



The **Sexpert** Guide to 52 Weeks of **Sizzling Sex**

Sexpert Guide Copyright & Compliance

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Week One

Fantasies Can Come True

What are your hottest sexual fantasies? Hot showgirl does a striptease for you? Scorching cowboy rescues you from a burning building? Week one is the time to share it all with your lover. Just talking about what turns you on boosts arousal and provides an avenue of exciting escape. Remember, you can make your wildest fantasies come true by using your imagination. You don't have to actually *have* a threesome to enjoy the erotic benefits. Create the world you want to explore with your lover and act out your secret thoughts in a relaxed and playful manner without the risk of involving other people.



Erotic Foods

Get in the mood together with a meal that includes natural aphrodisiacs. Add sexy foods like the 3 shown here to your shopping list and try a feast in the living room where you can sit comfortably and feed each other. You can also turn your lover into a delectable smorgasbord and then have fun licking it off.

Pumpkin Pie

Pumpkin Pie or Pumpkin Seeds are the top contender to increase penile blood flow at an average of 40% faster.



Chocolate

Chocolate includes caffeine and a plant substance called phytosterol that mimics human sex hormones.



Seafood

Seafood releases testosterone and is high in iodine, which is needed by the thyroid gland that regulates energy, including sexual energy. Seafood – releases testosterone



Week Two

Steamy Shower For Two

Showering together is a sure-fire way to get you both turned on. Get the temperature right, let the room fill with steam, and invite your lover in to join you. Starting from the top and working your way down, take turns giving each other a rub down with your favorite scented soap or body wash. The thicker the lather, the better! Press your slippery, wet bodies up against each other and let anticipation build as you slide and gyrate together. Then throw some fluffy towels on the floor and have oral sex in 69 position!

Week Three



The Ties That Bind

Whether or not Fifty Shades appealed to you, a bit of light bondage in the bedroom has been known to transform sexual relationships. Find two scarves or ties and tell your lover that you want to try something new. Start with a little foreplay and undress each other as you make your way onto the bed. Then, gently place one tie over your lover's eyes as a blindfold, and talk softly and assuredly about what's going to happen next. Gently take your lover's wrists and tie them to the bed, or to each other. What you do next is completely up to you, but remember that you are in complete control, so take your time teasing and pleasing – and that includes yourself! You'll be surprised how uninhibited you feel making love to your lover while he/she is blindfolded. It's liberating, and sensually erotic for both of you.

Week Four



Sexy Selfies

Imagine the look on your lover's face when you send a private message marked, "For your eyes only." Their hearts will beat faster even before they open the photo, and when they do, give them something to fantasize about!

All you need is a camera with a self-timer, and an appealing setting – like your bed – for your naked self. If you don't have a tripod, find a dresser or chair to balance the camera and strike a pose! **It's not about looking like a supermodel, it's about your beautiful body in its natural state**, and how much your lover appreciates your bold confidence. If you're feeling low on the latter, try pretending you're a world famous porn star.

Week Five



Mutual Voyeurs

Throw inhibitions aside and enjoy one of the most intimate sexual experiences available to you: watching each other masturbate. If you really want to make some drastic changes where your sex life is concerned, then take matters into your own hands – literally – and let your partner watch. With the lights down low and music playing in the background, let the music move through you, in you, and around you as you undress and **play with your body the way you would if you were alone**. I guarantee your lover will be taking off their clothes a moment later, becoming uncontrollably aroused. Then when your lover joins in, make sure you watch too, and let them know that their pleasure is putting you over the edge.

Week Six



Sensational Sense

Touch



Have your partner get naked and lay back for you on the bed. Tell them to close their eyes and count to 10 to get relaxed. Then, as you lay together in silence, gently dance your fingertips over their body, close enough that you can feel their static and warmth but not actually touching their skin. Hover your fingers over eyes, lips, nipples, genitals, thighs and toes. Breathe together. Embrace the quiet intensity.

In order to experience fully satisfying sex, incorporate all five senses into the act. Why deprive yourself of 20% of your pleasure?

Taste

Make a fruit salad together, side by side in the kitchen. It may sound simple but trust me, carefully slicing juicy mangos, peaches, oranges, plums and apricots is an erotic experience. **Feed each other the succulent fruit, and describe the taste to each other.** You might find you don't even get around to actually eating the salad!

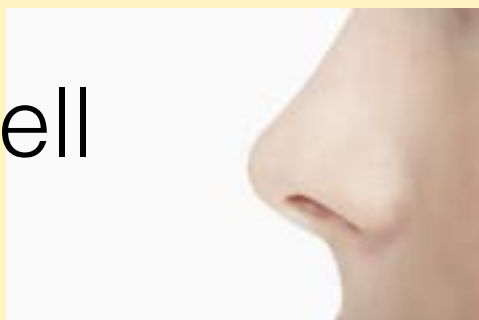


Sound



Heighten the sounds of sex with silence. Pay attention to the sound of his belt slipping out of his pants. Listen for the pop of her bra clasps. Meet at the bed and take note of the music the sheets make as they unfold. As you lay down together, notice the sounds that happen as you embrace, the heartbeats, the rhythm of the body as you rub your ear along their stomach, or an uncontrollable gasp followed by the peaceful hum of connection.

Smell



Candles are the most obvious way to bring some interesting scents into your home, as is incense, but I suggest exploring other ideas together, such as **finding a spice or herb market and seeking out the smells you both enjoy** and make a simple potpourri bowl for your bedroom.

Sight



Look at each other. Of course it's obvious, but sometimes the most obvious things are the ones we most easily forget to do! This is especially important for couples in long-term relationships. The longer we spend with people, the more easily we forget to pay attention to the details. Look closely at the face of the one you love. What has changed? Look for the glimmer of the younger lover you first met. Remembering them younger will make YOU feel younger. Make love with a commitment to maintaining eye contact during climax.

Putting Them All Together

Find 5 items that enhance and heighten each one of your senses, so 10 items total. For the sense of sight, you can get **fresh cut flowers or lingerie**. For the sense of smell, use **scented candles or incense**. For sound, play **romantic music or get some wind chimes**. The sense of taste can be enhanced with **chocolates or fresh fruit**. And the sense of touch can be heightened by the use of feathers or massage oil. If you both choose the same thing for one of the senses, the first one to exchange it with something else gets to have a sensual massage first.

Week Seven

Panties & Chopsticks!

I tell all my clients to relax and have fun with their partners, get creative and explore each other's bodies in new ways. The mere act of focusing on each other's pleasure brings you closer. Here are two examples of how you can create your own fun play together. Then go make up your own!

Asian Field Goal

You'll need plastic chopsticks, a steady hand, and a talented tongue for this game. Place each chopstick along the outer edge of your woman's vaginal lips, then use your thumb and finger to gently roll each fold of skin around the chopstick so that it resembles goal posts. Your tongue becomes the football and you must score at least three field goals by placing it between the posts in five minutes. If you win, you are a hero, but if you lose then no oral sex for you for a week.

