping out on dating after marriage may unintentionally make your spouse feel as if you don't care about them anymore. The absence of dating can also cause boredom and cause an "average," relationship to develop. This can, unfortunately, lead to relationship troubles and possibly even divorce.

To keep your relationship strong, you will want to make a commitment to plan regular date activities with your partner. Common, popular, and standard date activities, such as dinner and a movie, are nice, but it is also important to think outside of the box. Choose activities that help create romance. If you do opt for a movie with your partner, choose one with a romantic theme, as it can help to ignite the passion.

As previously stated, try to think out of the box, in terms of dates. Unique dating experiences can also help create more romance and improve your intimacy. Spend a weekend at a nice hotel together, take a dinner cruise, or try a fun, yet romantic adventure, like horseback riding. These types of activities can help the sparks to fly in your relationship. Unusual and out of the ordinary dates can be very romantic.

If you and your partner are parents, it is important to know that dating can be complicated, but it is still more than possible. You may find that it is quite difficult to get away without the kids, but it is vital to find a way! There are several options for parents, like you. These options include hiring a babysitter or asking a family member to watch the kids for a few hours. Going out on dates when you are parents who have children takes careful planning, but the effort is more than worth it. Your relationship and intimacy levels can flourish when you are given time alone.

As a recap, dating can build and nourish your relationship. It can also help to improve intimacy, which is an important component of a happy and healthy relationship. Remember that a strong relationship often translates into more fun, love, and passion in the bedroom.

How Text Messaging Can Help to Improve Your Sex Life



Are you looking for an easy, yet unique way to improve your sex life or even just your relationship in general? If you are, do you and your partner own and use cell phones? If so, improving your relationship through the use of text messages is a fun and creative, yet unique approach to take. If you haven't already tired this approach, you should.

As nice as it is to hear that text messaging can help to improve your communication or your sex life, you may be looking for more information. First, you may be wondering if it is really possible to do. Can a simple text message ignite passion in your relationship? Yes, it can. In fact, you may be surprised just how much passion can be ignited. Please continue reading on for more information on just how it can and should be done.

For starters, do you have any sexual fantasies or desires that you would like to see transformed into reality? Are you bored with your current level of intimacy and would like to make changes? If so, you need to speak with your partner. Unfortunately, this is often a lot easier said than done for some men and women. You should have no problem talking to your partner about intimacy, but the subject may be one that makes you feel uncomfortable. If that is the case, text messaging may be an easy approach to take. The ability to mask yourself behind a cell phone may provide you with a certain level of comfort and peace of mind.

In addition to using text messages as a way to improve your communication and your sex life, you can and should use it as a form of foreplay. Unfortunately, many individuals make the mistake of assuming that foreplay can only happen in the bedroom, but it doesn't have to be that way. Is your partner on their way home from work? Are you in the mood for intimacy? If you are, send them a few sexy, seductive, and suggestive text messages. In a few creative words, let them know that you are at home waiting for them and ready for an adventure.

As romantic and as adventurous as using a cell phone to add new life to your intimacy can be, it is also important to proceed with caution. There are a few important dos and don't that you first need to know. Do not send sexy or seductive text messages to a family cell phone. A family cell phone can be defined as one that all members of the family uses, like one that your son or daughter may borrow. These types of text messages are and should be private. Also, avoid sending text messages to work issued cell phones. Often times, text messages are not allow, but they may also be viewed by others.

In addition to spicing up your current relationship or marriage, text messages can also be used as a way to court new partners. Did you just recently get the phone number of a nice and attractive man or woman at a bar or party? If you did, send them a flirty text message. For many, sending a text message is a lot easier than placing an actual phone call. When first making contact, be sure to use caution and your best judgment. Do not go overboard or be too sexy or seductive. There is a better time and place for these types of messages. Speaking of that time and place, wait until after you have received a response back or until after your first real date.

As a recap, text messaging is a unique, fun, and creative way to improve your sex life. If you and your partner own cell phones, start using them today. You may be more than pleased with the results. As a reminder, text messages can also be used to get the communication started in a new relationship.

How to Approach the Subject of Experimenting in the Bedroom



Are you bored with your sex life? If you are, you may want to spice things up a bit in the bedroom. A great way to do so is to try new thing. Experimenting in the bedroom often brings new life to a relationship. It can also allow couples to reach new levels of pleasure.

