

Enhancing sensuality in your lovemaking

by Oliver Peers . loversguide.com



SEX
issue

Sensuality: "unrestrained indulgence in sensual pleasures." The very definition just conjures up images of opulence and fulfillment, which is just what lovemaking should be.

When should making love ever be a chore, a given or simply something that you might as well do because there's nothing on TV? Think about a time when you have split with an ex-girlfriend and how you yearned for her touch just one more time — if you can keep that yearning for the girl you love and not take things for granted, then your lovemaking will be better than you could ever possibly hope for.

But, how do you achieve this when things have gone a bit stale or you're both simply not as interested as you used to be? It's not always easy but if you have the fundamentals of love, respect and desire, there's something

to work on. Consider it like exercise — at first it may seem a daunting task to get yourself back to the peak of fitness, but once you get started again, bit by bit things improve and it's far less arduous than you ever thought it would be.

So, enough with the analogies. Think about what you want from your lovemaking and go for it. Don't think barriers — just think about the wonderful pleasures you can both experience. It's all too easy to fall into routine, so one or both of you has to make that decision to set aside time to explore each other. Sensuality is all about enhancing what we all have — our wonderful senses. Let's break it down:

Sight

When was the last time you made a real effort with your appearance? Remember back to which outfit got her pulse racing. Dig it out again and go to town making yourself look as

gorgeous as possible. Then let her look for as long as she wants!

Smell

Sometimes the simplest scents can get someone going. Try taking in the smell of her skin and appreciating what she has to offer, or gently rub each other with luxurious oils to give off a sensual aroma.

Touch

Close your eyes and simply run your fingers down her back, across her tummy or neck. Concentrate on every sensation you and she feel as you re-explore each other's body. Make the most of the different textures of her skin.

Sound

When kissing her, listen to how she breathes, listen to her whisper and take in what your bodies sound like together. Have some sexy music on in the background to set the mood and let your imag-

ination run away with you.

Taste

There are so many things you can do by simply tasting each other. Licking, nibbling, kissing — whatever you do, you'll get some lovely tastes of each other's body. Add chocolate body paint or cream to the mix for more tasty delights!

If you awaken and enliven every sense you're sure to enhance the sensuality. Every part of your mind, body and soul can be concentrating on each other, and once it does, you'll feel like you have a new sex life. ▀

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