



**Namaste JfM Readers!**

**(The following 101 Sex Tips are contributed to JfM Magazine by Kelly Connell , (better known online as Sex Pert Kelly!)**

## **Before the Fun.....Let's Start With Some Simple Facts!**

Everyone loves GREAT sex! And contrary to much of what you read and see, Women love sex as much as Men do. If you're dating (or married) to a woman who doesn't seem to want it as much as you do....well, try some of the tips below and see if that doesn't change her mind in a hurry!

And the simple truth is that there are LOTS of things that go into red hot, sultry love ( and lust) making that will take an ordinary lover and turn him into a suave and sultry magical maestro of the female form. Some of the tips below will help you do just that.....making otherwise ordinary and hum drum experiences into rip roaring, toes curling amazing adventures in animal passion...:-)

Others are less “sexy” to talk about....but often amazingly effective in really short order. You have to remember, that women are wired a little differently than you are. Our needs....what we want, ( and when..:-) can be more complex, involve different needs, emotions and what not. What does this mean for you?

It means that you can be the absolute most sensational lover in the world...but if you aren't satisfying your girl in other important areas, (especially if you are in a long term relationship) she STILL may not respond quite the same way as you hope.

But don't sweat it! We're going to be giving you a whole host of great FREE tips in the coming days, weeks and months if you stay aboard – teaching you everything you need to know to keep your woman hot, horny and wanting as much of you as you're willing to share...:-)

Remember – the tips below were written for both of you, some of them you may not feel are right for you, (or her) or your relationship. Don't force it! Do what feels right, and if you find a few new tips to take your game in bed to the next level.....jump on it!

As a Sexuality Educator, others you may find to be common sense – but hey, I've got to stick them in there anyway!

## Overall health and wellness



The best place to start to improve your sex life is to examine your overall health and wellness. Good health makes for better sex. Taking care of yourself and being as healthy as you can will do wonders for your sex life. You will feel better and have more energy which will boost your sex drive.

Regular exercise helps you be in good physical shape which will help your stamina. Stretching, yoga and Pilates will help with strength and flexibility which will help you achieve the most interesting sexual positions.

If you suffer from a sexual function problems such as erectile dysfunction, good health will help promote blood flow. A good rule of thumb to help is to eliminate

caffeine, nicotine, alcohol and drugs at least an hour before sex, or better yet, all together as these all restrict blood flow for both men and women.

Here are some things you can do to improve or maintain your health and thereby boost your sex life.

1. Kegel exercises will increase muscle tone and help you have an incredible orgasm.
2. Take your vitamins. Did you know that Vitamins B and E as well as zinc help keep the nervous system healthy which leads to a stronger sex drive! It's true...and if you start today, you WILL feel a difference fast!
3. Regular exercise-3 times a week for 30 minutes helps your sex life by boosting testosterone levels, which increases sex drive, increases cardiovascular endurance –enabling you to last longer, increases blood volume and improves circulation which makes genitals more sensitive and orgasms more powerful. Not only will a hard body LOOK better, it FEELS great for both of you between the sheets! ( or anywhere else for that matter..;-)
4. Eat a healthy diet. A low fat diet is best for great sex. Did you know that people with lower body fat not only have higher testosterone and DHEA levels, they have lower cholesterol levels can increase circulation and blood flow to the genitals. And more blood flow to the genitals is CERTAINLY a good thing, especially for men concerned about the size and power of their erections!
5. Stop smoking. For LOTS of reasons. But chemicals in tobacco constrict blood flow to the genitals. This is NO good for any part of the sexual experience.....plus it turns your teeth a very unattractive yellow and makes your breath smell terrible. Say goodbye to the Butts – you WON'T regret it!
6. Keep it Clean! And NO.....not the ACTION, but your bodies before hand! The the most considerate things you can do for your partner is to bathe or shower before you are with them. No one wants to get naked and have sex with someone who is dirty or smells bad.
7. Did you know that sex for a headache may be JUST what the doctor ordered? It's true.....Endorphins released during orgasm are a natural pain killer....and much more fun than popping a Tylenol!
8. Breathe in. Breathe Out! Don't forget to breathe deeply during sex! It helps keep you relaxed, promotes blood flow and helps get oxygen to all parts of your body so they function and feel better. It also helps you be in tune with your arousal and is REALLY hot if you BOTH breathe together. Sort of like a Tantric experience without all of the pretzel like positions!

9. Hit the Bathroom FIRST. Don't hold it in...:-) Did you know that BOTH Men and women perform better sexually with an empty bladder? It's true!.....plus it also helps you hit the G-Spot.



## **Ambiance is Everything: Setting the Seduction Scene**

Ok men....this one is most definitely for you! Ambiance is HUGELY important to your woman, so you've got to get THIS part right!

