

**Taking care of your husband's sexual needs
Things to consider**

Do you present yourself to your husband in a pleasing manner? Or does your look say "not tonight dear I have a headache"?

What do you talk about when you slide into bed?

(a) church (b) children (c) work (d) bills (e) sweet nothing

Think of a pleasant topic every night that you would talk about prior to going to bed. It can be anything other than children, work, bills, and any other problems. Be careful not to allow church business & problems be the focus of discussion as well. This is a good time to talk about "sweet nothings".

How does your bedroom look?

(a) messy (b) nothing to talk about (c) almost like a boudoir?

Our bedroom is a place to:

***(a) sleep (b) be intimate with your partner (c) family room for the night
(d) kid's playroom***

Give your bedroom a makeover. Make into a place where one can feel totally relaxed. Keep the bedroom clean and uncluttered. Do not store children's toys, etc. in your bedroom. The bedroom should not be a place where the entire family gathers each night, but it should be you and your spouses "getaway" place within your home. Create an atmosphere of romance in your bedroom. Decorate with scented candles.

What do you wear in the bedroom?

(a) old t-shirt (b) negligee (c) his shirts (d) nothing

From the male perspective there is no such thing as a sexy flannel gown. Men, being creatures of sight, are not impressed with flannel, sweats, cotton socks and those awful granny gowns. Check your nightwear drawer. Invest in lingerie & try to add something that he likes. You can both shop together in a local store or online in the privacy of your home so that you buy what you both like and feel comfortable in. There is no better way to stimulate a man's imagination than through some attractive lingerie

When was the last time you offered him a massage or even a back rub?

(a) last year (b) last week (c) never

Learn how to give a massage. It is a great way to get ready for an eventful night

A good massage with soft music and candles will drive any man wild. One way to learn how to give a massage is to treat yourself to a few from different therapists. You'll pick up the technique quickly this way. There are also several books available that gives insight and technique.

Here, however, are some tips:

Have him lay on his stomach. Start with his feet, massaging each toe individually, and slowly work your way up his body. Stay away from his privates. Give extra attention to this upper-back, shoulders, and neck.

Give the same attention to his hands, finger by finger. Two really good pressure points are found in the soft flesh between the thumb and first finger....both sides. The center of the palm is another good spot. As you get familiar with your man's body, you'll naturally come to know his pressure points.

Use the heels of your hands, fingers, and thumbs. Combine light massage with deep pressure, applied for longer periods of time. Ask him to tell you if you are pushing too hard, by all means....I repeat....use some real pressure. As you get to know his body better, you'll learn to sense the presence of "knots"...areas of built-up tension. Don't forget the head and scalp.

Then, work your way back down. Now it's time for a little tease. Softly caress his inner thighs working up towards his privates until you can feel their warmth...but still don't touch.

Then give him a nice hard smack on the butt, and have him roll over. Repeat the process, only this time you can guess how it ends.

What to do if your hands get tired? This is a very common problem for those that have not done a massage ever, or do not work with their hands much. Here are a few things that you can do:

- Give a softer massage, or what is known as a touch massage. May not be so relaxing if someone is tired and has muscle pain but you will get used to working with your hands and fingers and develop your strength over time.
- Use a massage oil? It will make it easier for you to work your way in to the muscles and make your hands less tired.
- Use a massager. While he will miss your hands, you will not be tired at all