

Pleasure, Sensual and Sexual Smorgasbord Menu

Massage	Erotic massage (includes genitals)	Showering together	Passionate kissing
Oral sex	Mutual genital touching (partners touching each other's genitals)	Mutual masturbation (touching your own genitals)	Cuddling on the couch
Foot rub	Brushing partners hair	Holding hands	Kissing
Putting face masks on each other	Cuddling in bed before sleeping	Undressing each other	Dancing
Surprise partner with a hug	Sexting with messages or pictures	Say "I love you"	Explore sexual toys
Blindfold	Penetrative intercourse	Play with breasts and/or nipples	Anal play
Role play	Light/Heavy bondage	Playful touch e.g. tickling	Talking dirty/describe fantasy
Kiss neck	Do a strip tease	Lick food of your partner's body	Give a head massage