

The Sensual Woman

By Alexandra Fox

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Introduction

A sensual woman is one who's very much in touch with her body and the pleasures of her flesh. Many people believe in the “inside out” approach, meaning a person's inner happiness and fulfillment will affect how a person looks on the outside. A sensual woman, however, has an “outside in” approach. This means she believes that physical pleasures will make her feel fulfilled inside. The ideas I discuss here will be considered risqué by some and objectionable by others. But I believe a woman's sensuality is something you have to let go of in order for it to blossom. Because of this, I won't, won't, won't shut up!

On Understanding Your Own Body

Descartes had his famous motto “know thyself.” As a sensual woman, you have to “know your body.” Without knowing her body, a woman in the bedroom will be like a blind person trying to find her way out, a troublesome situation. Add a clueless man to the picture and we begin to see something that closely resembles a disaster. A woman's body is something so beautiful, mysterious, complicated, and interesting that a curious person will never get tired of exploring it. Understanding your own body won't just allow you to stay in touch with your

sensuality, it will open the door to a new world of ecstasy for you. Here are some ways to understand your own body:

- **How do your sexual urges fluctuate within a day, a week, or a month?**

I know some days, I just don't feel like it, no matter how hot my dates are. It wasn't until I started to pay attention to how my sexual urges change by keeping a journal about that, I began to recognize some patterns. Try to figure out your body's natural rhythms!

- **What are your sensitive spots?**

Is that your ears, your inner thighs, your lips, your neck, your breasts, or your back? Is there any hidden spot that you've never noticed before? This is how to find out your sensitive spots: Use either a feather or a silky handkerchief (my personal favorite) to lightly and gently caress each part of your own body. Don't miss a single spot. Try to pay attention to even the slightest sensation and find out which spots really do it for you.

Caution: make sure you do this in a relaxed environment with total privacy (If you suspect your roommate may bump into your room any minute and ask your opinion on her new dress,

don't choose that time slot). You need your full attention to feel your body's natural response. Any kind of distraction is bad. Knowing where your sensitive spots are is a great first step to showing your man how to please you.

- **How much pressure is just right?**

Most women love gentle touch, but how gentle? Do you like barely being touched, a gentle caress, a nibbling, or a harmless bite?

- **Does your body respond to specific words, a certain male voice tone, certain types of music, or other things?**

For me, saxophone (I used to call it sexphone) is my trigger. What's yours?

- **And finally, the most important tool to getting to know your own body is masturbation.**

If you feel a bit embarrassed about it, don't! There's nothing wrong with masturbating. You're hurting no one in the process and will benefit a lot from it. Here's one benefit: happy women live longer! Start with a vibrator on your clitoris if you've never tried it before. Once you know how it feels to have an orgasm, use your fingers to massage your clitoris to get yourself to climax. Although using a vibrator is relatively easy, using

your fingers alone to reach an orgasm proves to be a challenge for some women. Keep trying! Remember, once you figure it out, your body will become more sensitive to similar, repetitive stimulus. Eventually, you'll be able to achieve an orgasm within a relatively short time and even multiple orgasms in a single session.

Ways to Get in Touch with your Sensuality

What's a better way to feel sexy than involving yourself in activities that celebrate your body? Here are some of my favorites:

- **Hot Bath:**

I just love, love this one! I actually have a bath twice a day. I start my day with a hot bath, while reading my newspaper and drinking my coffee. One hour or so before going to bed, I jump into a bubble bath and play my favorite music in the background (this month, it's Enigma).

Caution: after taking a bath, you'll feel excited and awake. So, don't do it too close to bedtime.

- **Dancing Naked:**

Some of my girlfriends who tried it felt a bit embarrassed when they danced naked the first time. But once they got into it, they just couldn't stop. When you are alone, try dancing in front of a mirror with no clothes on. Celebrate your body and the way you look! Play some hot, sexy, dance music. Have fun, sister!

- **Exotic Dance/Pole Dance:**

Taking a class in exotic dance or pole dance at a local dance studio does wonders to the way a woman feels about herself. A woman has to feel sexy to look sexy. On your boyfriend's birthday, how about giving him a private dance? You don't have to learn everything. One well-practiced routine is good enough.

- **Sensual Massage:**

Scented candles, romantic lights, massage oils (the type that you can lick and eat), and your favorite music in the background. What could be better? Before you do all this with your loved one, try to get a DVD or a book on the topic of sensual massage to learn some basics. You can then teach them to your guy or give him an amazing massage that he will remember forever

and will definitely want more of!

