

EMILY DUBBERLEY

SEX

PLAY 

MORE FUN THAN YOU CAN IMAGINE!

De Vecchi
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More fun than you can imagine



EDITORIAL DE VECCHI

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Introduction



It can be all too easy to slip into a routine in a relationship. Couples who play together stay together, and incorporating sexy games into your love life will help you keep things fresh. Just remember, it's about playing with each other - what could be sexier than that? By using dice - and plenty of imagination - Sex Play makes sex more of a game and, in doing so, helps you become the ultimate lover.

When was the last time you played a game? Maybe 'tag' at school? Or Trivial Pursuit after a dinner party? How about with your partner? In the bedroom? The chances are, you tend to focus on 'more important things' - like getting down and dirty. But playing games can help you to get even 'downer' and 'dirtier' - and, more to the point, help you to hone your sexual skills until your partner is quivering in anticipation at the mere thought of spending some quality time with you. All the games in *Sex Play* have been designed not only to work as foreplay, but also to help you learn about your partner and build on your sexual talents.

THE GAMES

Sex Play is divided into four groups of games: Teasers, Pleasing Him, Pleasing Her and Hot Positions. The Teasers can all be played fully clothed, and concentrate on helping you bond with your partner and learn about their greatest desires. Games in the Pleasing Him section are focused on giving a man sexual pleasure - although, if you're in a good

relationship, hopefully you'll get pleasure from both giving and receiving sexual attention. Games in the Pleasing Her section concentrate on female enjoyment. And Hot Positions is packed with games to help you build up your repertoire of moves.

WHEN TO PLAY AND WITH WHOM

Sex Play is designed to be played by couples. Whether it's your first date or your fiftieth anniversary, you can use it to spice things up.

If you're in the early stages of a relationship, you may want to stick to the Teasers; as they've been designed to be played with clothes on, you won't find yourself in any position more compromising than kissing (or, at least, not because the cards have told you to ...).

Pleasing Him and Pleasing Her focus on foreplay, so are ideal for evenings in together when you want to add extra spice to your night.

And Hot Positions are best tried either after you've completed games from the other sections, or after you've spent time on foreplay; only a quarter of women climax through penetrative sex alone, but, if a partner spends more than 20 minutes on foreplay, the figure increases to 90 per cent.

Other than that, there are no rules on when to play: you can go for a quick roll when you have a spare hour together, make a specific date of it, or play when you get back after a night out. You could take the box on holiday with you or keep it by the side of the bed to use whenever the mood takes you. If it's his birthday, treat him by using only the games for him, and vice versa. *Sex Play* is about having fun and learning more about each other; any time you're alone together can be the right time for that.

HOW TO PLAY

Start by rolling all three dice. Whoever has the highest score takes four of the envelopes from the front of the box. The other person takes five. Now, the lowest scorer opens one of their envelopes and reads the dare card inside, choosing whether to live out the dare or tell their partner a 'truth'.

If you opt for the truth, keep it light. This is no time to be debating what happened at the office Christmas party five years ago; you're supposed to be having sexy fun, not provoking a row. Once you've completed the dare (or truth), turn the card over and place it face down on a table.

The highest scorer now opens one of their envelopes and repeats the above process.

Taking turns, work your way through all nine dare cards, then fit them together and, not only should you be laughing with each other, but you'll also have completed the casting board on which you'll be playing.

Once the casting board is assembled, you'll see that it's divided into four quadrants, one for each group of games. Now, one of you should hold a single die 2-5 centimetres (1-2 inches) over the 'drop zone' in the centre of the board, and release it. Whichever quadrant of the board it lands in is the section you will be picking your game from. If the die rolls off the board, try again. You can choose to play just one game or several games from that section, or roll the die onto the board again when you finish one sex game and want to try another.

Next, the other partner rolls all three dice together. Add up the total score to find your game number and turn to the appropriate page. For example, if your initial die landed in the Pleasing Him quadrant, and your roll of the three dice gave you a 1, 3 and 5, that would make your total 9, so turn to SCORE 9 in the [Pleasing Him](#) section. Then just follow the instructions.

