

# SaferSex4Seniors

Information you need to enjoy safer sexual pleasure!

## 10 Tips for Hot Solo Sex

We're not all in sexual relationships now, but we can still take pleasure into our own hands. Enjoy!

**Plan for solo sex.** Don't rush...take all the time you need. Arousal can take longer now. Create a comfortable space, shut off phone and computer, lock the door, and settle in for pleasure.

**Enjoy solo sex during high energy times.** When do you feel most sexually charged? That's when to indulge in a solitary romp, rather than after a meal or at night when your sensations are shutting down.

**Create your own foreplay.** Do sexy things that get you in the mood. Read erotica, write sexy thoughts, watch a favorite sexy movie scene, take a waterproof vibrator into the bath; do whatever turns you on.

**Use a silky lubricant.** Many types of lubricants for moisture and slickness feel great, whether used with your hands or a toy. Experiment and keep lube within reach so you can reapply frequently.

**Fantasize.** Explore fantasy scenes; nothing is off limits in your imagination. Be open to whatever comes into your mind and arouses you, even something you would not do in real life. No one has to know what images or scenarios turn you on.

**Explore sex toys and other erotic helpers.** Our bodies may need extra help to reach orgasm these days. Women: try a clitoral vibrator, and use a dildo if you like the feeling of a full vagina. Clitoral stimulation gels may boost sensation. Men: try a sleeve, cock ring, or a prostate stimulator. Sex toys are fun!

**Be physical in daily life.** Walking, biking, dancing, yoga, Pilates, lifting weights, and other forms of exercise all enhance blood flow. This will help blood flow to your genitals as well as to your muscles, making arousal easier.

**Realize that your solo practice is not just for pleasure; it's important for health.** One orgasm a week enhances genital and heart health. Regular orgasms keep the pelvic floor strong and the nerves firing, boost the immune system, and reduce the risk of incontinence, depression, and heart disease. Male orgasms for men are good for prostate health.

**If you think you're not in the mood, do it anyway.** Once you're out of the habit, it's harder to get revved up again. So just do it. Physical arousal will happen, and it will trigger emotional arousal. Soon, everything will be working smoothly again.

**Solo sex is not "settling for" a substitute for partner sex.** You're celebrating your own sexuality, glorying in your body's capability of pleasing you, and enjoying the journey. This is a gift you can give yourself whenever you want, and isn't that wonderful?

**About the Author: Joan Price** (<http://www.joanprice.com>) is an "advocate for ageless sexuality." Her memoir, *Better Than I Ever Expected: Straight Talk about Sex After Sixty* (Seal Press, 2006,) celebrates the joys of older-age sexuality. Her book *Naked at Our Age: Talking Out Loud about Senior Sex* (Seal Press, 2011) addresses the problems of sex and aging. She talks out loud about senior sex with seminars and workshops. Her sex and aging blog: <http://www.NakedAtOurAge.com>. Copyright ©2012 Joan Price.