

What to Do When You're All for Abstinence

- Dr. Yvonne K. Fulbright

Sometimes the best and most sensual sexual experiences are those that don't involve sexual intercourse whatsoever. Still, for those defining abstinence as refraining from all anal, vaginal-penile, and oral sex, what are lovers to do?

There are some super sexy ideas to try with your special someone...

- Pamper each other. This could involve taking a bubble bath together, brushing each other's hair, scratching each other's backs, and massaging and caressing each other. Once you're feeling luxuriously relaxed and comfortable, snuggle!
- Masturbate each other. Masturbate in front of each other.
- Share your fantasies.
- Experiment with different sex toys – the possibilities are endless...
- Try shaving each other.
- Be your own 900 #. With phone sex, you can whisper sweet nothings or talk dirty, and all while playing with yourself. Tell your partner every juicy detail of what's going on at your end! Hopefully, he or she will do the same.
- Take naked pictures of each other!
- Feeling artistic? Be each other's murals and body paint.
- Put a twist on your hunger for each other and break out the food. What better way to serve up a snack that on your body? Try dribbling honey on yourself, and let your love lap it up. Melt chocolate and enjoy nibbling it off of each other. Make a sundae where you think it would taste really yummy and insatiably devour it. Then, when you're all done, hop in the shower together and lather each other up. Be sure to scrub every single body part!
- Get all hot and steamy watching erotica together.
- Be a tease – strip tease that is. Many couples LOVE watching their partner undress.

With all of these suggestions, you're sure to experience one incredible sexual moment after another!

Yvonne K. Fulbright, Ph.D., M.S.Ed. - Originally from Iceland, sexologist, sex educator, and relationship expert Dr. Yvonne K. Fulbright is the author of several books, including *Touch Me There! A Hands-On Guide to Your Orgasmic Hot Spots* and *The Better Sex Guide to Extraordinary Lovemaking*. Regularly featured in media outlets worldwide, Dr. Yvonne is the “sexpert” columnist and sex expert for Foxnews.com, a regular contributor to disaboom.com, and a professor of human sexuality at Argosy University. She founded Sexuality Source, Inc., a communications and consulting organization specializing in the topics of sex, sexual health, sensuality, and relationships in 2004. For more information on Dr. Yvonne, her projects, and services, visit www.sexualitysource.com.