



Lovecentria's Guide For Keep The Boredom Out Of The Bedroom!

20 Quick Tips

The longer your relationship goes on, the more likely it is you will slip into a bedroom rut. But you don't need to make dramatic changes in order to make things exciting, a few minor changes can make things fresh and new, and put you both back into a new groove. Everything from lighting, to music, to what you wear to bed can be altered slightly to give you a whole new perspective. So keep reading and start enjoying sex again, and take the habit and routine out of your sex life.

#1 – Break The Routine

The first thing you need to do is realize that you and your partner have most likely fallen into a pattern. This happens to everyone, as once the 'discovery' phase of your relationship has ended, the odds are you do things to each other that are known to bring each other pleasure.

On the one hand, this is great, as you know how to please each other. But on the other hand, you have probably given up experimenting. So your first tip is to take the initiative and try all new things. Make a point of not doing what you normally do, and bring all new ideas into the bedroom.





#2 – Take Turns In Creating New Ideas

Get her involved with your new plan of attack. Take a week to try out new things with each other, and each of you gets to do whatever you want that week. The only rule is you can't do whatever you normally do.

#3 – Role-Playing

It may sound childish, but role-playing has saved a lot of marriages. It can be as simple as writing down a list of words – sex bomb, whore, bad girl, pimp, playboy, tough guy – and put those names in a jar. Then take turns drawing them out and acting on them. The more creative the words in the jar, the more fun it will get in the bedroom.

#4 – Home Movies For Two

Bringing a camera into the bedroom makes things very, very interesting. Why? If you are both shy, then the tension will make things extra exciting. If there is no shyness, then both of you will be going out of your way to out perform each other. The best part is you will have a great collection of videos, each more exciting than the last. And you get to watch them over and over again, which will definitely heat things up.

#5 – Home Videos For One



If you want to make things really hot, then leave videos for each other to watch. These can be shower scenes, shaving scenes, and masturbation – just to name a few. Be creative, and hopefully you will end up with a nice DVD library of memories.

#6 – Web Cam Your Bedroom

Everyone is making money off the Internet these days, so why not broadcast your love life to the web and sell memberships. If you are both into exhibitionism, then this will make things interesting every time you enter the bedroom.

#7 – Shave It All Off

Remove all hair below the neck. Hairlessness and hot oil make for a nice, slippery sexy time.

#8 – Practice ESO

ESO = extended sexual orgasm. Of course women are lucky, since they already have multiple orgasms. But for men, things require a little more training. Learning how to perfect the 20 minute orgasm can be fun, as is learning how to orgasm without ejaculating. Remember – practice makes perfect!



#9 – Get Slappy!

Rough foreplay can make for some interesting love making sessions. Start ripping off her clothes, and forget working up to it – just do it!

#10 – Mirrors

Mirrors are cheap, reflective, and can be installed everywhere – ceilings, walls, and showers. They can add a whole new perspective on things – if you get our drift.

#11 – Tie Down

Ties can be made from nearly anything, but something soft and pliable is the best. Take turns strapping each other down, and then use your imagination.

#12 – Blindfolds

If you take turn blindfolding each other, it heats things up fast. Make sure she can't see a thing, and then take your time turning her on.



#13 – Whip It

When we say whip – think belts and spanking. Some well-timed slapping and gentle whipping can heat things up, and it sounds and feels great.

#14 – Soft & Hard Porn

Lots of couples add porn into the mix in order to spice things up. It doesn't always have to be midgets and animals; there is some quality stuff out there that could be described as tasteful, erotic, and educational.

#15 – Calling A Friend During Sex

Once again, the urge to do something sneaky can be quite the turn-on, so have her call one of her friends and then start to have sex. She will struggle to keep her voice sounding normal as she climaxes, and you can keep trying to make her scream. For even more fun, call family members.

#16 – Other Rooms

Make the bedroom off limits for sex, and start doing it everywhere else in the house.



#17 – Time Of Day

Most people wait until they go to bed before they start thinking about sex, but those same people are usually pretty tired by the time they get there. If you make the effort earlier on, you won't have to hear any excuses.

#18 – Showers And Baths

Making yourself smell and look good is a turn on for your partner, plus you can always drag her into the shower with you. Keep in mind that a lot of women feel less sexy if they haven't had a chance to freshen up, so showering or bathing before you hit the bedroom might increase your chances. Plus, bathing tends to reinvigorate the body, which means the tiredness the two of you may have been feeling will be gone.

#19 – Massage, Massage, And Massage Again

If you take the time to do proper, hot oil massages, you will both benefit. It will give you a renewed appreciation for her body, and it will slow down the lovemaking process.

#20 – Think & Act Slow



People that know what they want in bed tend to go to fast, so re-learning the art of lovemaking will increase your sex drive. Force yourself to slow it down, even if you are both tired and have to get up early. Try and capture the magic of that first night with her.

Final Thoughts

No matter what stage you are in your relationship, put some thought into your lovemaking routine. It is inevitable that you will fall in and out of patterns, but trying to keep it fresh will help you keep it interesting and fresh, so that your lovemaking doesn't become an annual event.

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