GENERAL TIPS

Most of the games include a degree of physical intimacy, so only play them with someone who you're happy to get close to. Before playing, clean your teeth, have a bath and make sure that you're generally nice to be near.

If the game involves exchanging bodily fluids of any kind – oral sex or penetrative sex, for example – practise safer sex unless you have both been tested negative for sexually transmitted infections and are in a monogamous relationship. *Sex Play* is about having fun, and STIs are no fun at all.

Some of the games involve props, all of which should be found in the average household: ice, sweets, a deck of playing cards or a cup of coffee, for example. If you don't have a required prop for a game, either improvise with something that you do have in the house (using your common sense, obviously) or cast the dice again.

DEALING WITH DICE-LED CONFLICT

While none of the games are designed to push your limits, there is a chance that a game may instruct you to do something that you don't want to do. If this happens, don't do it! It's all very well handing your sex life over to the whim of the dice, but don't let yourself be bullied by them. *Sex Play* is about enjoying yourself, not doing things you feel uncomfortable with.

OTHER WAYS TO USE THE DICE

You can use the dice to make decisions; let's say you want to have doggie-style sex and your partner wants to have missionary-position sex; roll the dice – odds means you get your wish, evens means they get theirs.

You could make your own list of options – for example: oral sex, anal sex, vaginal sex, mutual masturbation, talking dirty and massage. Roll the dice to see which one you'll be

indulging in tonight. But don't include anything on the list that both partners aren't prepared to do.

Remember: the games in this book are designed to inspire you and teach you new sex tricks to help you have more fun in bed. If you're not enjoying something, stop and move on to something else instead. Everyone is different and one person's 'winning' roll will be another's 'losing' roll. Even if you stop one activity because it's not for you, you're still teaching your partner about your desires. And you've got plenty more games to choose from. So, what are you waiting for? Get rolling ...

... Are you ready to play? ...



The games

Teasers



Great sex isn't always about getting naked and squelchy. Sometimes, the sexiest thing of all can be a beguiling look, a whispered phrase or a gentle kiss. Teasers are designed to help you discover more about your partner, and to help them discover more about you. Enjoy the anticipation ...

SCORE 3

Erogenous zone Battleships

Remember playing Battleships as a child, trying to sink your opponent's ship by guessing where it was hidden? This game offers a kinky twist: you're hunting for each other's erogenous zones - on paper - instead. Get a pen and paper, and prepare to find out where you should be aiming ...

TO PLAY

First, each draw a grid - five boxes across and ten boxes down. Label the boxes across the top A to E and those down the side 1 to 10. Then, both of you should draw a rough figure of a person on your grid and, without showing each other, mark on the figure five crosses where your top five erogenous zones are. Each cross should fit into a single box.

Now, take it in turns to call out a grid reference to try to identify your partner's erogenous zones - for example, C6 (approximately the genitals, depending on how you draw

your figure). Every time you hit a hot spot, your partner should tell you (or, to add humour, groan with pleasure). You should then ask them to elaborate on exactly where their erogenous zone is, and why. Try asking what they particularly like having done to that area: say, licking, nibbling, stroking, kissing or scratching.

Keep going until one of you finds all of the other's erogenous zones - though the other person should confess their remaining zones when they win.

BENEFITS OF THE GAME

This game encourages communication about sex, helping bridge the embarrassment gap that many people have when discussing their preferences between the sheets. It also makes both of you think about what turns you on: a surprising number of people just go with the flow and never apply thought to it.

By learning where your partner's hot spots are, you can pleasure them more effectively. No matter how long you've been together, you may learn something new; many people have unexpected erogenous zones - the backs of the knees, inner thighs or toes. Just make sure you use your new-found knowledge for good ...

VARIATIONS OF THE GAME

You could mark your turn-off spots rather than your erogenous zones, as a non-confrontational way of telling your partner where you hate being touched.

You could also increase or decrease the number of erogenous zones you mark - maybe rolling one or all of the dice to decide how many you have to identify. If the dice dictate that you have to mark eighteen erogenous zones, you'll be surprised at how much it makes you think. You never know - you could discover that you have more

erogenous zones than you'd ever have identified if asked directly.