- **Sensual Desserts:**

There's something very sexy about eating sweet, mouth-watering desserts. The temperature of the desserts is as important as the taste. Make it either really hot or really cold. Also, it's always a great idea to eat it from each other. It's soooooo much fun!

- **Skinny Dipping:**

This is something you have to try! You'll feel so free with your body and your spirit.

- **Sexy Underwear:**

My philosophy is either to go sexy (and comfy too) or bare.

On Understanding a Man's Body/Mind

- **A man's brain is his most important sex organ:**

A man's imagination is your best friend when it comes to arousing him. You want to engage his imagination by dropping a sexual hint here and there! His brain will do the rest. Besides his imagination, anticipation is another important tool. Make everything progress just a bit slower than what he would hope. The pleasure at the end will be that much more intense.

- **A man's sensitive spots:**

A man has some sensitive spots: his back, arms, ears, the area right under his jaws, nipples (this depends on the guys), thighs, stomach (not for the fat guys), and pretty much anywhere within five inches of his penis.

It's helpful to keep in mind a guy's sensitive spots when you hug him or kiss him good night. When you hug a guy, try to caress his back slowly. Start from his upper back, move your hands slowly down, very slowly, stop right above his butt, go half way up his back, and go down slowly again. Don't go lower than his waist. He might scream :)

When you kiss a guy a good night kiss on his cheeks, don't just kiss his cheeks. It does nothing! Rather, go between his cheeks and his ears. I'll even say a bit closer to his ears. If you just met a guy, don't bite or kiss his ears.

- **Ask him about his fantasies:**

Asking a guy about what his fantasies are will do you good. You'll learn about what kind of things arouse him, the level of his sexual imagination, and how to “dirty talk” to him in bed.

- **Find out what things turn him on:**

Every guy has certain things that instantly turn him on. It might be a woman's black garter belt, skirts, or long hair. Also, is he a breast man, a leg man, or a guy who loves women with curves?

- **Figure out his type:**

Some guys like blonds; others like brunettes; a few like no hair (except on her head). Some guys may like the girl-next-door type; others may like the seductress type. Find out his type. You'll then have a blue print to work with.

Sensual Techniques

- **On Oral Sex:**

Please make sure you are over 18 before reading this. I'm not going to jail for you. The good thing about oral sex is that the mouth can do things that a woman's vagina never can. You should use both your hands, make sure they are lubricated (using either lotion or your saliva), then rotate both your hands in opposite directions around his penis. A lot of women try to do the "in and out" motion like a regular sex. It's nice, but if you want to drive a guy crazy, the rotating thing with both hands is your best bet. You can go a bit tight with your hands. You can also touch or lick a guy's balls gently. This is the place you do need to go gentle, and you should never squeeze a guy's balls. For the tip of a guy's penis, lick it with your tongue. Don't bite it. The tip is very sensitive. Finally, I have to discuss the question of "swallow or not swallow." I suggest you keep an open mind to it! I remember I almost puked the first time I ate sushi, but now I just can't get enough of it.

- **On Dirty Talk:**

When it comes to dirty talk, men are generally divided. Some men love it when you talk dirty. For this type, you can pretty much say whatever

you like (but don't mention his mom please). You can tell him your fantasies (especially the ones involving many hot women). Tell him what about him turns you on and how much you have waited for this intimate moment. The second type of man loves to talk dirty HIMSELF, but hates it when a woman joins the talk. This type of man generally loves the innocent kind of woman or the girl-next-door type. He sees it as a big challenge to bring out her dirty side. If you show that you are already dirty minded, the thrill and challenge will be gone.

- **On Role Playing:**

Role playing is a great way to spice things up and accommodate a guy's love of sexual variety. It can also be fun as long as you have enough confidence in yourself and don't stick to the idea that if a guy doesn't like the "natural you," he's not really in love with you. Instead, take joy in having the versatility to be many women. Maybe you feel like being a mail girl today, a French maid tomorrow, and a sexy massage therapist the day after. Whatever it is, let your imagination fly! Don't limit yourself to just one role! You're still you when you can play 10 different roles. The only difference is now you are so much more exciting, alluring, and drop-dead sexy!

If you have any comments or suggestions on
what you've just read, please email me at
alexfox@unforgettablewoman.net