

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

Fantasize. Nothing is off limits in your imagination. Be open to whatever fantasy scenes come into your mind and arouse 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. Vulva owners: try a clitoral vibrator, and use a dildo if you like the feeling of a full vagina. Penis owners: try a sleeve, cock ring, prostate stimulator, or one of the penis vibrators designed to work with or without an erection. Sex toys are fun and may be the key to orgasm!

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. Orgasms 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, <https://joanprice.com>, is the author of four books about senior sex, including the award-winning *Naked at Our Age: Talking Out Loud about Senior Sex* and *Sex after Grief: Navigating Your Sexuality after Losing Your Beloved*. An internationally popular public speaker and sex educator, Joan has been writing and speaking about senior sex since 2005. She is the co-creator of the film, *Jessica Drake's Guide to Wicked Sex: Senior Sex*, winner of the 2022 Audiovisual Award from the American Association of Sexuality Educators, Counselors and Therapists. ©2012, 2022, Joan Price.