Panty Flogging

You can introduce gentle flogging by creating your own homemade flogger out of panties. Simply take three pairs of panties and tie the ends together with a rubber band. Then order your lover to bend over your knee or some furniture and role-play being a Dom as you tell your Sub that they need to be punished for being so naughty. After a few spanks, you can add a few licks, caresses and fingering as they are all part of the dominants sensual BDSM game plan for his or her willing submissive lover.

Week Eight

“Never underestimate the power of porn.” - Dr. Ava Cadell



Share Sexy Pictures

Even if you're not a big fan, erotic imagery is an incredible turn on for both sexes, so don't rule it out as a visual way to quickly amp up the heat in your bedroom. Bring an adult magazine (or two – one for men, one for women) home to your lover and find out which pictures turn them on and why. Or just flip on the laptop or tablet and see what your partner searches for first! It's okay to giggle – that's part of the fun. Let your guard down, be open to learning something new about your partner, and let the pictures do the talking.

Week Nine



The Naked Chef

Try cooking dinner one night wearing nothing but a chef's apron! Invite your lover into the kitchen to watch you slave over a hot stove and be sure to give him or her an eyeful. I guarantee you'll have your dessert before dinner is even served! Seconds anyone?

Week Ten



Be A Sex Slave

This experience works best on weekends so that you can devote all the time of one (or two) days to satisfying the whims and desires of your lover. A sex slave is someone who is available night or day, no questions asked, and a great sex slave is someone who is willing to play the role wholeheartedly. Find the right outfit to get into character, chosen by – of course – your lover, and then do whatever your lover tells you to do! It is not your place to speak out against your lover's wishes. Do as you are told. Don't forget to change roles on a separate occasion because it is a well known fact that someone who has been a good slave can be a good master! The important thing to remember is to discuss your sexual boundaries before embarking on your slave and master role-playing so that you can respect each others sexual limits and keep the whole game fun for both of you.

Week Eleven

Kink-O-Rama

Take two bags and fill each of them with as many different power play items as you can. One bag is for **Bondage** restraints such as belts, neckties, chains and scarves. The other bag is for **Discipline** items such as rulers, spatulas or clothes pegs. The more items you add to each bag, the better. Then get ready to have fun using as many items as you can from both bags to stimulate your lover.



Week Twelve

Lunchtime Quickie

Send a provocative text to your lover inviting them to meet you somewhere private for a lunchtime quickie. If going to a motel or hotel is out of the question, then meet at home, but make sure it's clear that it's a secret from the others at the office or workplace. **It's a lot like having an affair, only this way you're not really cheating on anyone.** There's an added sense of excitement that comes with knowing that while everyone else is out and about on their lunch break doing errands or eating a sandwich, you're both enjoying something much more satisfying.



Week Thirteen

Find Your Secret Garden

Ramp up your sex life by embracing new experiences. Have you fully explored each other's bodies?

Madonna once sang about her playing in her “secret garden.” In this song, she makes it sound like such a wonderful, fantastically sexy place, but another more common term for her euphemism is the G-spot. Named for Dr. Ernest Grafenberg, the G-spot is a highly erogenous zone about two inches inside the vagina. According to Dr. Grafenberg, when the G-spot is stimulated, a woman becomes highly aroused and may ejaculate, expelling a clear transparent fluid that is synonymous to what a male expels during orgasm (without the sperm, obviously).

Where is the G-spot?

So the trick to finding a woman's secret garden is to locate her G-spot. A tricky task perhaps, but one well worth the effort. The best way to explore your G-spot is with a G-spot vibrator, your finger or your lover's finger. Insert the finger palm up in a “come here” motion into the vagina about two inches inside on the upper side of the vagina wall, between the pubic bone and the cervix and then stimulate this sensitive area by tapping it up towards the navel. It seems that the orgasm obtained during G-spot sex is vaginal, versus your garden-variety clitoral orgasm. Is there a difference? Women who had vaginal orgasms say that they experience intense uterine contractions and intense pelvic floor contractions. The same level of intensity cannot be said for clitoral orgasms, but then who's complaining?

Week Fourteen

You Be The Star

What I want you to try with this next sex tip is something a little out of the ordinary, but I guarantee you won't be disappointed. Plan to set aside an entire evening where you and your lover will have complete run of the house to act this one out. Whether or not you have any real acting experience makes absolutely no difference, but what does matter is that the two of you approach this task with an open and willing mind. You will need to choose your characters carefully as you will be expected to take on that role for the duration of the evening. Stuck for an idea as to whom to play? Think of your favorite actor or actress, your favorite movie and make up your own script as the night progresses. The object is to explore some of your wildest sexual fantasies while being someone else for the night. If you want to make it really interesting, use costumes and props!

What is your favorite TV show?



Week Fifteen

Have Sex In Public!

Having sex in public places heightens excitement with its risk factor - you could both be seen, caught - even arrested! And having strangers watch your public sexual escapades can be a huge turn-on for some couples. If this is your fantasy, try change rooms or bathrooms at a shopping mall, a park or golf course (after dark), a train, a or a coat check room at a party! And of course you don't have to go all the way...unless you both want to!

A black and white photograph of a man and a woman in the ocean. The man is leaning over the woman, and they are kissing. The woman's head is tilted back, and the man's hand is on her head. The water is visible around them.

