



26 Saucy Ideas to Inspire You Between the Sheets!

by Lisa Welsh
Save That Spark

Get ready for the A-Z of Fun Sex



Hey there! I'm Lisa, and I'm pumped to help you ignite passion and boost your sexual confidence.

I'm an Accredited Sex Educator with a lot of real-life experience. I've been through divorce, found joy in a new marriage where we're building an amazing sex life, and I'm raising three teenage boys.

I mix practical experience with professional know-how to help you reach new levels of pleasure and satisfaction. Congrats on grabbing this guide! You've taken a bold step towards spicing up your relationship.

Let's get started with these 26 saucy ideas to inspire you between the sheets!

26 Saucy Ideas

Cheat Sheet 1



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[for video](#)



Anal play

Lots of us are experimenting with the back door, so let's stop being coy and chat about butt stuff. This orgasm starts in the mind. Communication and trust are essential. Take it, slow, breathe, relax and LUBE up.

Stimulate the anus through the vaginal wall or perineum with downward pressure to see how that feels. If you feel ready, insert a lubed finger while stimulating the vulva or penis. Stay as relaxed as you can and take it slowly from there.

Anal sex can awaken your animalistic side, teaching you to overcome shame and fear - and allowing you to enjoy full surrender.



B

Breast massage

You can do it over your clothes or topless using body-safe massage oil or lube. Here are some ideas to get you started:

Get comfortable in a relaxing warm space

Use one or both hands to make figure 8 shapes around the breasts using a feather-light touch

Gently knead the breasts with the flat of your fingertips - but don't poke them



Cowgirl position

This is a vaginal or anal penetrative sex position performed where the receiving partner sits on top. The receiver looks like a person riding a horse - and that's where it gets the name.

The penetrating partner lies on their back on a bed or flat surface.

The person on top straddles & sits in a kneeling position, with their legs on either side of their partner's hips

From this position, the person underneath enters the receiving partner.

Both people can move - but the person on top is in the dominant position. They can control the depth, angle, and speed of penetration.

They can thrust, move their hips in circles, or grind their hips against their lover underneath.



Deep throat



Deepthroating is an oral sex technique where a person takes their partner's erect penis or strap-on deep into their throat. It can take practice and patience to progressively desensitise the reflex.

Practising alone in a private space and with an empty stomach is helpful.

Open your mouth and slowly/gently insert a peeled banana or dildo (beware of the potential choking hazard).

Stop when it touches the back of your throat, and breathe calmly and slowly through your nose. Consciously relax.

When you feel ready - practice moving the banana/dildo.

Practice little and often. The more you practice, the easier it will feel.



E

Edging

Edging is teasing yourself or your partner with a stop-start stimulation technique. So, when orgasm is about to happen... you stop or slow stimulation right on that cliff's edge!! ARGH.

Then once the arousal has cooled off a little (10-20 seconds without stimulation or reduced stimulation), you build right back up to ALMOST the orgasmic peak. And then stop or slow down again. ARGHHHHHHH.

Once the arousal cools off a little, you build right back up to the orgasmic peak... and then (when you can't handle any more edging cycles) you can go over the edge into orgasmic bliss!!



Fantasies

Sharing fantasies out loud can be hot, talking about them during sex can be hot, and whispering about them at a restaurant can be hot. Acting on them is not always necessary - and certainly not in a big hurry.

In his book, *Tell Me What You Want*, Justin Lehmler shares the results of a survey of 4,175 Americans. These key themes were:

1. Multipartner sex
2. Kinky sex
3. Novelty, adventure, & variety
4. Taboo sex acts
5. Passion, romance, and intimacy
6. Non-monogamy
7. Gender-bending and homoeroticism

Use this knowledge to explore tiny ways to bring your fantasy to life.



G-spot



Is the g-spot a thing? Oh yes! It's a bundle of erectile tissue and nerves surrounding the urethra and connected to the internal part of the clitoris.

And it's more than a spot - consider it an area, or more accurately, a tube that runs parallel on top of the vagina.

Where is it? Above the vaginal canal, on the frontal wall (towards the tummy), usually, 2-3 cm inside, but can be as much as 5 cm in. All vaginas are different, so you'll have to find it!

How to pleasure the g-spot: Hold a finger there, slide it back and forth, massage, tap, pulse, or draw circles - and explore what feels good.



H

Hand job

A hand job is a form of manual stimulation performed on a penis. It can be used as foreplay - or to bring a penis to the point of ejaculation.

Here are some ideas:

Add lube to reduce friction and enhance pleasurable sensations.

Keep communicating and ask what they enjoy.

Play with speed, pressure and rhythm. Read their body language and ask for feedback.

Try using two hands to grasp the shaft of the penis in a fist - then move up/down with a twist. Vary the degree and position of the twist.



Impact play

Impact play is a consensual sexual practice where one person is struck by another person for the sexual gratification of either or both parties.

Tips to get you started:

Explore impact play outside of sex and with clothes on

Spank yourself first to get a sense of what you like, your thoughts on marks and how much force to use

Start with a hand or a paddle that is easier to control than a whip or cane

Safer areas to spank have fat and muscle
Avoid bony places, organs and nerves

The bum is a great choice - but never go above the crack or below the butt crease



Japanese bondage



Rope bondage is never 100% risk-free - informed consent is essential.

You can introduce Shibari by sharing a book or a movie about it. Or use my favourite line, “My friend told me about this thing, and it sounds really hot...” Plant the seed and nurture some curiosity without pressure or judgement.

If it's a yes, start simply, you don't need a whole toolbox. Try holding your partner's arms down and see what that's like... “Mmm, I loved it when you did that. Let's try it again with handcuffs...”.

