



A TOP TEN CHECKLIST For A Sexier Life

○ Keep Your Space Clean and Clutter Free

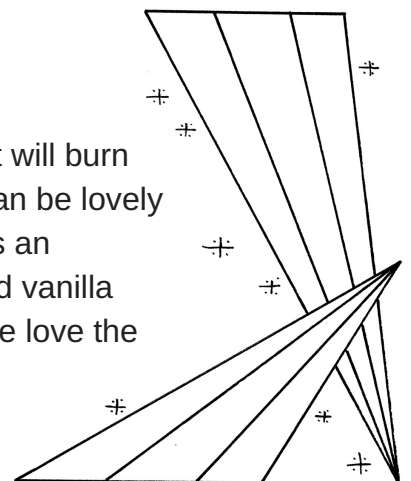
Relaxation is key. If you devote a couple of short hours each week to a thorough tidy-up (enlisting the other members of your household, particularly any who may want to get it on with you) your space will be filled with harmony, ready for surprise drop-ins at any moment, and a lovely, welcoming place for you to unwind and let loose.

○ Add Flowers to Your Favorite Rooms

If you or your housemates are free of flower allergies, this is a simple, easy way to romance yourself. Weekend markets offer a wide array of bright, affordable blooms and one of my favorite Saturday rituals is strolling through the market stalls and selecting some fragrant buds to arrange at home. Fellas, choose simple tropical flowers, which are more sculptural and bold than girly and pretty. Bird of Paradise is a nice choice.

○ Use Candles Wherever You Can

Choose simple, neutral colors and quality candles that will burn nicely and not make a huge mess. Scented candles can be lovely too, but not everyone enjoys scented stuff. Sometimes an overpowering fragrance can be a huge buzz kill. A mild vanilla scent is almost always a safe bet because most people love the smell of cookies, unless they are evil.





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○ Pamper!

We just don't give ourselves enough time to simply luxuriate and pamper ourselves. Men, this goes for you too. Once a week, set aside an hour for yourself to relax in the tub, or have an extra long, steamy shower. Make sure your hands and feet are in great shape. Groom any body hair that needs maintenance. Enjoy your favorite bath and body treatments, and really focus on your skin, and the sensation of your own attention on your body.

○ Try Set Decorating

One simple, sexy prop strategically placed in your bedroom and bathroom can be all the gentle reminder that you need to maintain your own sense of sensuality. Hang your favorite silk slip or negligée on the back of your bedroom door. Make a date with yourself to sleep in it at least once a week, whether or not you have company.

○ Eat Chocolate

Unless you have an allergy (my condolences) or just aren't into it (though I'm not sure how that's possible) you should have a bar of high quality, dark chocolate on hand no matter what. One little square is sometimes all you need to satisfy a craving and chocolate can come in handy in all kinds of other ways.

○ Raise a Glass

Indulge in the perfect cocktail or glass of wine at the end of the work day as you're unwinding or enjoying dinner. For you non-drinkers, maybe your grown-up drink of choice is an exotic tea blend. Whatever your choice is, make it into a little ritual where you simply focus on taste, and how that particular liquid makes your body feel.





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○ Read Grown Up Bedtime Stories

Erotica has mass appeal, and there really is something for everyone. I recommend this as an alternative to porn, if porn isn't your thing because it engages the imagination, and really gets your sensual brain in overdrive. The mind is the most important sex organ, and one or two naughty bedtime stories will add spark to your waking life, and weave some seriously yummy themes through your dreaming.

○ Exercise

If you want your body to feel alive and sexy, you have to take good care of it. This may seem really obvious, but we often find ourselves so bogged down by work and life that fitness and nutrition take a real back seat to everything else. Make sure you are doing some type of exercise activity each and every day, and take a look at the fuel you are giving your body.

○ Enjoy Solo Play Dates

If you don't masturbate, it's time to start. Self-love is absolutely essential to a great sex life, and overall wellness, and anyone who tells you any different has some other agenda that you don't need to concern yourself with. Understanding how your body works and what you enjoy in terms of touch and stimulus is the key to great partner sex. If you don't masturbate daily, start by promising to explore your own body weekly. Don't pressure yourself to have an orgasm, just really enjoy the process. The only goal here is to explore and see what your body can teach you.