Week Sixteen

Build Romance

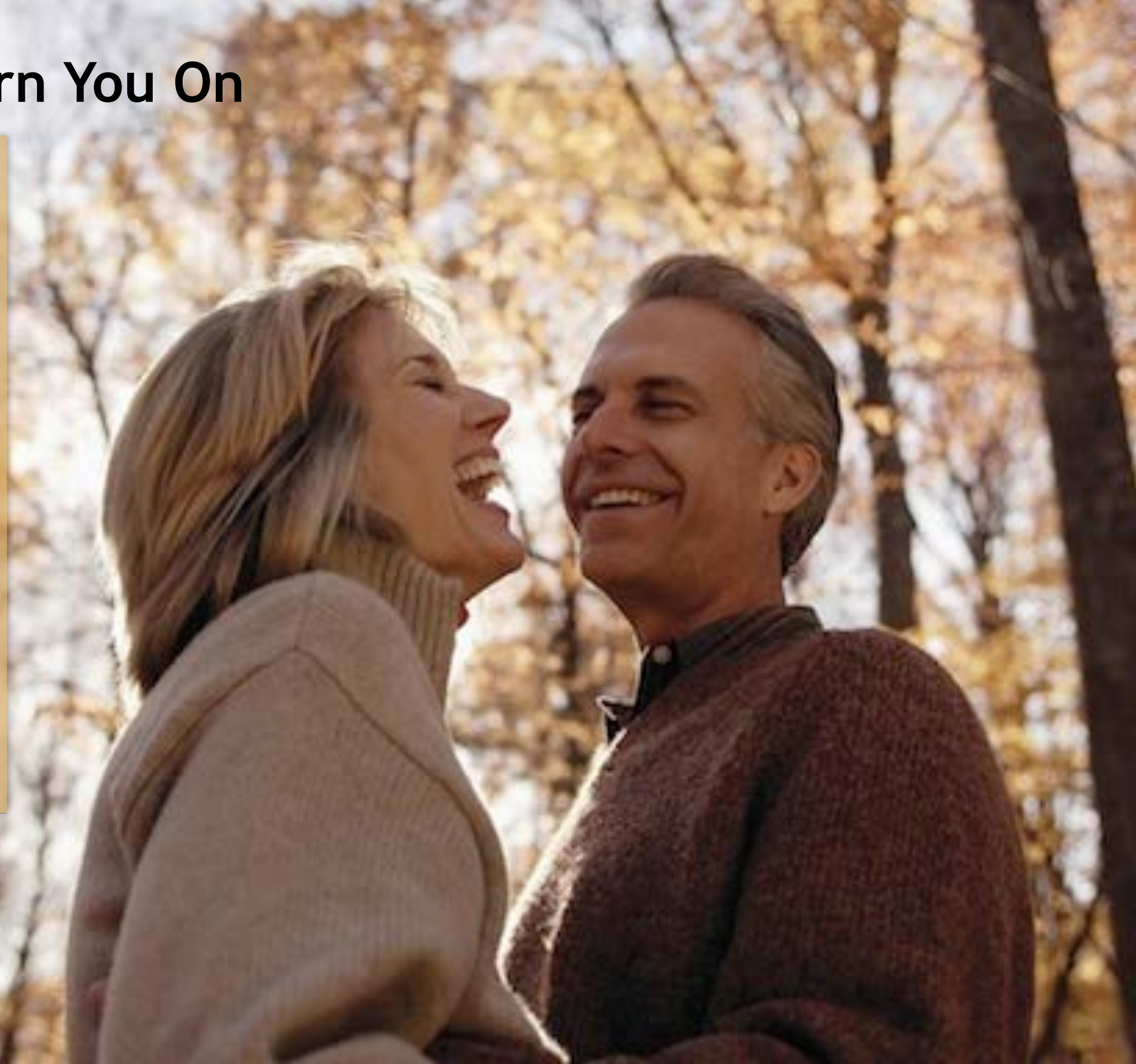
After a stressful day at work or an exhausting day running after the kids, make some quality time to wind down and get lost in love while you groove to some seductive music to get you into a juicy state of mind. Then prepare a bath with bubbles, scented bath salts, or a few drops of essential oils for a healing experience and set the mood with candles. Invite your lover to take a relaxing bath with you before you make love in or out of the tub.

Week Seventeen



Let Laughter Turn You On

What makes you laugh? What makes your lover laugh? Is it a funny movie, tickling each other, having a pillow fight, naked wrestling, reading jokes or throwing grapes at each other? Whatever it is, you should be doing more of it, so here's your opportunity to create a date filled with laughter. It has the power to add energy to your life and to chase away the blues. You can create great memories through laughter, so even if it takes buying a sex swing and making a fool of yourself for love, do it!



Week Eighteen

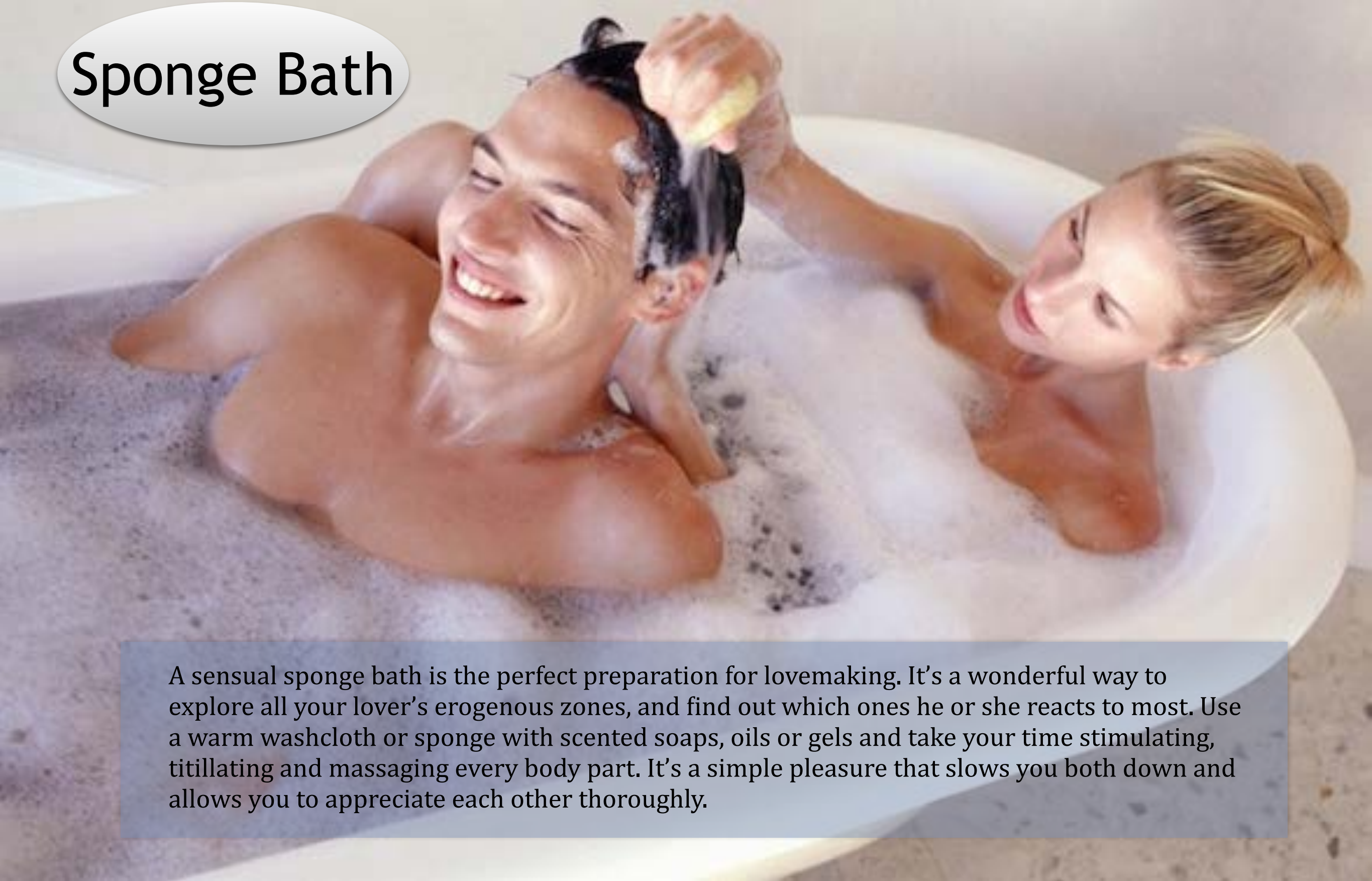
Ménage À Trois

Having a **threesome** is one of the most common fantasies for both men and women, but did you know that you can also **create a ménage à trois in your imagination**? If you don't want to complicate things with an actual third person, make this fantasy come true through the power of suggestion. Create a scenario together while you're having sex, describing that third person and what they might be doing to add to your experience. Use plenty of erotic talk and you may not even realize the difference between fantasy and reality.

