

Better Sex Tips for Couples

One recent survey in America concluded that approximately 50 of new marriage will end in divorce. The same survey also indicated that the trend is on the rise.

This is a sad truth and there are many reasons which contribute to a marital split, for example, lack of trust, lack of communication, lack of a satisfying sex life etc.

In this article, I am going to reveal some better sex tips for couples. Sex is one of the key elements to help maintain a strong and sustainable love life. It helps to build a strong bond between the couples and makes both of them come closer together.

Every couple needs sex for pleasure. It is necessary that all couples maintain their tempo of having sex throughout their married life. Having regular sex has proved to keep the relationship between the couples healthy and also helps to keep the fights at bay. How frequent should a couple have sex? The answer is depends, some couples enjoy having sex once a week, others three times a week and there are other couples who have sex everyday. At the end of the day, it all comes down to what feels right and satisfying for the particular couple.

In order to have better sex, both partners should take active participation in the sexual act. You should know your partner's hot buttons and know when to press it! You should not just be a spectator to the sexual act. In the end, there are chances that you and your partner will not be satisfied and you will be frustrated. A trick to overcome this is to always remember the best sex that both of you had and your only duty is to deliver a sexual performance which surpass the last best experience. This is called continuous sexual improvement and a valuable trick to sustain a life long relationship.

Better sex for couples also includes being confident in the sexual act. You should also look, smell and feel good. No one would like to have sex with a person who has bad breath and whose body gives a foul odor.

Sex can be performed anywhere. It is not necessary to have sex in the bedroom. Sex can be performed on the sofa, in the basement, under the stairs, in the car, in the garden shade, on the beach etc. The location and whereabouts is only limited to your own imagination and creativity.

To enjoy better sex, both partners should have the same amount of passion between each other. Sex does not start under the sheets. It can start during the day like giving your partner a passionate kiss when he leaves for office or holding each other's hands in the park.

You should never plan the whole sexual act in advance but keep it spontaneous. The moves can change according to the situation. It is fine if you plan the first few moves in advance though to warm up the atmosphere.

Another very important tip for having better sex is foreplay. It is absolutely essential before you get into the actual act of making love. This is because foreplay breaks the ice and also creates a lot of excitement in you and your partner and makes you ready for the final act.

You can also create a romantic environment in your bedroom by lighting exotic candles, keeping the room dimly lit and decorating the room with flowers. This proves to be a perfect setting for your sexual act.

In the end, remember to tell your partner how exciting and pleasurable the whole sexual experience was and you would definitely love to do it more often.

Short note about the author

Leah Holden is The "Better Sex Expert".

Leah's mission is sharing her vast array of sexual knowledge with individuals and couples.

To spice up your sex life, please visit Leah's blog,
<http://better--sex.blogspot.com>

Author: Leah Holden

Article downloaded from page eioba.com