

Rekindle Your Romantic Intimacy

During the beginning of a relationship, people tend to put a lot of time and effort creating romantic situations to entice and seduce their partners. More effort is also given to exploring each erogenous zone in intimate detail as we learn about each other. And, time seems unimportant as you dedicate and focus your loving attention on each other's pleasure. You may fondly remember or even fantasize about those blissful times together. However, as a relationship matures, other priorities seem to take hold of your time and energy. As your intimate connection fades, your relationship may start to weaken as well.

Here are some sexy suggestions to help you make pleasure a priority again and enable you to rekindle the romantic intimacy in your relationship. Although even just one of the following elements will help, try including as many as you can to create ultimate, unforgettable nights of romantic and passionate intimacy.

Time & Timing: Regardless of how busy your day is, everyone needs some down time to rest and recuperate. Sensual play with your lover is much more rewarding than going out or watching television even if it is together. Coordinate a time and place where you can both be together in mind and body for at least two hours without being disturbed. Plan it and make it happen – discard the notion of spontaneity. Lock the doors, turn off the phone, get a sitter – just do what ever it takes. Make a date or schedule in an appointment for love.

Simmering Seduction: Good foreplay starts with the mind. Ensure you maintain an emotional connection with your partner throughout the day. Small gestures of affection and desire (lingering non-sexual touches, caressing hugs, flirtatious eye contact, tender kisses, etc.) help maintain a sense of closeness. Also, discover, create and use your own sexual signals to build anticipation and increase arousal.

Arousing Atmosphere: Ensure your lovemaking area is warm, cozy and inviting in temperature, sight, sound and scent. Use candles or a fire to create a soft radiance that gives the room and your bodies a warm glow. Play soft, calming instrumental music to guide the rhythm of your slow and sensual pleasuring. Burn incense or candles with a subtle scent that is either relaxing or arousing.

Food & Drink: Sharing a bottle of wine or a pot of tea together will help you relax and get in tune with each other. Light, sensual snacks such as fruit, oysters and chocolate may enhance your sexual vigor and stamina. Juicy fruit, syrups and sweet liquors can also be used as part of your sensual foreplay. Also keep a few chilled bottles of water handy to refresh yourselves later.

Clean & Tidy: You may have heard the saying that *men doing housework is like foreplay for women*. Regardless of how the burdens of everyday life are shared in your relationship, making love in a clean and tidy room eliminates negative distractions that can ruin the mood. Crisp, clean sheets are also a nice touch. Use satin or high thread count Egyptian cotton sheets for sensual elegance.

Good Grooming: An invigorating shower or a relaxing bath together will ensure you both smell and taste fresh, clean and desirable. Washing each other is also a sensually delightful experience that will definitely get you in the mood. Men should shave to remove sharp, rasping stubble. Hand care is also essential. For men, a full manicure may not be required but keeping your nails clean, trimmed and smooth is critical. Keeping your hands and finger tips soft is also important especially for touching and stroking sensitive erogenous zones.

Erogenous Exploration: Attempt to relearn each other's bodies with extended touching, stroking, caressing, tickling, kissing and licking. Pleasure regions of your bodies that may have been neglected for a long time. Experiment with different massage techniques for both pleasure and relaxation. Introduce some variety with your style, technique, sequence, position etc. to create an unexpected sensual surprise.

Arousing Accessories: Creatively use one or two accessories to arouse and stimulate each other. Apply a special perfume or cologne reserved just for making love together. Wear erotic or sensual lingerie to look and feel sexy. Use a feather, silk, artist brush or even a rose to delicately tickle pleasure receptors all over your bodies. Flavored or warming lubricants can make your touch feel completely new and exciting. And of course there are a range of sex products that can be used as part of your foreplay, sex play or after play.

There are so many delightful possibilities but it does require that you make pleasure a priority in your lives together. The time and effort you spend enjoying and deepening your intimate connection will be extremely rewarding. Not only will you feel happier about yourself and each other, daily stress will be easier to cope with. You will also feel and be healthier mentally, physically and spiritually. For many reasons, sexual intimacy in your relationship deserves to be a priority. To ensure a successful relationship, it takes more than love and good intentions - **Amazing Sex is Essential!**

About the Author

Michael Kortekaas is the foreplay game designer and webmaster for [Sexy Suggestions](#), [Creations Foreplay](#) and [Frisky Foreplay](#). These websites are intended for couples who are looking for creative foreplay and sexplay ideas to enhance their relationship together.