And if you're happy to get naked with each other, you could award a prize to the winner: they get to have all their erogenous zones teased in the way they like most, of course.

... getting warmer ...



HOT TIP

Get creative when you're making your choices. Common, but less obvious, erogenous zones include:

- ◆ **The scalp** There's a lot of tension in the scalp. Washing your partner's hair can be incredibly sensual, as can softly scratching the scalp or rubbing the pads of your fingers over it.
- ◆ **Ears** Thought by some Eastern practitioners to represent the whole body (in the same way that reflexologists think the foot does); try massaging the entire ear from lobe to tip, or nibbling, sucking and blowing into the ear.
- ◆ **Creases of the body** The inner elbows, backs of the knees and crook of the neck can all be super-charged areas. Try gently trailing your nails over them, or licking them, to blow your partner away.
- ◆ **Feet** Giving a foot rub is an intimate way to show you care. Some even claim that pulling a man's toes back at the point of orgasm enhances his pleasure!

SCORE 4

Blank me, Baby

Sexy talk can be a fantastic form of foreplay and a fun addition to sex, but many people feel shy about it. This game helps you to share what turns you on in a humorous way. After playing it, you should find it much easier to ask for what you want.

TO PLAY

Roll a die to pick one of the words below. This word represents your primary erogenous zone:

- 1** = blancmange
- 2** = aardvark
- 3** = custard
- 4** = aubergine
- 5** = tyrannosaurus
- 6** = skoda

Now roll again to pick one of these words, to represent your secondary erogenous zone:

- 1** = tulip
- 2** = caravan
- 3** = trumpet
- 4** = lollipop
- 5** = hamster
- 6** = pogo stick

Now, complete the following sentence, picking your preferred options and using the words selected above to fill in the blanks.

'I love having my [*blank*] licked/sucked/stroked/bitten/other, but my ultimate turn-on is having my [*blank*] licked/sucked/stroked/bitten/other.'

Your partner's role in the game is to guess which body parts your comedy words represent. Then it's their turn to roll the dice, and your turn to guess.

BENEFITS OF THE GAME

The comedy words will help you share what you want in a less intimidating way than bluntly saying it. And, if you've only recently started dating, this can also be a non-threatening way to get an idea of what your partner is into.

VARIATIONS OF THE GAME

Try writing longer stories in which to insert the comedy words. You could also make more lists of words, if two erogenous zones isn't anything like enough for you! And, of course, if you're happy to strip off with each other, you can move on to teasing the selected erogenous zones in the way requested.

HOT TIP

As a general rule, talking dirty falls into five main categories. Learn these and you'll be able to talk smut like a pro. First, there's praising a body part. For a woman, 'I love your breasts' or 'You have a gorgeous bum' can work wonders; for a man, 'You're so big/hard/big and hard' should do the trick (almost every man loves it if you praise his penis).

Then there's commending technique: 'I love the way you stroke me' or 'That was an incredible orgasm.' Don't fall into comparison though; 'That was the best orgasm I've ever had' could backfire on you by making your partner start to think about your previous lovers.

Next comes descriptive stuff: 'Do you like me trailing my hands all over you?' Don't get too flowery here; 'nipples like cherries' and 'giant man-truncheon' are best avoided (unless you want to continue the comedy).

Then there's direction-giving: 'Will you stroke my back while you slide inside me?' Make sure this doesn't sound bossy, and ideally try and throw in a comment about how much you love what your partner's doing but want more from them because they're such an incredible lover.

And, finally, there's fantasy-based stuff: 'Oh, Mr Highwayman, please don't steal my chastity.' Be careful not to go too far into your own fantasies unless you're sure your partner shares them. Otherwise it could have the opposite effect to the one you're after. Test the water first, with a mild version of your fantasy, before diving in too deeply. Similarly, don't get too cheesy or steal dialogue from adult films.

... I love the way you touch me there ...



