

15 SECRETS
To Spice Up
YOUR LOVE LIFE



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It happens to every couple at one time or another. The spark starts to fade. Playtime in the bedroom becomes a bit too comfortable. The fire that raged when you first got together settles down to embers of what you used to know. It can put an awkward distance between even the most loving couples.

Want to get the spark back? Here are some tips to make your love life fun again.

Go Back to the Beginning – Flirt!

Remember what it was like when you heard those first endearments from him? Remember how it made you blush, how your palms got sweaty, how your heart pounded in your chest? How long has it been since you felt that little zing of happiness when he winked at you? Take him back there. Start flirting with your partner like you did way back when. Compliment

the way he dresses, the way he smiles, even the way he walks. Tease him with a naughty little endearment. Give him a wolf whistle as he walks by – if it's in public, even better! Once you start the flirting game, he's bound to flirt right back.

Become a Secret Admirer

Who doesn't love a little mystery? Make him wonder what is coming next! Send flowers to his office. Pay in cash and let the florist make out the card, so he can't recognize your handwriting. Make it short, simple and flirty, but leave a little hint in the message that will let him know it's definitely you.

Send a card to his office – anonymously – with a kiss of your lipstick shade on the inside, along with a dash of your perfume. Buy little love tokens to leave in his car. Take a picture of yourself from the neck down, wearing a new piece of racy lingerie, and tuck it into an envelope. Leave it on his dashboard and watch him grin when he walks in the front door!

Write Love Notes

Everyone loves to hear those endearments. When you go to the effort to write them down, that makes them even more special. To get even more romantic, why not go old school? Buy a set of lovely stationery and write him a letter. Remind him of why you fell in love in the first place.

Compliment him on the little things he does. Find things you might not have thanked him for – like being so vigilant about keeping the lawn nice, or about the way he always makes sure to record your favorite television show for you – and thank him in handwritten words.

Keep it flirty and romantic. Put a stamp on it and send it to his office, or even to your home! Be sure to let him get the mail on the day it arrives.



Give Your Bedroom a Makeover

Is your love nest a bit too comfortable? Give it a makeover and watch his interest grow! If you can rearrange the furniture, do it. Even the slightest difference will make your private space seem new. Invest in soft, luxurious sheets and blankets. Scatter small, decorative pillows among the larger ones. Shop for sultry incense – Nag Champa is always a good bet – and light it up. Unscented candles will give the room a gentle glow, and making love by candlelight is lovely.

Step Out of Character

Speaking of lingerie and naughty outfits, stepping out of character might be all you need to bring some spice into the bedroom. When choosing that new lingerie, maybe something a little out of the ordinary is in order. Are you in the mood to be a mysterious, glamorous lover?

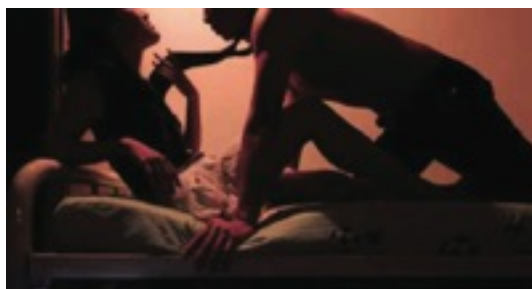
Dress up that black teddy with a feather mask and high heels. Feel like playing doctor? Put on a long white coat, bring along a stethoscope...and listen to his pulse in unusual places. How about being a maid, responding to his every whim? Bring a tray of finger foods to the bedroom and serve them up. Stay in character, and stay naughty!

Play with Your Food

The next time you visit the grocery store, put seduction at the top of your list. No, I don't mean you should hit on the produce guy! Buy foods that go just as well in the bedroom as they do in the kitchen. Focus on finger foods, especially ripe fruits and sensual candies. Plump strawberries, juicy grapes, and drippy pineapple are all good bets. Chocolate sauce and whipped cream are classics. Bring them home, arrange them in a pretty basket, and set that basket on your bedside table. When playtime comes, feed them to your lover. As things get heated, get creative – and make your body the plate. His taste for strawberries will quickly turn into a taste for you.