A photograph of three people in a suggestive pose. On the left, a shirtless man with dark, wavy hair leans over a woman in the center. The woman has long, wavy brown hair and is looking up at the man. On the right, another shirtless man with dark hair is looking towards the woman. The background is plain white.

Week Nineteen

Sponge Bath



A sensual sponge bath is the perfect preparation for lovemaking. It's a wonderful way to explore all your lover's erogenous zones, and find out which ones he or she reacts to most. Use a warm washcloth or sponge with scented soaps, oils or gels and take your time stimulating, titillating and massaging every body part. It's a simple pleasure that slows you both down and allows you to appreciate each other thoroughly.

Week Twenty

Go Commando!

If you're the kind of person who likes getting dressed up for no particular reason, then you might also like the idea of adding a little pleasure underneath your regular clothes. A nice outfit goes over well in the office, at the mall and at the martini lounge, but what about behind closed doors? The next time you're about to step out of the house wearing your Sunday best, think about adding a little Saturday night pizzazz underneath. That way you'll be well prepared for that afternoon quickie when your lover turns up unannounced. Knowing that you've got nothing on underneath will add an extra spring to your step and it could give you the sexual confidence you've been lacking. Make sure you let your lover know that you are going "commando" once you are at the restaurant, in the movie theatre or wherever you are and watch your lover squirm with excitement.

Week Twenty-One





Become Strangers

Arrange to meet your lover at a bar, coffee shop or club that neither of you have ever been to before. Wait for you lover at the bar or counter and order yourself a drink. When your lover shows up, offer to buy the first drink. Then, ask a number of questions, pretending that you do not know this person sitting next to you. This **new found curiosity will rekindle your passion** for each other making it all the more exciting to take this seemingly one night stand back to your place where the sex will most assuredly be fantastic!

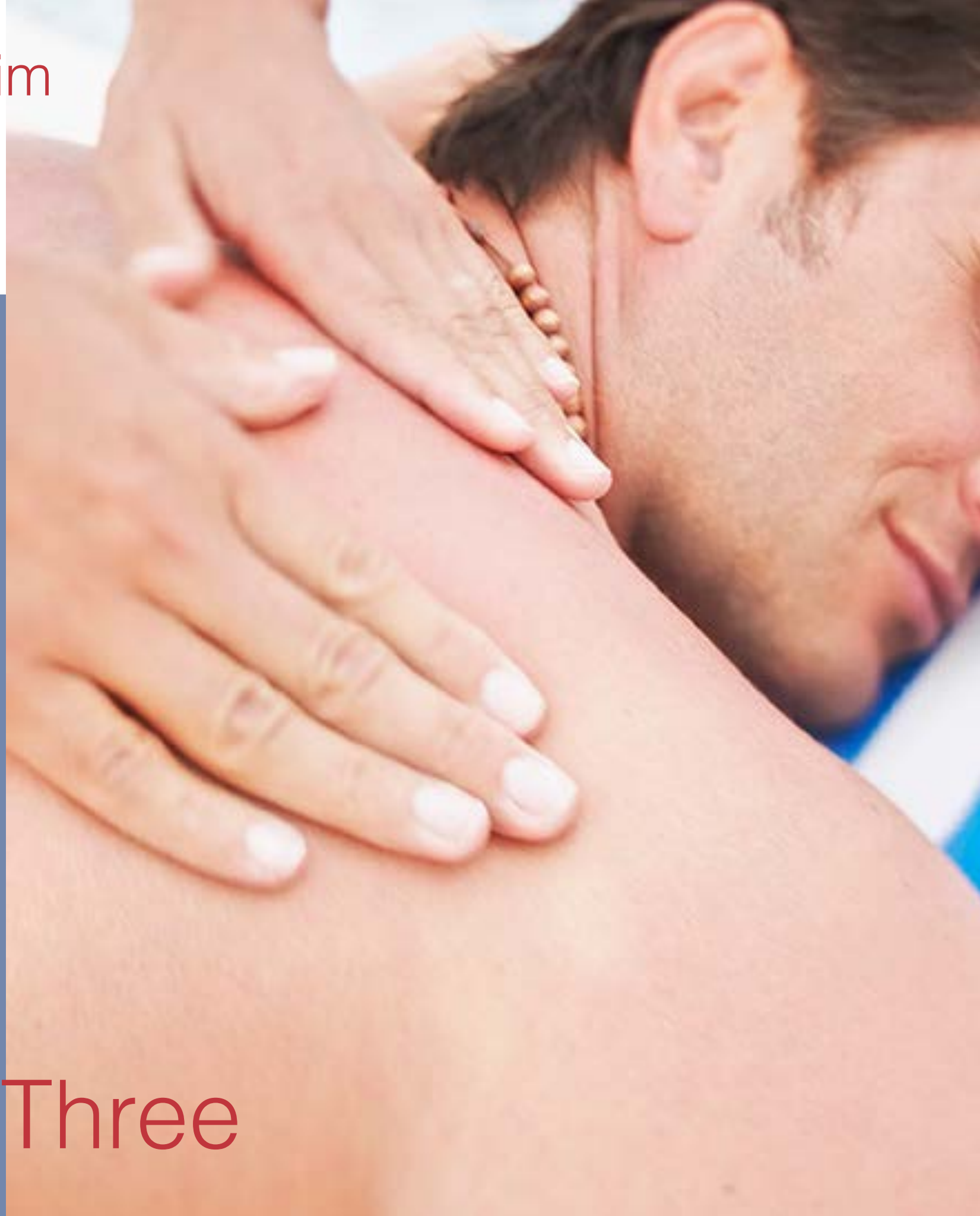
Week Twenty-Two

Sexual Massage For Him

Sometimes it's all about him.
Give him a massage that he
will never forget.

Put plenty of massage oil in your hands and warm it up by rubbing your hands together, then slowly spread it all over his penis and testicles. Next place one hand on the shaft of his penis and start stoking it in an up and down motion while the other hand gently encircles his testicles. Do this in slow motion for at least three minutes. Next, gently rub his penis with both hands as if rubbing a stick to make a fire. This is a sure way to light his fire! Now make both hands go in opposite directions in a corkscrew motion over the penis. One hand twists up while the other hand twists downwards. Do this for at least another three minutes. After that, concentrate on just massaging his penis from the top to the bottom, covering the glans (head) and sliding your hands down to the base with one hand after another in a fluid motion. Do this for about ten strokes and don't be surprised if he can't stand it any longer and has to make passionate love to you.

Week Twenty-Three



Sexual Massage For Her

Sometimes it's all about her. Give her a massage she will never forget.

Clitoral Message

Gently pull the clitoral hood back from the clitoris to expose it. Then slide your thumb and forefinger up and down the sides of the clitoris for about ten strokes. You may feel it growing as it becomes more excited. A clitoris can grow three to four times its normal size when it's fully engorged. Next, massage the head of the clitoris in circular motions using your forefinger or thumb. Don't be surprised if she has a body melting, earth shattering orgasm. The clitoris has 8000 nerve fibers and it's the primary sexual organ for a woman. Most women are capable of having a clitoral orgasm when it is stimulated.