Let's begin at the beginning. Setting the right scene correctly will go VERY far for making an already erotic experience far more powerful. It not only gets you in the mood and gets both of you aroused, if you take the time to make a warm, romantic, welcoming environment it shows your partner you have been thinking of them and want them to be comfortable and enjoy the experience.

Knowing someone has been thinking of you and the encounter to come is a real turn on. Romantic, thoughtful gestures do a lot to make someone feel desirable. Why not let your sensual side show by trying these tips?

10. Make a date. It's fun...it adds excitement and sometimes this is necessary for those of you who have kids and need to schedule time together. If you've got a busy schedule and find yourselves not finding the "time"...just planning a romantic get together can get you in the mood and looking forward to an amazing and erotic experience!
11. Who turned on the lights? Give your sex life a sexy glow by trying colored light bulbs. Did you know that Blue makes your skin look smooth and purple intensifies orgasms? It does...and can add a hot and sexy backdrop to BOTH of your bodies that amps UP the energy fast!
12. How about scented candles? Can be VERY erotic, romantic and really set the stage for some wild action!

13. For the girls out there: Have you ever tried putting lavender oil in your hair to make him fill with lust for the rest of you? It works...and will get him hot in a hurry!
14. Men are aroused visually-put on some sexy lingerie, wait for him to come home and give him a GOOD reason to be happy he's home!
15. How about a little office phone sex? Call your woman at work and tell her what you are going to do to her the minute she gets home. Make sure she's a safe driver first.;-)
16. Leave a sexy note or a Sex Coupon in your lover's pocket, on the seat of their car, under their pillow or anyplace they might find it. Outline what you are going to do to him/her as soon as you see him. Words can be one of the most powerfully erotic drivers there are. An imagination that is red hot usually translates into a body that is to boot!
17. A peppermint foot bath and rub is a great way to pamper your lover! Don't forget to put lotion all over their feet at the end and dry with a warm towel. Try putting the towel in the dryer on low for a few minutes first.
18. Wash each others hair. Rubbing someone's scalp is a relaxing and sensuous exercise. Couples who BATHE together are hot!
19. Flowers are a great way to ad romance! Put some bouquets around the house or your room and put some petals on your sheets or in your bath!
20. Put on some romantic, sensual music BEFORE you begin. Even sitting for 20 minutes with a glass of wine and listening to some great intimate music can be an incredible turn on for mind blowing intimacy.
21. Turn off cell phones, pagers, Blackberrys, telephones, computers or anything else that might be a distraction or interruption.
22. Give each other a sensual massage at the end of a long day to help each other relax and get in the mood to make love.
23. Tell her (or HIM) how much you want them. This may be the very biggest turn on of all! Coming right out and telling someone you want them is one of the hottest, sexiest things you can do.
24. Take it on the road, baby! Surprise your lover by renting a beautiful hotel room. Pick them up or leave a key at the desk and tell him or her to meet you there for a night of passion.

25. Think about introducing erotica to your sex life. Watch a hot movie together or even listen to a CD of something hot, different and delectable!
26. Read erotic poetry or stories to each other. Makes for a great bedtime story experience!
27. Try touching each other all over with different textures. Use gloves, velvet, feathers and other objects to experience different sensations.
28. Keep everything you need or are going to use next to the bed so you don't have to stop and go look for it. Try putting it in a nice basket.
29. Great your partner wearing nothing but a big red bow. Tell them you are their birthday/Christmas present.
30. Do a striptease for your partner to entice them with what is to come.

## The Erotic Art of Kissing



As far as I am concerned, kissing is important. Very important. Whenever I hear of someone who has sex without kissing I am surprised, puzzled and I must admit, a little sad for what they are missing out on.

Kissing it hot! Kissing is fun! Kissing is sexy and sensual! It's the universal sign of love and affection. Sadly, research shows that people in long term relationships slack off on kissing, often only giving four little "pecks" a day- to say good morning, good night, hello and goodbye.

Kissing seems to be the first thing to go in a monotonous relationship. Don't get caught in that kind of rut! Make kissing a priority. You will be glad you did. Here are some things you can do to get the most from kissing:

31. Try sipping a frozen drink or sucking on an ice cube right before you kiss someone! You will go from cold to hot very fast!

32. Fragrant fruits such as plums, peaches, strawberries and nectarines will make your mouth sweet for kissing.
33. Brush your teeth! Especially after eating garlic or other odorous foods drinking coffee or smoking.
34. Everyone wants to be a good kisser! Don't be afraid to practice. Don't just shove your tongue in someone's mouth. Start slow and gently and build up to a deep kiss.
35. Kiss your lover often. It is a way to show your attraction, intimacy and sensuality and it helps them feel loved.
36. Have you ever thought of giving each other butterfly kisses? Try fluttering your eyelashes all over your lover's body.
37. Run your fingers through your partner's hair while kissing. He likes it and SHE likes it for sure!
38. Kiss your partner's neck and earlobes too!
39. Loosen your lips! Tight lips are a no-no for great kissing!

