

# Foreplay 101

**DON'T SKIP THIS...**





# Try Something

## Foreplay 101

It's said that men are like microwaves and women like ovens... men are ready quickly and women need to preheat to get hot.

Foreplay is important and necessary to intimacy. Some may need more than others. How much, how long, and the what is between each couple. It's not meant to be rushed and treated as a means to an end. It should be enjoyed, sensual, and build a deeper intimate connection. In this article we are going to discuss some different methods and how tos.



# Practicals

starting with Kissing. Kissing is more than a peck... deep intimate kisses. Take those kisses to all areas of the body. Ears and neck, chest, arms, belly, legs, behind the knees... kiss kiss and more kisses... oral sex is definitely fore play that can meet each person's needs. It should be mutually satisfying. Kisses, sucks, licks, tongue penetrating are an enjoyable part of foreplay. Massaging, rubbing, using your hands and fingers all over the body. Hands can be used to stimulate the penis and fingers for the vagina. Toys that vibrate, tongue rings, oils for seductive massages are