Two-Lips

Gently part her outer lips with both of your thumbs and caress them in circular motions for at least two minutes. Next, slide your thumbs up and down her outer lips until they are spread apart, and then do the same with her inner lips. The inner lips are more sensitive than the outer lips, so use less pressure. Watch for her body language and for the swelling of her vaginal lips, which is a natural progression when a woman gets sexually aroused.

Female Genital Massage

On the female genitals, you might want to use a water-based lubricant because if oil gets inside the vagina, it can cause irritation. Put the lube in your hands and rub your hands together before placing them on her. Start by focusing on the vulva, which is the outside visible area of the vagina. Then gently rub around her vaginal lips all the way down to her anus. Using the pad of your thumb, trace the outline of her anus and then slowly slide your thumb up the landing strip (perineum) from her anus to her vaginal opening.

Week Twenty-Four



Be The Voyeur

In some dictionaries, voyeurism is defined as a marked preference for obtaining sexual gratification by secretly watching others bathing, undressing, being naked, or engaging in sex. While I'm not suggesting that you run out and buy a telescope to spy on your neighbors, I am suggesting that you use one to spy on your lover. As long as you are both aware of the game being played, then there's no harm in watching your lover get undressed. If it's possible, you may want to set up your telescope in a building directly across the way (for the best possible view). If that's out of the question, then at least set up shop outside your house, perhaps behind a tree that will not attract any attention from your neighbors (but it will still give you a clear view). Knowing that the other is watching will add an element of drama to this game of peek-a-boo.

Week Twenty-Five



Truth or Dare

You've probably played this game as a kid, but now that you're an adult you can take it to the next phase. A good game of truth or dare between lovers can elevate your relationship to an exciting new level. Gather in the bedroom, but sit on top of the bed and do not take off any clothes. Open the game with this question: truth or dare? Then keep your dares and questions in the realm of naughty, sexy acts. The object of this game is to get each other so horny that sex is inevitable.

Week Twenty-Six



Morning Glory

Can you imagine a better way to start your day? **Morning sex gets your heart pumping and releases pleasure endorphins from the brain, which flood the body and literally de-stress it.** Sex also helps to get those creative juices flowing, since sexual fulfillment also involves your brain, and improves a variety of mental functions, including concentration. Not to mention that sexual intercourse burns about 200 calories, the equivalent of running on a treadmill for half an hour. Forget the morning gym routine and make a new fitness plan with your lover.

Week Twenty-Seven

Sexy-cises

Here are two sensual exercises you can do with your lover to get the juices flowing. These sexercises will add variety to your lovemaking, enhance your intimacy and expand your sexual horizons.

Sex Squats

The squat exercise typically starts in a standing position. Feet should be approximately shoulder-width apart. You then bend at the knees until your thighs are parallel to the floor. Squat down above your lover's face (who is lying down comfortably while you do all the work) and let him or her touch or lick your genitals. Try to do 5 with 2 repetitions. Take turns doing the love squats if you can.

Sex Ups

One person lies down on the floor face up while the other person lies on top face down towards partner's feet(as in the sixty-nine position). With palms at shoulder level, legs apart on either side of lover's head, the person on top pushes him or herself up and then down so that both people are able to kiss each others genitals. Try to do 5 with 2 repetitions. Take turns doing love push ups.

Week Twenty-Eight

Oral Delights

How about using a cube of ice in your mouth while administering oral delights on your lover? What about drinking hot liquids before giving oral sex? A hot tongue might be even more exciting than a cold one. A skilled tongue will usually bring your lover to the highest level of erotic arousal he/she is capable of. Keep your hands on your lover's body, caressing the inner thighs, scrotum, nipples, prostate or rectum areas and pay special attention to body language.

Women

Most women enjoy having their mons kissed, their labia sucked, and a talented tongue along the crease where her labia come together. Be observant of her body language as she presses herself against you; slip your tongue inside her vagina, working your way up towards her clitoris. Use your entire tongue, dragging it across her clitoris from the base all the way to the point. Move your tongue from side to side like windshield wipers. Try circular motions as well, both around her clitoris and on it too. Turn your head to the side, alternating again between licking in quick, short strokes and slowly dragging your tongue across her clit from base to point. Don't be afraid to come at her from a different angle!

Men

Most men will agree that they need more pressure on their penis than women are aware of. So ladies, don't be afraid of breaking it. Lavish plenty of attention on the glans (head) with a strong vacuum-style suck. Flicking the frenulum (the 'sweet spot under the head) will undoubtedly make him weak at the knees, as will circular motions around the glans; long flat licks up and down the shaft combined with pointy tongue motions bordering the glans will also be welcomed. And don't forget to bestow plenty of oral pleasure around his scrotum.

Week Twenty-Nine

Wear Your Partner's Underwear

The next time you've got a load of clean laundry to take out of the dryer, you may want to sneak off with a pair of your lover's sexiest underwear. It isn't quite known what drives us to do these sorts of things, but for whatever reason **it just feels wild and fun to wear unusual underwear**. While I'm not suggesting that it's something you do on a regular basis, I would recommend trying it at least once. Be daring and wear your lover's underwear to work or out to dinner. The idea is to wear it where it's least expected – and to let your partner find out while they are seducing you, removing your clothes piece by piece. Their expression and reaction will be priceless.

Week Thirty



Erotic Talk

Erotic talk happens to be one of the most powerful forms of seduction. It can make your love life more exciting, more creative and more fun. It can create more intimacy and definitely improves communication. Your only limit is your imagination. Remember, your most erotic sex organ is your brain. This is where all sexual behavior begins and we all have the same size sex organ. It's what you do with it that counts. By using words and phrases that excite your lover, you can bring both greater passion and a greater sense of connection to your lovemaking. You can even open up doors of communication which may have previously been closed.

If you're at a loss where to get started, try some of these phrases and fill in the blanks:

_____ me.

It feels so good when you touch my _____.

Your _____ is beautiful.

I want you to _____ my _____.

I love your _____.

My _____ is so _____.

_____ me in the _____.

You're so _____.

Don't _____.

I love you when you _____ me.

Week Thirty-One



Write Me

A picture may paint a thousand words, but words alone can be an incredibly powerful and seductive communication tool. The next time you and your lover are lying naked in bed together, have your partner roll over on his/her side. Without blankets and with the lights down low, begin writing sexy messages on your lover's back – one word at a time. It's a bit of a guessing game, but if you choose your words carefully you're guaranteed to get a rise out of your partner. A few naughty words can turn into something hot and heavy and that's exactly how this game is played and won. Take turns at writing messages and see who gets in the last word.

Week Thirty-Two

Bi-Gasm!

Give your lover a Bi-Gasm, which is stimulating two major erogenous zones simultaneously. You can stimulate his penis with your hands while stimulating his testicles with your mouth. You can also sit on his penis while stimulating his prostate. Stimulate her clitoris and G-spot, or her anus and clitoris, or make love to her and rub her clitoris at the same time. See how many other variations you can come up with to enable your lover to have a Bi-Gasm!

Week Thirty-Three



Top or Bottom?

