



6 gentle intimacy ideas



1. Gentle, sensual massage:

Use light touch and aromatic oils - focus on areas like the face, arms, hands, legs, & feet.
The focus is pleasure, not orgasm.



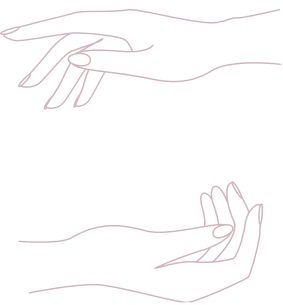
2. Explore sensory play:

Use different textures like feathers, silk, or fur on each other's skin. Use smooth or sharper objects. Feed each other favorite flavored food and drink. Listen to your favorite music together. Dance slowly for each, maybe a strip tease if you can. This engages the senses and doesn't require strenuous movement.



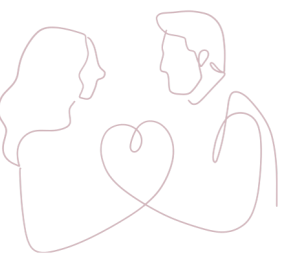
3. Eye gazing & breathing:

Be seated in a comfortable position, or lie down facing each other. Engage in prolonged eye-gazing while synchronizing your breathing



4. Slow touch:

Slowly and intentionally caress around erogenous zones without the need for strenuous movement. Focus on pleasure and teasing, maybe the receiver can be blindfolded.



5. Verbal intimacy:

Tell each other in detail what you would like to do to each other - no touching aloud ;)

OR

Write a sexy story together that you can act out at a later date



6. Alternate positions:

Try different sex positions:

- Spooning
- Pillow under the knees
- Recovering partner on the edge of the bed with their knees bent, partner can stand in-front of them and slowly move

IMPORTANT: IF IT HURTS, STOP!



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For the love of pleasure!