When it comes to experimenting, many individuals and their minds automatically wander. It is important to remember that bedroom experimenting comes in a number of different formats. It doesn't have to involve something that would be embarrassing if it leaked out and it doesn't have to involve bringing in a third person. Experimenting in the bedroom can honestly mean something as simple as trying a new position.

Although many individuals, like you, want to experiment in the bedroom, many are afraid to approach their partner about doing so. Why? Because there is a certain level of fear associated with doing so. What if your partner thinks that they don't please or satisfy you enough in the bedroom? What if your partner thinks that the sex is just fine the way it is? What if your sex partner thinks that you have a sick mind? These are all concerns that you may have, but you shouldn't let that stop you.

If you do decide to approach the subject of experimenting in the bedroom with your partner, you will want to be gentle with your approach. Your partner may automatically believe that he or she isn't pleasing enough for you. Although this may not be what you mean, it is still a likely and natural assumption. If your partner asks you, be sure to calm their fears. Let them know that you think that experimenting in the bedroom could not only increase your pleasure and satisfaction, but theirs as well. This approach tends to work nicely.

As it was previously stated, when many individuals hear the phrase “experimenting in the bedroom,” their minds often wanders to embarrassing and sometimes humiliating experiences. If you are just looking to try a new sex position, introduce pleasure enchasing sex toys, or romantic movies, be sure to let your partner know immediately. Do not give him or her the opportunity to even think that you mean something different. Doing so can change the way that your partner looks at you, both inside and outside of the bedroom.

In addition to letting your partner know what changes you would like to make in the bedroom, give them the opportunity to express their wants, needs, and desires. This is a simple, yet important step to take. First, it is important to remember that intimacy should involve two people receiving maximum pleasure, not just one. Next, it will help bring reassurance to your partner that you are not just looking to increase your pleasure. Asking what your partner’s wants and needs are in the bedroom will go to show that you want to improve the overall experience, not just yours.

Despite the fact that experimenting in the bedroom may sometimes be a difficult subject to approach, it is one that you will want to talk about. A healthy sex life is an important component of any relationship and marriage. By approaching the subject carefully, you and your partner can soon be having wild, yet pleasurable sex in no time at all.

How to Talk to Your Husband About Sex



Are you married? If so, there is a lot that you and your wife probably discuss throughout the day. Your conversation topics may cover work, family, and the bills. What about sex? Do you and your husband talk about sex? If not, it may be something that you need to discuss with him. One of the biggest signs that a conversation is needed is if you are currently unhappy in the bedroom. As much as you may want to talk to your husband about making improvements in the bedroom, you may be curious as to whether or not it is really a good idea.

So, is it a good idea to talk to your husband about sex? Yes, it is and it is something that you two should discuss. In fact, an open line of communication is important for all relationships to succeed. Poor communication is often the downfall of many marriages. A lack of communication or poor communication may have a negative effect on your whole relationship, not just your sex life. As a wife, it is your responsibility to talk to your husband and to keep an open line of communication. If you don't, you may end up putting your happiness and your marriage on the line. Do not let this happen to you.

As for the talk itself, it is important that you proceed with caution. Do not criticize your husband or make them feel inadequate. If there is one thing that men take pride in, it is their ability to have sex and please their partners. Unfortunately, that pleasure may not be enough for you. Yes, you want to bring this to the attention of your husband, but do so gently. Outright telling your husband that he isn't fulfilling your needs is likely to create even more problems in your relationship. Instead, gently approach the subject. You may want to start by casually making a suggestion, such as a new position.

Next, it is important to listen to what your husband has to say. This is important as your communication should not be one sided. When talking to your husband about intimacy say what you have to say, but then let them speak his mind.

Why it is so important to listen to what your husband has to say concerning intimacy? For starters, as previously stated, a happy and healthy relationship must involve communication from other parties, not just one sided conversations. It is also important to note that their may be a good reason why your husband may not be performing up to your standards in the bedroom. Are they experiencing uncertainty due to an increase in age, a weight gain, or another change in physical appearance? What about medical problems? Did you know that some medical conditions, such as depression, and some medicines can lead to a decrease in the want or need for intimacy?

Even with the above mentioned tips, you may still be unsure as to how you should talk to your husband about sex. You may be feeling this way if you are worried about the consequences or hurting his feelings. This is completely natural, but do know that you do have another option. Consider giving a gift or performing a gesture that may lead to the topic of intimacy being discussed. Whether you plan a spontaneous romantic dinner, purchase a romantic or pornographic movie, or buy something sexy for your husband to wear, a gift may help to get a new conversation started.