Take turns switching between being a Top and a Bottom so that you can be a dominant one day and a submissive the next. As a Top, you can take away your slave's senses to make any punishment experience more intense. Take away their sense of sight with a blindfold, remove their sense of touch by restraining them, and deprive them of hearing with earplugs or earmuffs. Now you can stroke your lover's body with ice or any other textures to give them an unexpected thrill.

Week Thirty-Four



Shrimping

The foot fetish is one of the most common, and has its own slang terminology, “Shrimping” because to a toe worshiper they look like little shrimp all in a row. Feet are really just another part of the human body, one with a tremendous number of very sensitive nerve endings. Incorporating foot play into lovemaking can foster intimacy and trust. Pay attention to your lover’s feet and toes by kissing, caressing, licking or sucking all of them.

Week Thirty-Five



Dance Naked

Being naked empowers you to become more comfortable in your body and dancing to your favorite turn-on music (whether its jazz, rock or soul) improves your body posture and boosts your self-confidence. Do it in front of your lover to distract him or her when they are watching TV and you can pretty much guarantee a night without any more TV... unless it's porn!

Week Thirty-Six

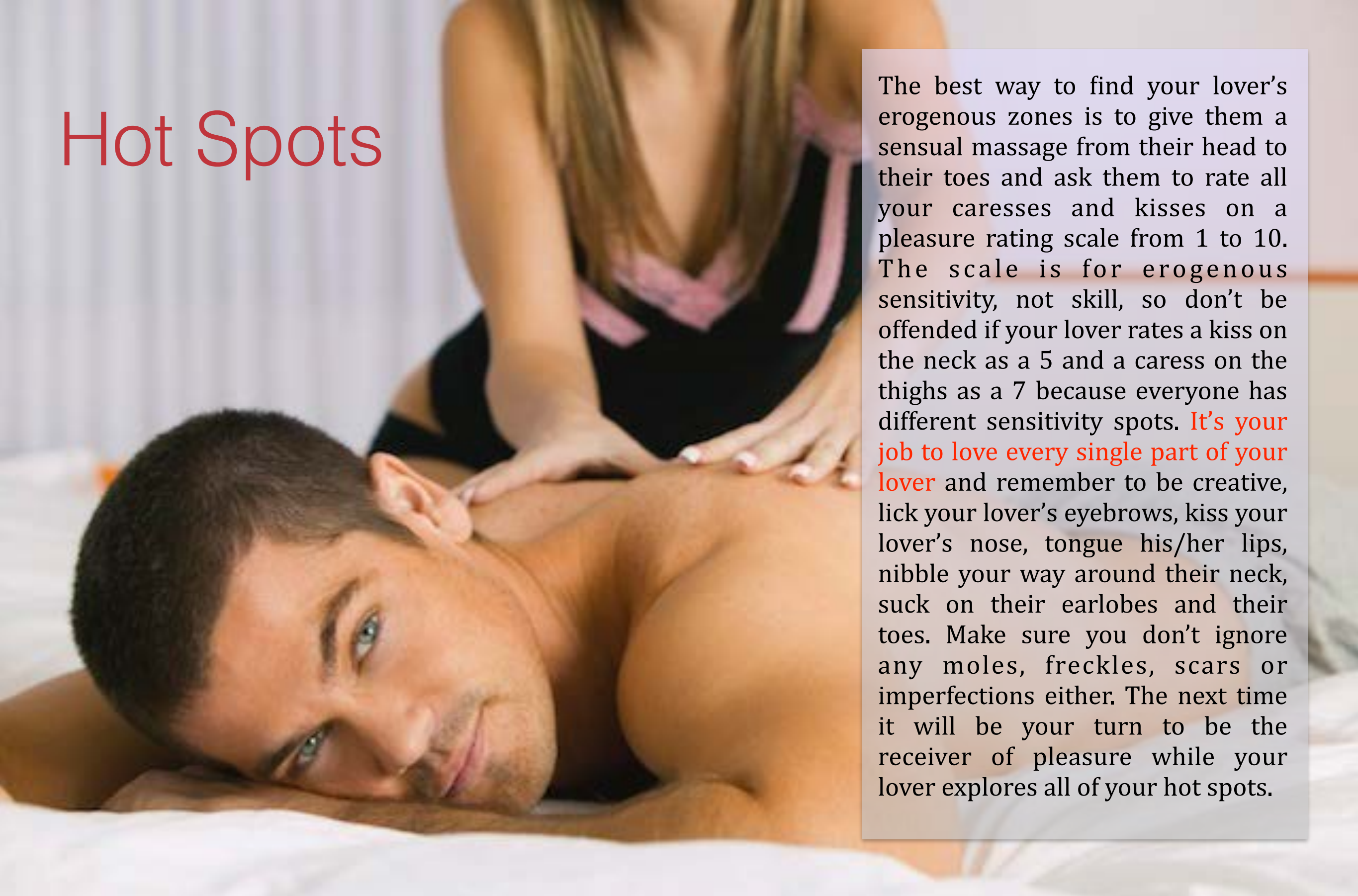


Cleavage Fornication

This is a wonderful activity when you are not in the mood for intercourse. Place his penis between her breasts, push them together and let him slide between the 'pillows,' using plenty of lubricant for extra comfort and ease.

Week Thirty-Seven

Hot Spots

A woman with long blonde hair, wearing a black and pink striped top, is massaging a man's back. The man is lying on his stomach on a white surface, looking up at the camera with a slight smile. The background is a plain white wall.

The best way to find your lover's erogenous zones is to give them a sensual massage from their head to their toes and ask them to rate all your caresses and kisses on a pleasure rating scale from 1 to 10. The scale is for erogenous sensitivity, not skill, so don't be offended if your lover rates a kiss on the neck as a 5 and a caress on the thighs as a 7 because everyone has different sensitivity spots. **It's your job to love every single part of your lover** and remember to be creative, lick your lover's eyebrows, kiss your lover's nose, tongue his/her lips, nibble your way around their neck, suck on their earlobes and their toes. Make sure you don't ignore any moles, freckles, scars or imperfections either. The next time it will be your turn to be the receiver of pleasure while your lover explores all of your hot spots.

Week Thirty-Eight

Doggy Style

It's nice to know that this position is conducive to more than just intercourse. It's actually a great angle for receiving oral sex, both for men and women. Let's focus on his pleasure as he gets into doggie pose on his hands and knees with his legs spread apart. By drawing his penis back between his legs, he can now be lavishly licked and sucked by his partner.



Week Thirty-Nine

A person is shown from the waist up, wearing a black corset with multiple horizontal black straps and silver buckles. They are also wearing black gloves. The background is dark and out of focus.

Dominatrix

Begin with some necessary accessories: Black leather, latex or satin clothes, mask, gloves, scarf, blindfold, whip, paddle or belt. Tell your lover, he/she deserves a spanking for bad behavior because a little pain can be pleasurable and take them somewhere that you can be completely in charge. Your body language should be authoritative, shoulders back, legs apart, head up, hands on hips, confident attitude as you tell your lover exactly how to satisfy you. If they don't comply, give them a gentle spanking.

