

BETTER SENIOR SEX TIPS

By Jessica Hill



Better Sex Tip #1: Communicate

This means keeping an open line of communication with your partner, as well as getting the input of a sex positive **doctor** if you've got any questions at all.

If anything, a medical professional will understand that sex and pleasure are a basic human right and have a very full grasp of what you and your body are going through, and what you can do to enjoy yourself in a safe and satisfying way.

When you're discussing sex with your partner, **be playful and honest**. Humor can open the floodgates of conversation and take the pressure off what to many is a bit of an embarrassing subject.

After the topic is on the table though, you've got to be open and honest; tell them how you feel, and what your hopes are for the outcome of your talk.

Better Sex Tip #2: Redefine Intimacy

As we age, sex takes on a broader definition and can mean many things – sometimes, **sharing intimacy** is more important, and fulfilling, than sharing pleasure.

Sex can be about being content with each other; sharing affectionate contact like hugging and kissing (clothing optional) can be just as rewarding as a sexual session, and usually ends up leading to it, too!

Better Sex Tip #3: Experiment

Sex isn't about recreating experiences we had when we were in our 20s, it's about figuring out what works for us right now.

As in tip #2, try **stimulation** without penetration. Oral sex, mutual masturbation or just fooling around together with some sex toys are just as enjoyable when they're shared.

Try changing your sex routine and schedule to a time when you're full of more energy; many people have their best sex in the morning after a good night's sleep rather than at the end of a long day.

Also consider switching up your **sexual positions** to ones that are more comfortable and useful for both your sensual needs, like spooning or woman-on-top.

Better Sex Tip #4: Let It Go

Don't ever dwell on how things are different now compared to your younger years, and always keep a **positive attitude** and open mind for the pleasurable things to come.

You're older and wiser; you know your limitations and strengths – and your acceptance of all these things makes you that much more attractive to prospective partners.

Own your age and experience – they don't own you!

Do you have any tips or suggestions for **sexual health** and enjoyment at an advanced age?

Share them in the comments below, or get in touch with us via the ***Ask a Question*** box.