As previously stated, talking to your husband about sex and intimacy may be hard for you. With that said, it is important that you do have the talk. Not only is an open line of communication important for intimacy, but it is also important for a healthy relationship in general. As reminder, don't just talk to your husband about sex, but be sure to listen to what he has to say as well.

How to Talk to Your Wife About Sex



Are you married? If you are, there are likely a lot of topics that you and your wife discuss throughout the day. Common conversation topics include work, friends, family, and bills. One topic that many couples do not always discuss, even though they should, is that of sex. Are you interested in improving your sex life? If you are, you may need to talk to your wife, but should you?

Yes. You should. It is important to talk to your wife. An open line of communication is important to have a happy and healthy relationship in general. Poor communication may have a negative impact on your entire relationship, not just your sex life. Husbands who do not properly communicate with their wives often end up putting their relationships in harms way. Do not let this happen to you and your marriage.

If you do decide to talk to your wife about sex, namely improving your intimacy, it is important to proceed with caution. You do not want to criticize your wife or make her feel inadequate. Are you not having your desires filled? If so, don't outright tell your wife that. Doing so may cause even more problems to arise. You do want to get the best level of intimacy possible, but you also don't want to hurt your wife's feelings in the process. For that reason, you may want to try a different approach. Consider suggesting new things in the bedroom, such as a new position or a weekend away.

When talking to your wife about sex, it is also important not to push. If you want to see an improvement in your sex, state so and give a few suggestions. However, do not keep on brining the topic back up. Give your wife a few days or even a few weeks to make adjustments in the bedroom. This time is needed because your wife may be hurt when she learns that you aren't pleased by her sexually. It is natural for her to take time to think about the situation before taking action, which may involve implementing a few of your suggestions.

Next, it is important to listen to what your wife has to say. Unfortunately, many men make mistake of believing that their wives just aren't interested in being intimate anymore. Although this can be true in some cases, it likely isn't the case with your wife. Your wife may experience other problems. For example, many women are nervous and fearful of aging. This may result in them wanting to showcase their body less. A deceased sex drive may also be caused by something out of your wife's control, such as a medical condition or a medication side effect. That is why it is not only important to talk to your wife, but also listen to what she has to say.

If you still do not know how to start a conservation about sex and intimacy with your wife, there is another approach that you can take. You can consider giving her a gift. There are a number of great gifts available that can not only be useful in the bedroom, but gifts that can help to get a conversation started. A book on new sexual positions, a new sexy outfit, or massage oils are all items that you may want to examine. A gift not only provides you with an opportunity to start a conversation, but it is also a nice gesture. Depending on what you decide to purchase, you may find it easier to shop online. Many stores are discrete with the packages they send out; therefore, you should be able to keep your wife's gift a surprise even if she is the one to pickup the mail.

In short, talking to your wife about sex may be something that you want to avoid, but you shouldn't. An open line of communication is vital to a happy and healthy relationship.

Improving Your Sex Life: How to Be Spontaneous



Are you looking to improve your sex life? If you are, you may have already heard that being spontaneous is advised. Spontaneity often leads it an increase in interest and an increase in satisfaction, in terms of intimacy. Unfortunately, some men and women find being spontaneous a lot easier said than done. If you are one of those individuals, please continue reading on for some helpful tips.

One of the many ways that you can be spontaneous is by not waiting for your partner to initiate sex. Unfortunately, many women wait for their husbands or boyfriends to get sex started. Why wait? You shouldn't. In fact, did you know that your partner may be hoping that you start showing more interest in being intimate with them? What better way to do so than to initiate sex yourself?

A creative way to be spontaneous, where sex and intimacy is concerned, is by using text messages. If you and your partner have and use cell phones, send sexy and seductive text messages to them. In addition to text messages, you can also call your partner or send love notes with them when they walk out the door.

As previously stated, there are some individuals who find it difficult to be spontaneous. Parents are often one of those individuals. Even if you are a parent who has children in the house, there are a still a number of ways that you can be spontaneous, in terms of intimacy with you partner. Did you just put your children down for bed? Jump on your partner, literally, as soon as your kids leave the room. Most parents want to sit down and relax after their kids have gone to bed, but show your partner that you have other things on your mind.

Having sex somewhere other than the bed or the bedroom is another way to be spontaneous with your partner. If you are a parent who has kids in the house, just be careful. Don't have sex outside of the bedroom when they may be awake at night and don't be too loud or you may have an uncomfortable situation on yours hands.

