

REWIRE YOUR DESIRE

Checklist of Ways to Involve Your Partner

Once you've started getting your libido back on track with exercise, nutrition, stress management, hormone balance, and other forms of self care, it's time to address boredom in the bedroom with novelty and adventure. Sex will not stay exciting if you just do the same old thing all the time.



Here are 7 ways to bring back that spark...

Exercise with your partner: There's nothing hotter than the romp that follows a sweaty jogging session with your partner. Exercise ramps up testosterone, your hormone of desire, making the sex you have afterwards steaming hot!

Make date nights a priority: Scheduling sex may sound boring, but it's really not. Remember the excitement when you were dating? Making a date and treating it like something special will get you hyped for the sex to follow. If you make date nights and stick to them, you can boost desire by building anticipation with flirting and sexy texts, and you can pamper yourself before the date so you'll look

and feel your best. When you both bring your best self to the date, you'll feel more bonded with each other, and that connection is sure to bring major sparks to the bedroom!

Read erotica together: Listen to a sexy audiobook, read *Fifty Shades of Grey* or another erotic story to one another, try female-friendly pornography, read *Urban Tantra* together. You'll learn new tricks to try on one another and you'll get aroused in the process.

Find new erogenous zones together: Learn what turns you both on the most by going exploring with your partner. Use your hands or mouth to stimulate each other's fingers, hands, mouth, neck, feet, thighs, knees, ankles, belly, buttocks, anus, small of the back, breasts... Yeah, genitals are great, but you can bring so much more of your body into having great sex!

Try out sex toys together: Go for sex toys that are phthalate free (phthalates build up toxicity in your body and can do nasty things to your hormone levels). You can purchase them discreetly online, and there are lots of different ones you can try! Rabbit vibrators, G-spot stimulators, the Egg, Dildos, Anal

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plugs or beads, Ben Wa balls or Kegel trainers to improve orgasm strength, and much more. Try them out with great smelling and tasting coconut oil as lube. And don't forget novelty items like silky handcuffs and feather ticklers for that extra punch!

Create adventure with your partner: Travel, hike, bike, dance, take up a new hobby, go bungee jumping, try sky diving or scuba diving. Learn something new like taking a cooking class, walk in the park, borrow a friend's dog and play frisbee. Anything you can do to create novelty and excitement with your partner is going to deepen your bond and create major sparks!

Get wild: Act out your fantasies together. Ask your partner which of your body parts he likes the most and play it up with a sexy shirt or tight pants on your next date. Have sex in the woods. Take off your underwear in the ladies room and give them to your man. Go commando (no panties) on a date. You'll be amazed how even little things you try create explosive results!