SCORE 5

Look into my eyes

Attractive eyes are the second thing that a man looks for in a woman (the first being an athletic body shape) and both men and women find dilated pupils sexy. So use this to your advantage. Learn how to make your pupils dilate at will, and make your partner horny, too.

TO PLAY

Generally speaking, our pupils dilate when it's dark (to let more light in) or when we're aroused. It's one of the reasons that candle light is so romantic; the dim light means your eyes look perpetually aroused.

However, pupil dilation can be artificially stimulated. Make sure the room isn't incredibly bright or it could sting, but don't make it too dark either, or your pupils will dilate of their own accord, ruining the game you're about to play.

Kneel opposite your partner and look into their eyes. You should both rest your hands on your own thighs, and focus on breathing slowly and deeply so you're suitably relaxed. Try to breathe in time with each other, to help you build a stronger emotional connection.

There's a chance that you might start giggling. If so, don't try to fight it. Looking into someone's eyes is a very personal thing to do, and the chances are your laughter is coming from embarrassment. If you let it, out you'll either get over it or end up laughing together, neither of which is a bad outcome.

Once you're steadily gazing at each other, start thinking romantic thoughts; then dirty thoughts; then frankly outrageous thoughts. Your partner should do the same

thing. After a while, you'll start to notice each other's pupils dilating.

Once you notice the pupil dilation, of course, things can start to get really interesting. You can choose to share what you were both thinking about, or you can try to maintain their dilated pupils by talking dirty and seeing what really gets them off. Even if they don't admit their fantasies, their eyes will give them away ...

BENEFITS OF THE GAME

Looking into each other's eyes is a fantastic way to build a bond; by letting someone look into your eyes, you're showing that you are utterly accepting of them. And reading the body's natural arousal signs to see what turns your partner on is an erotic and interesting way to discover their sexiest secrets. As eye-gazing is such an intensely personal and romantic thing to do, the chances are it will heat things up between the pair of you, too.

VARIATIONS OF THE GAME

If you're happy getting naked with each other, try caressing different parts of your own body while you look into your partner's eyes, to see what they enjoy watching the most. Team your display with softly whispered sensual words and you'll both be hot to trot in no time.

Another option is to stroke their body and see what makes their pupils dilate the most ...

... Tell me your fantasies ...



HOT TIP

Emphasizing the eyes will make you look more attractive to the opposite sex. Women have it easier than men, given the vast array of make-up that's available to them - in particular, mascara and eyeliner as they can make the eyes look bigger. But men could consider investing in a pair of eyelash curlers. They may look like a medieval torture device but they're easy to use and curled lashes make the eyes look larger and more open, thus more appealing.

You can use the pupil-dilation trick when you're in public, to show your partner that you're thinking sexy thoughts about them. After all, what could be more innocent than a couple lovingly gazing into each other's eyes? Just whisper 'Look into my eyes' and start thinking all those deliciously dirty thoughts. Your partner will be desperate to get you home.

... Can you see what I'm thinking? ...



SCORE 6

Read my lips

Where sex is concerned, most people behave as they want their partner to behave: men often use firmer caresses than women as they like being stroked hard; women may use romantic gestures to show affection as that's what they want. This game teaches you how to deliver the perfect kiss for your partner, by following their lead.

TO PLAY

Start by blindfolding your partner, to heighten all their sensations. You don't need a proper blindfold for this: a stocking, tie or scarf will work. (If it's early in your relationship, ask your partner to close their eyes rather than blindfolding them, as covering someone's eyes demands a great deal of trust.) Tell them to relax their lips, then kiss them as you would like to be kissed.

Put your hands where you would like their hands to be when you kiss. Stick to 'safe' zones unless you are already lovers. Start as softly or as passionately as you'd like them to. Basically, deliver the kiss you've always wanted to receive.

Once you've finished, it's their turn. Remove the blindfold from them (or tell them to open their eyes). Put on the blindfold yourself, and relax while they deliver their idea of a perfect kiss. Notice any differences, such as pressure, technique or hand positioning.

BENEFITS OF THE GAME

Kissing is one of the essential elements of a relationship; according to *Relate*, couples that kiss regularly have more successful relationships than those who have frequent sex