As for where you can have sex outside of the bedroom, use your creativity. Where do you want to have sex? What locations would allow you to try new positions that just can't be done in a bed? In addition to being intimate in places like on the couch, in a closet, in the bathroom, or on the kitchen table, consider going outside of the home as well, like to a hotel.

Speaking of getting intimate outside of the home, surprise your partner. You can do this by booking a night at a hotel in town. Make sure you choose one that has romantic rooms or an onsite hot tub or swimming pool. If you are a parent, arrange childcare for your children first, like by calling on a trusted friend or family member. Don't tell your partner about your plans until you are ready to leave, as being spontaneous involves surprising them.

As you can see, there are a number of different ways that you can use spontaneity as a way to improve your relationship, both inside and outside of the bedroom. What are you waiting for? Get started today? Your partner may appreciate your quick thinking.

The Pros and Cons of Experimenting in the Bedroom



Are you unhappy with your sex life right now? If you are, you may have thought of ending your relationship. Of course, it is your decision to do so, but did you know that you can use experimentation as a way to improve your sex life? You can. Experimenting in the bedroom has proven successful for many couples.

As nice as it is to hear that experimentation in the bedroom can help to improve your sex life, you may be a little bit nervous about the whole process. After all, you do have to get your partner to agree. In fact, this is where the discomfort comes in. Why? Because there are a number of pros and cons to experimenting the in the bedroom.

One of many pros or plus sides to experimenting in the bedroom is that you get a change.
A change can always do you good. In fact, in many relationships, a change is vital to is survival. If your sexual life feels more like a chore or a requirement, it is important that you take action right away, before it ends up being too late.

Another pro or plus side to experimenting in the bedroom is the improvement that your sex life can see. As previously stated, a change does most relationships good. Trying new things in the bedroom can bring new blood, romance, and excitement into your relationship. You may find yourself being happier, as well as more pleased after being intimate with your partner.

The options that you have are another one of the many reasons why experimenting in the bedroom is a good idea. Unfortunately, when many men and women think of experimenting in the bedroom, kinky things often come to mind, such as an additional partner. Of course, you can go this way if you would like, but you don't have to. Experimenting in the bedroom can be something as simple as changing positions or role playing. Additional options involve dressing up in sexy costumes, the use of sex toys, and the use of romantic or pornographic films.

Although there are a number or pros or plus sides to experimenting in the bedroom it is also important to remember that there are cons or downsides to doing so as well. One of those is approaching your partner with the subject. If you are in a mature relationship, you should be able to openly discuss sex with your partner. With that said, experimenting in the bedroom is a topic that can be touchy. Your partner may automatically think that they aren't providing you with enough pleasure, like what they have to give just isn't good enough. With that said, be sure to proceed with caution. Offer up a few suggestions, but let your partner toss in a few of his or her own ideas.

Another one of the many cons or downsides to experimenting in the bedroom is the fact that your partner may not be up the change. They may believe that your sex life is just fine the way that it is. While it is important to not be too pushy, you also want to get your point across. Your partner needs to realize that a healthy relationship involves two people, not just one. If your partner is offended with your suggestions, give them time. As previously stated, many men and women believe that experimentation is needed because they aren't good enough in the bedroom. Even if that wasn't the point you were trying to make, still give your partner time to come around.

As recap, there both a number of pros and cons to experimenting in the bedroom. So what should you do? Your actions should all depend on your wants and needs. Your relationship will only get worse if you are not happy, physically or emotionally. Talk to your partner about experimenting in the bedroom. You may be surprised just how acceptable they are of your suggestion.

Tips for Buying Sex Toys and Accessories



Are you looking for an easy way to spice up your sex life with your spouse? If you are, you should know that experimenting in the bedroom has been successful for many couples, just like you.

As nice as it is to know that experimenting in the bedroom may help to revive the romance in your relationship and improve your satisfaction in the bedroom, you may be curious about the buying process. This is because one of the first ways that married couples experiment in the bedroom is with the use of sex toys and other similar accessories.

If this is the first time that you are looking to purchase sex toys and other similar accessories, you may be a little bit nervous about doing so. In fact, you may be downright fearful of the whole process. You are, please continue reading on, as some helpful buying tips are covered below.

