

SaferSex4Seniors

Information you need to enjoy safer sexual pleasure!

Flirting with Fantasy; Toying with Toys

Are once reliable turn-ons failing to ring your chimes these days? It's never too late to become playful and experimental and to explore new positions, techniques, toys, and sensations.

Prop Up Your Sex Life.

Have a scavenger hunt in your home, local stores, or online shops for props with sensual potential:

- Do a light massage with silk or other slippery fabric between hands and body.
- Run strands of large, smooth beads across the back and buttocks.
- Loop a scarf or necktie gently around wrists for light bondage play.
- Use a vibrator (or neck massager) on different areas of your body, including nipples and genitals. If you go numb, lower the power or put a towel between the skin and the vibrator.
- Warm or chill glass and metal dildos or anal plugs/prostate stimulators for heightened sensation.
- No adult toys in the house? Roll a smooth, round paperweight over your partner's body.
- Put a towel or old sheet on your bed and play with ice cubes, pudding, chocolate sauce, whipped cream, or room temp pasta sauce, if that's your fantasy. Keep food products out of the vagina to avoid upsetting the pH balance.
- Stroke a soft brush over the skin from head to toe; brush your partner's hair or scalp.
- Experiment with water-based, silicon-based, and oil-based personal lubricants. Never use oils or oil-based products with Latex condoms or silicon toys; the combination deteriorates materials.
- Pile up the pillows to support your joints when you try new positions for massage and other sexy pleasures.

Dub a Foreign Film.

Rent, order or download a sexy and/or romantic foreign film and turn off the subtitles. Have fun making up your own story to go with the action onscreen, like this: "Franco leans his old bicycle against the fence and stares intently at the second floor window. His face registers joy when Lucia appears. In a moment, she is at the door, waving him in with the words, "My Beloved, I want you to" Complete the sentence using language you imagine secret lovers might share in the heat of passion. Silly? Sure! But hot, too.

Share a Fantasy.

One of the most intimate things couples can do is to share sexual fantasies. Invite your partner or a friend to share Adult Story Time, without any expectation of sexual activity as an end note (so your "success" won't be measured by anyone's state of arousal). Your story can be a complex sensual fantasy, a retelling of a story you've read, a recollection of a sexual encounter, or a loving description of your own or a lover's body. In fantasy, no rules exist. Acting out a fantasy can be fun, too. To help ward off awkwardness, get theatrical; over-the-top acting can help ease embarrassment. Your imagination and abandon are your best assets. If you need inspiration, try erotic books, videos, and websites.

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