Week Forty

Scent-sational Sex

Our sense of smell is primal. Why not get your olfactory system working for you in the bedroom? The smell of pumpkin pie has been shown to increase blood flow to the penis by 40%! And the same is true for women with the smells of licorice. Looking for a few other good suggestions? Try: cedar, ginger, jasmine, magnolia, rose oil, sandalwood, and ylang-ylang. Have a scentsational show with your lover, blindfold him/her and ask him/her to rate their favorite aromas from 1 to 10 with 10 being the best. Once you've determined the most appealing scent for your lover, make it a ritual to use the aroma during your lovemaking sessions.



Week Forty-One



Sexy Bathtime

Turn your bathroom into a pleasure palace. Turn down the lights and burn a couple of candles. You can make it the best place for a steamy, sudsy, sexy encounter with your lover. A bathtub filled with hot water after a long, hard day may be just the thing you both need to unwind and get sexy. Enjoy the evening together and let the heat of the water and the intensity of the moment work its magic on removing all stress, replacing it with sexual desire. There are silicone lubricants that work well underwater, but you can always get out of the bath when things get hot and heavy.

Week Forty-Two

Sex Picnic

Buy all of your lover's favorite finger foods - hot and cold - and create a picnic in the middle of your bed. Spread out a large sheet and cover it with the variety of delectables. Take turns feeding each other, slowly licking each other's fingers sensuously. Then play "hide the honey!" Decide who is going to be the hider and who is going to be the seeker, then the hider must hide a dab of honey somewhere on their body and tell their lover to find it wearing a blindfold!

Week Forty-Three





Sex Around Your Home

Instead of making love only in the bedroom, christen all the furniture in every room, including the laundry room – spin cycle, anyone? There are also lots of common household items you can use for creative foreplay including a feather duster for tickling, a rolling pin for massaging, and a spatula for spanking, just to name a few. [See how many common household items you can find to incorporate into foreplay.](#) You can use neckties or scarves as blindfolds for your lover while you lavish him/her with oral sex. You can also ask your lover to restrain your arms or legs with a belt or some pantyhose, when it's your turn to receive oral sex. You can caress their body with an assortment of fabrics such as velvet, lace, satin, silk, latex, leather and fur. And see if they can guess the fabric and where you're going to use it next. The key is to create lots of sexual anticipation all around your home.

A Kiss Is More Than Just A Kiss



A powerful, passionate, fall-to-your-knees kiss will not only get you closer to the bed, but testosterone from the man transfers to the woman through saliva, turning her on more. Also, a serious, tongue-tangling kiss exercises all the underlying muscles of the face, which experts say can take years off your face. And at a rate of two calories a minute, kissing burns almost as many calories as jogging on a treadmill!

A few tips on the art of kissing...

Build anticipation by kissing all around your lover's face.

Trace the outline of your lover's lips with the tip of your tongue.

Begin your kiss slowly and gently with emotion and sensitivity.

Take your lover's bottom lip between the two of yours and suck gently.

While kissing, lick your lover's teeth with your tongue.

Wrap your lips around your lover's tongue and suck passionately.

Use hot or cold liquids to create erotic sensations.

Week Forty-Five

Naked Yoga



Doing sexual yoga together is one of the best ways to boost confidence, flexibility and strength as you mirror each other's poses and share energy through breath, movement, sound, intention and attention. The reason that yoga is better than any other exercise is because watching your lover do the same movements as you will cause mirror neurons to be triggered in the touch part of the brain. This results in both people feeling the same emotions and experiencing the same sensations that can boost confidence.

Week Forty-Six

Striptease

Most women would like to know how to do a hot striptease, but it's intimidating if you are not a professional dancer. However, it's easy to please a man with just a few simple moves. Wear something sexy with like a mini skirt and button down blouse, a G-string and matching bra is a plus. High heels are mandatory. Then strut around in front of him with confidence, even if you are faking it he will believe it as long as you look like you're having a good time. Straddle him and tease him as you unbutton your top and whisper erotic things you want to do to him, such as going down on him. Being playful and having fun takes the pressure off performance and creates sexy memories that you will want to reenact again.

Week Forty-Seven



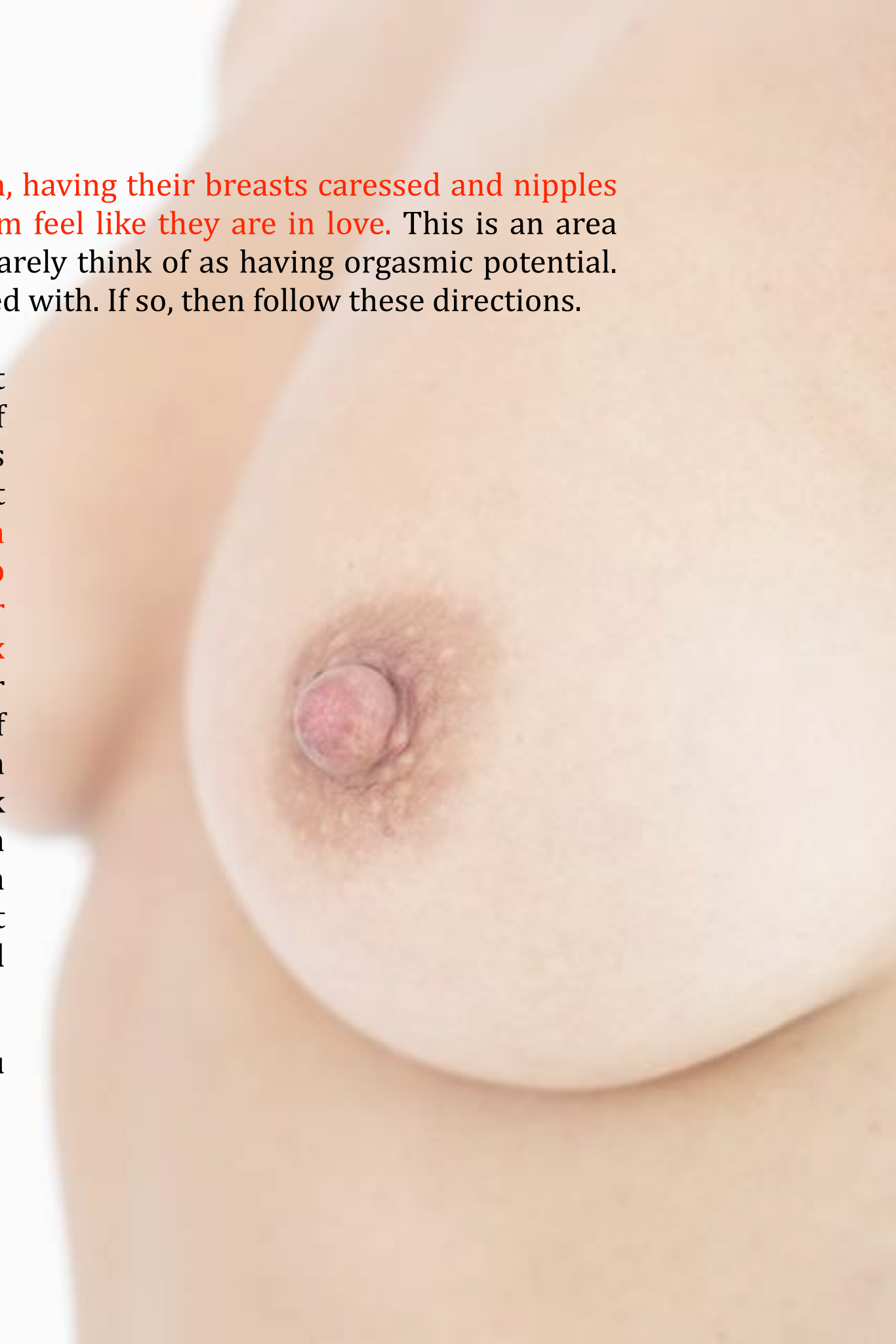
Nipple Orgasm

Nipple stimulation can produce an orgasm. For women, having their breasts caressed and nipples sucked releases Oxytocin, the chemical that makes them feel like they are in love. This is an area that many men enjoy stimulating during foreplay, but rarely think of as having orgasmic potential. Ask her if she gets turned on by having her breasts played with. If so, then follow these directions.