First, it is important to know that sex toys and other similar accessories come in a number of different formats. You can purchase pleasure enhancing toys, role playing toys, massage oils and so forth. This is important to know as it may eliminate some of the fear associated with going into a sex toy store and buying something that will bring attention to yourself, like a huge blowup doll.

Speaking of bringing attention to yourself, it is important to know that the use of sex toys in intimacy is increasing in popularity. Many individuals are finding them to be a great new way to bring passion and excitement into the bedroom. Although you might not know it, there is a good chance that your friends and even some of your relatives use these popular toys and accessories. Knowing that you are not alone may help to make the buying process a lot easier.

If you live near a large city or town, you should have multiple sex toy and accessory shops for you to choose from. With that said, it you would prefer to shop online, you can do that as well. For shopping online, perform a standard internet search the type of items or accessories you are looking for. Choose a website that has a large selection of sex toys and similar accessories available for sale, a website that has good prices, and one that looks reputable.

Many couples prefer shopping online for sex toys, as it does tend to limit the embarrassment. The only thing is that you need to be careful with who you shop with. You will want to do business with a company that is discrete. Make sure your package doesn't arrive with a phrase like "We Sell Sex Toys," plastered around the box. Also, what will appear on your credit card or bank statements? This may be a concern of yours if you don't want what seems like the whole world knowing what you do in your private life.

As a reminder, as fearful as you may be of walking into a sex store for the first time or as worried you may be having a red box that screams sexual contents sitting on your doorstep, don't worry. Remember that a lot of couples use sex toys as a way to bring fun and excitement into the bedroom. If you are looking to spice up your sex life, visit a local store with your spouse or browse the internet together. This alone may help to get you in the mood.

Unhappy In Bed? Should You Talk to Your Partner?



Are you in a relationship? If you are, are you currently happy with your sex life or the level of intimacy that you and your partner share? If not, you may be unsure as to how to proceed. You may be interested in talking to your partner, but you may also be nervous and fearful at the same time.

So, is it a good idea to let your partner know that you are unhappy in bed? Of course it is. A dull or boring sex life can have a negative impact on a relationship. It is also important to note that an open line of communication is an important component of a happy and healthy relationship, both in the physical and emotional sense. If you cannot talk to your partner about sex, how do you honestly expect your relationship to continue on?

As it was previously stated, communication is key to a successful relationship and not just in the bedroom. If you can talk to your partner about sex, you can likely talk to them about anything. This means that your relationship is less likely to suffer from a lack of communication or poor communication. This may translate into less arguments and more time in the bedroom.

Another reason why you should talk to your partner if you are currently unhappy with the intimacy received is because it will improve. The last thing that your partner wants to hear is that they aren't providing you with enough pleasure and excitement. As soon as your wants, needs, and desires are openly discussed, your intimacy levels may skyrocket. It is also important to note that you will eventually end up being more satisfied in bed.

Another reason why all intimacy problems should be discussed with your partner is because they too can be satisfied more. When you do bring about the discussion of sex but sure not to just focus on your wants, needs and desires. Ask your partner for input as well. They may have their own suggestions. To have a happy and healthy relationship, as well as sex life, both of you need to be satisfied. Pleasure should not be one sided only.

Although there are a number of pros and cons to talking about your unhappiness in bed with your partner, there are also a number of downsides to doing so as well. One of those being difficulty. For many men and women, the subject of sex can be discomforting to talk about. Add in the fact that you are expressing displeasure or the need for change and an uncomfortable situation may ensure.

It is also important to note that talking about your unhappiness in bed can also have an adverse, negative effect on your relationship. Yes, it is important to have an open line of communication in any serious relationship, but there are some things that people just do not want to hear. Do not be surprised if your partner gets defensive when talking to you. In fact, you may want to prepare for it. It is natural for both men and women to get defensive when they are essentially being told that their sex isn't good enough and needs improvement.

If you do decide to talk to your partner about improving your intimacy in the bedroom, just be sure to use caution and your best judgment. Do not criticize your partner and try to not make them feel inadequate. Gently approaching the situation has a number of benefits, including the elimination of hurt feelings. It also better allows you to have an open, honest, and mature discussion.

As a reminder, there are a number of pros and cons to talking to your partner about your unhappiness with your intimacy. With that being, the end result is often well worth the discussion. Just remember to be careful about your approach, as how you start the conversation and what you say during it may have a significant impact on the outcome.

When Professional Help Is Needed to Help You Have a Better Sex Life



Are you married? If you are, are you currently satisfied with the level and amount of intimacy that you receive? If you are not, you may want to take action right away. Although a marriage should not be built on sex, it is still an important component.

