



## Tips for Hot Sex after Sixty

by Joan Price, author of *Better Than I Ever Expected: Straight Talk about Sex after Sixty*

1. ***SLO-O-O-W-W DOWN.*** Yes, it takes longer to warm us up. Fortunately, our aging partners also experience an absence of urgency and enjoy slow sex as much as we do! Make sex play last hours. . .or days.
  2. ***KISS AND KISS.*** Kiss sweetly, passionately, quickly, slowly, contentedly, hungrily, lightly, and sloppily. Kissing helps you bond with your partner, warm up, and enjoy the moment.
  3. ***APPRECIATE, DECORATE, AND CELEBRATE YOUR BODY AND YOUR PARTNER'S.*** Jewelry, lingerie, feathers, fringe, silk, velvet, candlelight—whatever looks good, feels good.
  4. ***DO SEXY THINGS TOGETHER LONG BEFORE YOU HIT THE SHEETS.*** Dance together. Visit lingerie or sex toy shops. Give each other little gifts.
  5. ***DO SEXY THINGS ON YOUR OWN TO GET YOURSELF IN THE MOOD.*** Wear sexy lingerie under your everyday clothes. Work out. Swim. Dance. Fantasize. Hum with your vibrator.
  6. ***MAKE LOVE DURING HIGH ENERGY TIMES.*** Instead of midnight sex after a romantic meal (which leaves us full, bloated, and ready to sleep), make daytime sex dates. Why do you think they call it “afternoon delight”?
  7. ***TAKE ADVANTAGE OF SEX TOYS AND OTHER EROTIC HELPERS.*** Our hormonally challenged bodies may need extra help to reach orgasm. Lucky for us sex toys are easy to find, fun to try, and wow, do they work!
  8. ***USE A SILKY LUBRICANT.*** Our lack of natural moisture hardly matters, given all the choices of lubricants that feel great and bring back the joy of friction. When your partner applies it, it becomes an erotic part of sex play.
  9. ***ENJOY QUALITY SNUGGLE TIME BEFORE, DURING, AND AFTERWARDS.*** Holding each other, feeling the warmth and texture of each other’s skin, is one of the sweetest and sexiest parts of making love.
  10. ***LAUGH A LOT.*** Play silly games, invent special words, tease each other, and rediscover your childhood together. Laughter is bonding, joyful, ageless—and sexy.
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