Begin by caressing and licking both of her breasts, not just her nipples. Alternate each one as you use the flat of your tongue in lapping motions all around her breasts covering every centimeter. Follow your tongue with light fingertip caresses, leaving her nipples until last. When both breasts are suitably wet from your tongue, cup your hand over one breast at a time so that the tip of her nipple rests in between your thumb and your index finger. Squeeze the fingers together so that you raise her nipple slightly, and then begin licking it with the tip of your tongue in circular motions. After about a dozen licks or so, pucker your lips around the nipple and suck gently, but firmly, let your head bob up and down simultaneously. To enhance oral nipple sensation, put an ice cube in your mouth while lavishing her orally. Don't forget to give equal attention to both breasts and nipples.

When she is climaxing do not stop or change what you are doing. Let her push you away when she is ready.

Week Forty-Eight





His Million Dollar Point

Did you know that you can stimulate the prostate without going inside the anus? Find his ‘million dollar point,’ an area sometimes called the ‘taint’ because it ‘taint the anus and it ‘taint the balls, it’s that strip in between - and feel around for a small indentation about the size of a pea. Gently press inward. **This technique alone can induce mind-blowing orgasms**, by itself or accompanied by a skillful blowjob!

If penetration is something you’re open to, find the P-spot about 2 to 3 inches inside his anus, close to anterior wall of the rectum. Go very slowly, and use plenty of lubrication. Never poke the prostate directly, but gently caress it, by moving your finger side to side, or ‘milking’ it with a ‘come hither’ motion. You can also press it gently like a doorbell.

For advanced prostate play, there are many excellent toys available, from small butt plugs and vibrators to large dildos – just make sure the toy has a flared base so that it is never in danger of escaping inside the rectum.

Week Forty-Nine

A person wearing a white long-sleeved shirt and a black skirt is sitting on a green couch. They are holding a black card in their right hand. In front of them on a dark wooden table is a martini glass with a green olive and a lemon wedge, a white napkin with a silver ring, and a white fedora hat. To the left of the person is a wooden box containing several colored cards (red, green, white, black).

Strip Poker!

Poker is the mother of all card games, and if you don't know how to play, I highly recommend that you learn. It can expand your social horizons, not to mention bring a sexy new dimension to date night. Once the game is underway with your partner, be prepared to lose one article of clothing with each hand that you lose. Everybody wins when you're both naked and the mood changes from competitive to sexy.

Week Fifty

Mindful Masturbation

Let masturbation gives you the freedom of expression to explore your sexual fantasies and discover how you feel about sex.

10 Steps to Mindful Masturbation

1. Make sure you are in a comfortable and safe place where you can relax.
2. Close your eyes and empty your mind of worries.
3. Breathe deeply and slowly.
4. Explore your body with your hands and fingers.
5. Add some lube for a silkier sensation.
6. Release sounds of pleasure.
7. Let your fantasies run wild.
8. Focus your touch on a primary erogenous zone.
9. Use a sex toy for more direct stimulation.
10. Let yourself go and surrender your mind and body to orgasm.

Week Fifty-One

7 Steps To A BrainGasm

1. With millions of nerve endings in the brain devoted to the lips, passionate kissing is essential to achieve a BrainGasm. During a long wet make-out kiss, adrenaline makes your heart race while the Nucleus Accumbens controls the release of Dopamine, (a craving signal) from the reward center of your brain.
2. Once the juices are flowing, focus on your partner with your full attention by looking deep into their eyes to release Oxytocin, the bonding chemical that establishes a greater sense of intimacy and increases desire.
3. Put your prominent hand on each others heart to light the emotional fire centers for a heart-mind-body connection. The Amygdala induces sexual energy from the brain as low Serotonin levels make you feel intense emotions as if two hearts beat as one.
4. Whisper how you are going to sexually satisfy your partner into their ears and take in their scent of arousal. Smell is the most primitive of all of our senses that comes from the olfactory bulb, part of the brain's Limbic System, an area so closely connected with memory and emotion it's often called the "Emotional Brain."
5. Take your partner's breath away by using your breath around their most sensitive erogenous zones from the top of their neck to the tip of their toes. When you blow your cool breath on the left side of your partner's body, you are stimulating the right side of their brain. Watch your partner's muscles contract with pleasure, controlled by the Cerebellum.
6. Your partner should be begging you to touch them by now and with the first erotic touch on the nipples, toes or sexual organs, the brains Sensory Cortex region fires up. Neurons that are linked to your various erogenous zones communicate with the Sensory Cortex, to eventually activate the brain regions that produce orgasm. You may be interested to know that the toes are located next to the clitoris in the Sensory Cortex of the female brain.
7. Nipple stimulation, oral sex, sexual intercourse and anal sex activate the Hippocampus, a region of the brain that evokes mind-blowing sensations, while the Frontal Cortex induces erotic fantasies and the Cerebellum triggers body-melting sexual tension, that can all result in an earth shattering, energy melting, all-embracing BrainGasm.

Week Fifty-Two

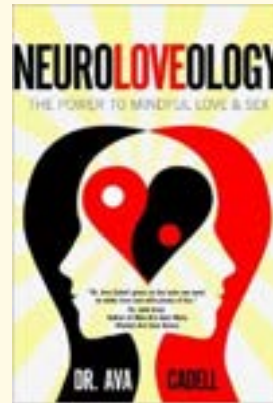
Congratulations on completing 52 weeks of sizzling sex!

In order to be a great lover and have a consistently successful sex life, keep exploring new ways to stimulate yourself and your partner so that you can expand your sexual horizons in a variety of ways. I highly recommend that you explore further sexual pleasures from this list of books, videos and online courses, guaranteed for deeper intimacy and better sex!

Books by Dr. Ava Cadell:

NeuroLoveology: The Power To Mindful Love & Sex

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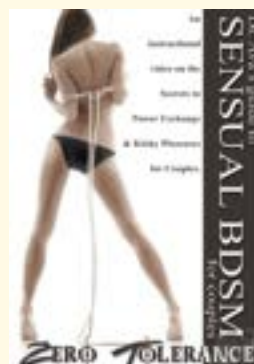


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