

Ideas for Foreplay



FULL-BODY TOUCH OVER CLOTHES

Take turns slowly touching each other over clothes – no pressure, just noticing what feels good. Focus on non-genital areas like the arms, back, and thighs.

SENSUAL BATH OR SHOWER TOGETHER

Light candles, play soft music, and share a bath or shower. Let the focus be on relaxing, gentle washing, and massaging each other's skin.

5-MINUTE KISSING SESSIONS

Set a timer for 5 minutes and just kiss – no expectations beyond that. Try different types of kisses: soft, playful, deep, teasing.

MASSAGE WITH WARM OIL

Take turns giving each other a slow, sensual massage. Use warm coconut or massage oil, and focus on slow strokes along the back, shoulders, and legs.

EYE GAZING WITH GENTLE TOUCH

Sit facing each other and gaze into each other's eyes for 1–2 minutes while holding hands or gently touching the face or chest. This builds deep emotional attunement.

CLOTHES-ON CUDDLING + BREATHING

Lie together and sync your breath. Add in light stroking on the back, hair, or hips. The goal is comfort, closeness, and safety.

EXPLORE TEMPERATURE PLAY

Use something warm (like a heated cloth or warm hands) and something cool (like a chilled spoon or ice cube on the wrist) to playfully stimulate different parts of the body.

TEASING WITH FABRICS

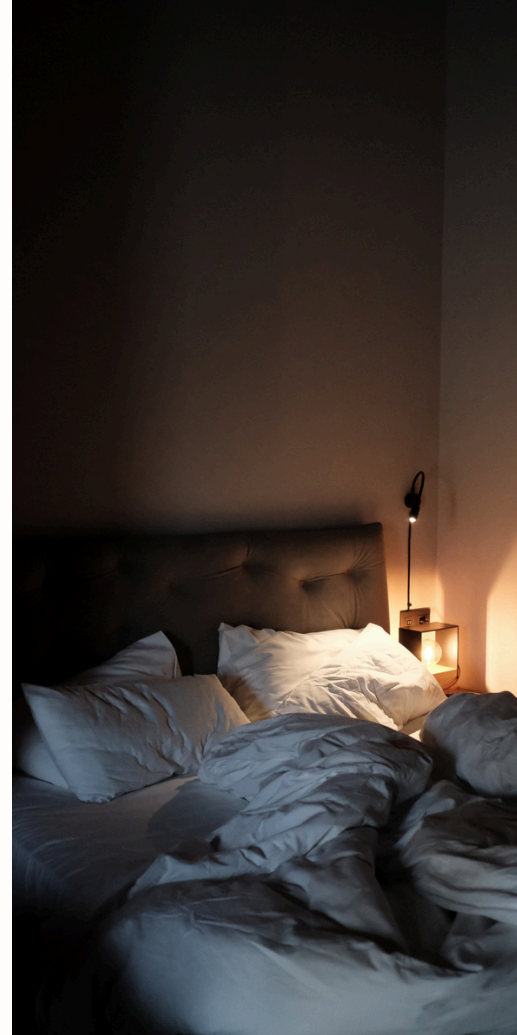
Take a soft scarf or feather and gently brush it across your partner's skin. See how different textures feel and respond to areas of arousal and relaxation.

EROTIC STORYTELLING OR WHISPERED FANTASIES

Whisper something sensual in your partner's ear – a sexy memory or a gentle fantasy – while touching them slowly. Keep the energy light and connected.

"YES/NO/MAYBE" CONSENT & CURIOSITY GAME

Create a relaxed space where you ask each other: "Would you like me to kiss your neck?" "Can I trace your back with my fingers?" This playful consent-based exploration builds trust and attunement.



*These are only
a few ideas,
sky is your
limit- progress
with love and
consent.*



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REBUILDING PATHWAYS TO CONNECTION AND INTIMACY

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