A Novel Idea

Erotica isn't just for men anymore! Now these naughty books cater to women and couples, and that can mean a nice dose of excitement for both of you. Take a trip to the bookstore, either down the street or on your computer, and seek out erotic novels that focus on couples. Short stories are usually your best bet. When the time is right, open the book



and read a story to your lover. Watch his libido rise as he thinks about the words – and then invite him to bring them to life with you!

Play Couple's Games

Strip Poker? Naughty Monopoly? There are several games lovers play, and you can cash in on some of the simplest ones. The “pick a strip” is always nice: On a piece of paper, write directions for sex. Some examples might be “Give a massage” or “Kiss for five minutes” or “Lick chocolate from the body part of her choosing.” Make some directions very simple, and make some very explicit. Put them all in a deep bowl or cup, and take turns choosing the strips, then perform the action written there. I'm willing to bet you won't have enough restraint to get through the whole list!

Watch Something Naughty

Watching porn together can light up the libido and give you lots of new ideas. Is there something you've always wanted to try, but you've been too shy to mention it? Get a porn movie that focuses on that very thing, and you just might get what you want! The choices in movies are endless. You can bring in hard-core porn if you're in the mood for something explicit, or you can stick to soft-core for something more romantic. Turn down the lights, get comfortable in front of the television, and let nature take its course as you watch the action on the screen. You probably won't get all the way through the movie!

Striptease

You know he likes to watch, so why not give him a good show? It doesn't matter what you wear, as long as you are taking it off! If you're shy about a striptease, start with a long, flowing robe. The extra fabric allows you to tease him, showing off a bit of leg here, a bit of breast there, until your confidence grows enough to show him more. Bump and grind your hips. Touch yourself while he watches. Keep up the eye contact, and make it clear how hot he makes you. When your clothes are gone, approach the bed with a sultry smile – and ask him if he wants to see that same tease, up close and personal, while you climb on top.



Get Down and...Clean?

This might be one of the simplest things you can do with your lover, but one of those that rarely comes to mind. You both get showers every day – so why not get a shower together? Take all that hot, steamy water surrounding you, add with some sweet smelling bubbles, and you have the recipe for romance. Offer to wash him from head to toe, then let him do the same for you. Use a fluffy bath sponge, or better yet, your bare hands. When you're finished, give him another good soaping, but this time, concentrate on certain body parts. In the shower, you can get just as dirty as you want...and always come out clean.

Try a New Trick

Do you know your lover so well, you can anticipate his every breath and sigh? Shake things up by introducing a brand-new trick into the bedroom. Perhaps bring ice into play – slide it all over his body and lick up the trail it leaves. When it's small enough to handle, push it inside you and invite him to find it. When you're both hot enough to melt an iceberg, slip a tiny piece of ice inside you, and then invite him to make love to you. The combination of friction, heat and icy cold will thrill you both.

Take the Lovin' Elsewhere

A new location for your romantic rendezvous can do wonders for your libido. Take it to another room in the house. How sturdy is that kitchen table? How soft is that living room carpet? Get down there with your partner and find out! Try places that force you to be creative with new positions, like the stairs, or even the kitchen counter. If you're really adventurous, go outside and sit on the swing, then fool around under the cover of a big blanket. When you use your house as a sexual playground, the possibilities are endless.



Go Parking

Since we're talking about going outside...remember going out with your beloved and parking somewhere quiet, then going at it in the backseat? You steamed up the windows and to hide the little love bites for the rest of the week. It was a great

feeling back high school. Why not recapture it? Sneak away with your man at night and park in the lover's lane. Climb in that backseat and let passion take you wherever it wants. If you're not brave enough to head out to the great outdoors, no problem – park in your garage, or pull the car to the backyard and get busy.

Get Away Take a Romantic Vacation

Sometimes, a few days away is perfect to rekindle the spark. Plan a few nights in a neighboring town, and make sure that hotel has a big Jacuzzi tub for lots of couple's play, or take advantage of a bed and breakfast that caters to couples only. Decide on somewhere you both love, a place that holds good memories. Or close your eyes and throw a dart at the map! If you've got the time and the money, think about a romantic cruise. Just the two of you on a pristine island? What could be better? Whatever you choose, whether it's extravagant and luxurious or simple and easy, the point is to be with your partner, and create something special for the two of



you to share. Try these tips one at a time, or combine several of them into one hot and sultry lovemaking session. Most of all, enjoy your lover – he's sure to enjoy you!

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