



GODDESS GUIDE: 5 SEXY TIPS TO SPICE UP YOUR RELATIONSHIP

Want to spice things up in the bedroom? With a little desire and Goddess Unleashed at your side, it's easy!

The important thing to understand is that novelty, anticipation, excitement and even danger produce dopamine release which heightens libido and sexual excitement. This is why affairs are often charged with sexual passion. This also explains why at the beginning of a relationship, when everything is new and unpredictable, the passion is greater than when the relationship becomes more routine and predictable.

But here's the GREAT NEWS - you have all the power to create as much novelty, adventure and excitement as your heart (and any other body part) desires!

Here's 5 tips to spice things up:

1. The 20 Second Kiss. That's right, just kiss...hold it....a little longer...mmm. When's the last time you enjoyed kissing for it's own sake? Your lips and mouth have the second largest number of nerve endings on the human body (clitoris/penis has the most) which make it a hot spot for sensation. The mouth is one of the most overlooked erogenous zones in long term relationships as juicy kisses of courtship turn into thoughtless peck kisses of married life. Oxytocin levels (the "love hormone" that promotes bonding) increase after just 20 seconds of kissing. As you kiss focus on your intention. If you're preoccupied with your grocery list then kissing won't be the same as when you're thinking how much you love and appreciate the man you're kissing.

2. Create Anticipation. Tell your partner you have a sexy surprise in store this week...the anticipation will get him (and you) thoroughly excited. When he least expects surprise him with something super sexy. Try a new sex toy like the We Vibe (vibrator for couples to use while having intercourse) or as he leaves to work hand him the remote control for the Turn Me On Vibrating Panties you'll be wearing all day (chances are he'll come home early!).

3. Private Lounge. Turn your bedroom into your own private dance club. Pick up a strobe light (available at Guitar City). If you have kids, this is a night to farm them out to grandma's (or your favorite babysitter). Put a sign on a door that says "(his name's) Private Lounge." Lead him into the room and ask him to sit down. Cut the lights, start the strobe light and put on some erotic music that makes you want to bump and grind. Then give him a strip tease &/ or lap dance he'll never forget. As you peel off the layers, he'll freak when he sees that under it all you're wearing MiMi Rhinestone Pasties! You won't believe how sexy they look and feel. He'll go crazy knowing you were wearing these underneath your clothes and he didn't know it!

4. Erotic Massage. Give your partner an unexpected erotic massage. Pick up the erotic and educational "how-to" DVD The Joy Of Erotic Massage along with a Don't Stop Spicy Chocolate Cinnamon massage candle, where the aphrodisiac fragrance arouses your senses and the candle itself melts into a warm, luscious massage oil that you can pour all over your lover's body. For more information on giving an erotic massage check out "How To Give An Erotic Massage" as well as our entire section dedicated to Partner Massage.

5. Sexting and Dessert. It works! Text or e-mail your lover a sexy message (only if privacy is assured!). Men love to feel they bring out the wild side in a woman, so go for it. Tell him what you want to do to him later that night. Be bold. Be brave. Be graphic! And if you're really daring, send a sexy photo of yourself and let him know you're thinking of him. If privacy is a concern, simply text him, "I have something very special in store for dessert tonight!". He'll get the message. That night for dessert, use the Deluxe Poeme gourmet chocolate body paint and blindfold kit to drive him crazy with desire. Paint erotic words on his body and see if he can guess them. Take your time licking the chocolate off your lover's body, then it's your turn to be blindfolded!