## **Give yourself a hand**



Masturbation. Masturbation. Let me say it one more time. Masturbation. I realize this can be a taboo subject. Masturbation is a normal, healthy sexual activity that serves a multitude of purposes.

But let's be honest, it feels good and that is pretty much why we all do it. In all honesty, I can tell you that masturbation is good for your sex life. If you don't know what pleases you, how can you tell someone else?

It is a great way to experiment with your body, see what arouses you and helps you orgasm. Men can train themselves to delay ejaculation through masturbation. For both sexes, it is an amazing stress relief.

Want to know how to use masturbation to spice things up in your bedroom? Keep reading.

40. Masturbate right before you are going to see your lover-but don't let yourself orgasm-so you will be incredibly aroused and ready to go as soon as you are together!
41. Masturbate in front of each other. Show each other what feels good. Better yet, make a game out of it-the first person who reaches orgasm has to **fill in the blank.**
42. Women, try rubbing your breasts and nipples while he watches! Look his straight in the eye while doing it!
43. When you can't be with your lover, try having phone sex and masturbating together on the phone.
44. Put your partners hand on top of yours while you masturbate to show them first hand what you like.
45. Share a sexual fantasy with your lover while you touch yourself.
46. Better yet, have your lover whisper an exciting fantasy in your ear while you are masturbating.
47. Buy your lover a sex toy to be used exclusively by them for self pleasuring!

## **Speak up for oral sex!**

Oral sex can be one of the most pleasurable sexual activities. Don't believe me? Just ask any man when was the last time he FAILED to enjoy a blow job.

Same goes for women. It is incredibly hot to be with a man who knows what he is doing south of the border. However, when you are with someone who-no pun intended-sucks at oral sex it can be a real sex killer.

I have literally talked to women who were so distracted trying to figure out what in the hell the guy was doing down there they completely lost the mood. And just try convincing a guy to give you a second chance after you have made a huge blow job boo-boo like scraping him with your teeth.

Don't be intimidated about trying oral sex or working to improve what you already do. Check out these great suggestions for getting the most from going down.

48. Try using your tongue to lick the alphabet on his testicles or her clitoris for incredible variety.
49. Put an ice cube in your mouth for a cool treat on a hot day!
50. Use your teeth to unzip his pants
51. You don't have to wait for your man to get an erection to give a great blow job! In fact, sucking a soft penis can usually get him hard fairly quickly. So go ahead-make the first move! He will not only love it, he will be IMPRESSED.
52. Oral sex is not just for the bedroom! Try it in the car, in other rooms of the house or wherever you and your partner find exciting. Don't be afraid to mix it up!
53. The Joy of Cooking-let food be your friend! Try chocolate sauce, whipped cream, or anything you think would taste better while licking it off your partner! Show him your appetite!
54. Never bite a woman's clitoris. I mean never.
55. Wrap your lips over your front teeth so you won't bite him or your teeth won't scrape against his penis!
56. The tip of the penis, called the glans, is extremely sensitive!! Try tracing a figure 8 or the alphabet with your tongue here. See if he can tell what dirty words you are spelling!
57. Use your hand as well as your mouth for extra stimulation. Wrap your hand around the shaft of the penis while you have the tip in your mouth.

58. Don't forget the testicles or the perineum, which is the area between the testicles and the anus. This is all very sensitive and will drive your man wild!
59. It is not the depth! Great blowjobs have nothing to do with deep throating! You do not have to and should not expect to be able to get the entire thing in your mouth at once! The majority of nerves are on the tip and the shaft responds more to touch, licking and kissing than just sitting in someone's mouth.
60. Find the Frenulum! It is another good friend! A nickel-sized area just below the head of the penis on the side that is away from his body when he is hard, this area is very sensitive!
61. Try putting an Altoid or Blue Ice cough drop in your mouth. The menthol and other ingredients will stimulate his nerves and add to his excitement and pleasure.
62. Put a pillow under her hips. It provides easy access!
63. The tongue can feel rough when it is dry! Be sure to coat your lips and tongue with saliva!
64. Put both of his testicles in your mouth at the same time and gently suck on them.
65. After you have been going down on her for a while, try inserting your finger in her vagina and stimulating her g-spot!
66. Work UP to the clitoris. Start by kissing the inside of her thighs, then her whole vulva and finally the clitoris.
67. Know your anatomy!! It is hard to stimulate the clitoris if you don't know what it is or where it is located! Or anything else for that matter...
68. Ask your partner for feedback. Every so often, ask her if it feels good, what would feel good etc. There is a gentle way to ask and give feedback about sexual performance. If the lines of communication are open from the start, this will be easier but also, don't be afraid to jump in in the middle of things!
69. Vary your intensity! Many women prefer that you start slow and gradually increase the intensity and many women need more intensity the closer they get to orgasm.
70. If your woman is experiencing vaginal dryness, try some flavored lube!!!
71. Alternate hand stimulation with oral sex. It will give you mouth a rest and you will have plenty of natural lubricant.