Unfortunately, when it comes to intimacy and not receiving enough of it, there are many husbands and wives who automatically think that their marriage is over. Why? Because many believe that a poor level of intimacy is the sign of boredom or the lack of love. Yes, this can be true in some cases, but only a small number of cases.

What you need to realize about intimacy is that there are a number of reasons why problems occur. Just because your husband or wife does not want to be intimate with you or if they act like they want to get through the whole experience as quickly as possible, it does not mean that there is something wrong with you. There may be other issues to blame, other issues that may require professional help.

Some men and women just have low sex drives. They may have always been this way or their need may have decreased with age. In these types of situations, professional help is advised. Some men and women can try their hardest, but they still aren't interested in getting intimate with their spouses, no matter how much they do love and cherish them.

If you suspect that you or your partner has a decreased sex drive, medical attention is advised. It is important to know that there are many solutions to the problem. Both men and women can use medication to revive their sexual wants and needs. Speaking of medication, did you also know that medication can be to blame? Some prescription medications have side effects that include a decreased sex drive.

If there is no physical or emotional reason for your lack of intimacy, such as depression or a low sex drive, professional help is still advised. This is particularly true if you are married. Marriages should be worth saving. You and your spouse are encouraged to attend marriage counseling together. After a close examination, you may find a ton of other reasons why your intimacy isn't what it should be. These additional reasons may include being concerned with work or being concerned with money. A marriage counselor can help you work through those concerns, which may help to improve the level and amount of intimacy that you receive at home.

Despite the fact that there are times when professional help is needed to improve intimacy in a marriage, there are many individuals and couples who opt not to seek professional help. One of the most common reasons for doing so is embarrassment. If you are on the one who is embarrassed, it is important to remember that intimacy problems are actually very common in a marriage, especially a long-term marriage. Do not be afraid to seek professional help.

As a recap, if you are unsatisfied with the current level of intimacy that you are receiving in your marriage, professional help may be needed. There may be an underlying issue that needs to be discussed or treated. Don't let your fear of embarrassment hold back you or your relationship.

Why You Should Have Sex on a Daily Basis

Are you in a relationship? If you are, are you pleased with the frequency of intimacy? If you would like to be more sexually active with your partner, you will want to set a goal for yourself. Share that goal with your partner. The two of you can make a game out of trying to achieve. To get you started, a great goal to have is having sex on a daily basis.



Being intimate on a daily basis? Right now, you are either thinking two things. First, you may be thinking "we already do that!" If so, good for you. You officially have a happy and healthy sex life. On the other, you may be thinking "no way, there is no time." If that is the case, know it isn't true. You may be surprised just how many couples out there have sexual relations on a daily basis. It is also important to note that these couples often have the healthiest and happiest relationships of all.

As for why you should set the goal of being intimate on a daily basis, you will find that dong so is healthy for your relationship. As previously stated, couples who have intimacy on a daily basis often have the healthiest relationships. When in a serious relationship, intimacy is important. Yes, your relationship should not be based on sex, but it is a huge component of it. Connecting intimately shows your partner that you truly love them. So why not take steps to express your love everyday?

Your chances of experimenting are also likely to increase when you have sexual relations on a daily basis. Why? Because if you have sex daily, you may honestly get bored with that you are doing. However, instead of opting to reduce the frequency of intimacy, many couples decide to experiment instead. This is something that may provide you with excitement or a source of motivation. This experimentation may involve the use of sex toys, pornographic videos, new positions, and role playing.

Sex is also good for your health. That is just another one of the many reasons why you may want to set a daily goal. Those who have healthy sex lives are less likely to suffer from stress and depression. This may improve your relationship by limiting the amount of disagreements you and your partner have. It is also important to note that sex burns calories. What could be better than working to lose weight while being adventurous with the man or woman you love?

The above mentioned information was designed for men and women who are in exclusive relationships, such as a marriage. If you are not involved with anyone right now, daily sex may not be a wise idea for you. This is because you may end up with a different partner each and every night. A s fun and as exciting as this may sound, you may end up putting your health at risk. Remember that your risk of developing a sexually transmitted disease increases with each additional sex partner you have.

In conclusion, having sex on a daily basis is a good idea. If you aren't already having daily sex, it may be a wise idea to set the goal. You may be surprised just how much daily, intense intimacy can help to improve your relationship.