

SaferSex4Seniors

Information you need to enjoy safe 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 for props with sensual potential. Here's how to put some likely finds to use, regardless of your gender:

- 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 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.
- Dip a smooth, rounded paperweight in massage oil and roll it over your partner's body.
- Stroke a soft brush over the body from head to toe and play with your partner's hair.
- Experiment with water-based, silicon-based, and oil-based personal lubricants. Never use oils or oil-based products with Latex condoms, which deteriorate when in contact with oil.
- Pile the bed with pillows to support your back, hips, knees or other body parts while you can 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.

About the Author: Melanie Davis, PhD, www.melaniemelaniephd.com consults with individuals and couples to help them build sexual knowledge, comfort, and pleasure through the New Jersey Center for Sexual Wellness. <http://www.njsexualwellness.com> She trains medical and other human services professionals and also offers consumer programs on self-esteem, body image, and on the sexual impact of cancer, menopause and aging. She is an AASECT-Certified Sexuality Counselor, Educator, and Educator-Supervisor and author of Our Whole Lives Sexuality Education for Older Adults, available at www.uuabookstore.org