## Down and Dirty

So now we come down to it- The Main Event! You have worked through all the steps to get to this point and you are ready to do the actual deed.

It all comes down to this! No need to be nervous, you have worked hard at all the other aspects of sex and now it is time to put that knowledge to good use. The last tips in this book are to help you break out of that same old dull routine and incorporate some fun and exciting things into actual intercourse.

Don't knock them 'til you've tried them! Read them and see what appeals to you.

72. Make love in front of a large mirror. You will be surprised at how hot you look!

73. To make it easier to have a quickie or sex in places that are not so private, wear a skirt that can be pulled up and no panties.

74. Help him delay his orgasm and last longer by gently pulling on his testicles for several seconds when he feels like he is going to come. Pull them very gently in a downward motion.

75. Sex outside the bedroom can be HOT! Try other rooms in the house or go outside the house to your favorite secluded spot.

76. Always wanted to have sex standing up but the difference in your heights creates a problem? Try doing it on the stairs to even things up.

77. Try having sex in a chair without arms with him on the bottom and her straddling him. Great for deep penetration and face to face action.

78. Try a costume! Naughty nurse, hot construction worker and more can liven up even the most boring old routine.

79. Try a pearl necklace on for size-let him rub his penis between your breasts until he comes.

80. Don't hold back on the sounds of pleasure. Moan and groan as loud as you want. Just let it flow naturally and not worry about who hears you.

81. Try doggie style in front of a mirror so you can still get the deep penetration and g-spot stimulation while being able to look at each other.

82. Take turns blindfolding each other during foreplay and sex to experience your other senses more.

83. The missionary position can get boring after a while. Don't be afraid to try variations of it like putting your legs on his shoulders, keeping your legs together or bringing your knees to your chest.
84. Don't be afraid to try sex toys. With the variety of toys available, there are no limits to what you can try!
85. Grab your partner's ass during sex. Squeeze, rub, touch and play!
86. Use some silk scarves or his neckties to tie your partner up leaving you in complete control. Or better yet, get some fur lined handcuffs.
87. Be sure to discuss boundaries before trying anything new or kinky. Agree on a safe word so you will know when to stop if you need to.
88. Have sex with the man lying on his back and the woman on top facing away from him.
89. If you want to make her nipples tingle try sucking on them and then blowing on them.
90. Press down on her stomach just below the bellybutton while you are stimulating her G-Spot at the same time. This will intensify her orgasm.
91. Sometimes fast, spontaneous sex is best! Don't be afraid to have a quickie.
92. Put a mirror on the floor, climb on top and then make love doggie style.
93. Try mixing things up by having sex at a different time of day. Always wait until bedtime? Try it first thing in the morning or in the middle of the day.
94. Play with food! Use honey, whipped cream, chocolate sauce or whatever you like to be your lover's main course for a delectable sexual experience. Put it on your breasts, tummy, butt, back and fingers and ask him to lick it all off. Offer a special reward if he cleans his plate.
95. Vary the rhythm, speed and intensity of thrusting after penetration.
96. Think about experimenting with anal pleasuring. Even if you don't desire anal intercourse, anal stimulation on both sexes can be very erotic and pleasurable.
97. Remember-men have nipples too! They like it when you lick, suck and caress them!

98. Use finger stimulation to find her G-spot and give her a mind blowing orgasm. Insert your finger and use the “come here” gesture to send her over the edge with pleasure!
99. Instead of thrusting, stay inside her and grind up, down and around.
100. Rub your hard penis against her clitoris to tempt and tease her. It is a huge turn on.
101. As he comes inside of you, clench and tighten your pelvic muscles to grip him into an amazing orgasm.

And of course....there is MUCH more to come! (no pun intended..:-) But this is a start, a tame one for some of you...and a GREAT one for others! The key to great sex is simply learning to the landscape, understanding how your woman's body works ( and this goes for the girls out there too!) and simply making your partner melt with passion.

We've got MUCH more to share.....but for starters, pick a few of these that YOU like, and put them to action tonight – I promise, you WILL see (and feel) something sensational when you do!

Talk soon, be safe – and GREAT Sex for All!

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(Courtesy of JFM Magazine)