When the time feels right, you can learn more and explore the exciting range of bondage toys available online. It will feel like you're opening Pandora's box of pleasure!



Kissing

Make sure you have consent and that you are in a kissing-appropriate location. Then gently lean towards your love and ease into a kiss. Start with slow, gentle, and light pressure... and then take it from there!

Keep your mouth relaxed and lips soft - and use your hands to caress your lover too. If you'd like to add tongues open your mouth gently - and if they reciprocate, let the tip of your tongue touch theirs. Find a natural rhythm and continue for as long as feels right.

It can be incredibly sexy to add a blindfold to a kiss. Removing the sense of sight naturally heightens other senses and builds anticipation.

Delicious!



Lube



Lube is one of the most underrated sex tools! It's a wonderful addition to the bedroom for pleasure enhancement, pain reduction and lots of slidey-glidey fun.

Plus it can increase a vulva owner's chance of orgasm by 80%!

Add it wherever you want to reduce friction and increase sensation and pleasure.



Mutual masturbation

Mutual masturbation is a sex act where two or more people manually stimulate their own genitals or their partner's genitals simultaneously.

This can be a fun kind of foreplay - and it's a fantastic opportunity to teach your partner what you like - and learn what they like too! By showing your partner how you touch yourself, you're giving them the exact pleasure roadmap they can follow to hit all the right spots and intensify your orgasms.

But the idea of masturbating in front of your partner might feel very intimidating - as this is something many people don't admit that they do. For this reason, mutual masturbation requires vulnerability and trust - and can therefore create real intimacy and connection.



New location

A new location can make a world of difference to the fun you experience during sex. Just imagine how exciting it might be to escape your comfort zone and the confines of your bedroom walls.

Start by finding a new sexy spot in your house - like the living room, the shower, or kitchen counter.

And if you're feeling really brave - why not take it outside? Nature can be a major turn-on!



Outercourse



This term can refer to any kind of non-penetrative sexual activity. For me, outercourse is synonymous with “dry humping”, where you rub your genitals together with your partner for sexual gratification - either clothed or naked.

Why would you do it? It can be great fun to “forbid” intercourse and be forced to pleasure yourselves in an alternative way. It can lead to frustrating, urgent, yummy humping.



Porn

Porn can be a great tool to excite your biggest sex organ - your brain! There are many options to choose from:

Written erotica - Books and stories can be incredibly erotic.

Audio erotica - Put on the headphones and immerse yourself in the steamy action with POV audio erotica.

Visual erotica - When it comes to good old-fashioned visual porn, opt for ethical porn.

Use porn as a fun and entertaining tool to stimulate your mind. But remember - it's not supposed to be educationally accurate. So, don't let comparisonitis creep in and make you wonder if you're good enough. You are!



Quickie



A quickie is a fun and furtive sexual encounter. They tend to be brief - but the actual duration of the encounter might vary. In general, this is a fast, furious, exciting and urgent kind of lovemaking.

Quickies are great for naughty locations like the kitchen table, car or supply cupboard!



Restraints

A sex restraint is a device used during sexual activities to prevent someone from escaping or moving in some way. They are common in bondage to play to build the illusion that one person has complete control of another.

Sex restraints include rope, handcuffs, padded leather wrist cuffs, collars, and under-the-bed restraint systems.

The power dynamic of using restraints can be super sexy - but it must always be done with a full consent conversation, and safe words/limits should be agreed upon beforehand.



Scheduled sex

If you wait for the 'perfect spontaneous moment', you might never have sex again!

Here are some ideas to get you started!

Block out time in your calendar

Book a babysitter

Book a hotel

Keep the surprise: You don't have to tell your lover - you can just let them know that you've got a surprise for them!

Build anticipation: Use the time imagining what you might do or preparing some saucy ideas.

See... it doesn't have to be weird. Scheduled sex can be hotter than spontaneous sex!



Text messages

Sexting is a playful way to let your partner know that you're thinking of them - and all the dirty things you plan on doing with them later. Try these and add your own sexy thoughts.

I want you to _____ me slowly with your _____.

I've been horny all day. Can't wait to get home and _____.

I bought _____ today. Think you can come over and lick/eat it off my _____?

Want to send a sexy photo? You are gorgeous, and your partner would love to see a cute, sexy, seductive or naughty pic. A little cleavage or a photo of lingerie on the bed will go a long way in getting their imagination going!



Undress

Whether you've seen it in movies, a burlesque show, or a strip joint. The sexiness of stripping is undeniable, and there's no requirement for the performer to be perfect.

Create the right atmosphere, dim the lights, and set rules if you'd like (e.g. no talking, no touching).

Relax and make it fun (for you) with your fave tunes and a sexy outfit.

Don't worry about elaborate moves or expensive props. Simply take your clothes off gradually, starting with your top. You choose how much you remove.

Don't rush! Play with straps, buttons, zips, belts & clasps. Let each item of clothing drop dramatically to the floor.



Vibrators



A vibrator can feel incredibly intense the first time you try it, so start on the lowest setting and use it on your wrist or cheek first.

When you feel ready, use it to explore your body, neck, nipples, inner thighs and pubic mound. Take your time and tune into the sensations.

Gradually move the vibrator onto your vulva and use it to massage your outer labia. Glide it up and down, adding lube if necessary.

Notice where the sensation feels more intense. In your own time, move the vibrator around your vulva and clitoris to find where feels best for you.



Wax play

Wax play is a sensual activity where warm or hot wax is dripped onto your own or your partner's body. Playing with candle wax can be super sexy - as your nerve endings are on high alert, anticipating whether they'll be next to experience a warm surprise.

Be sure to start with a body-safe massage candle to prevent burns. Discuss with your partner before you start and set boundaries, hard limits, and safewords.



X-rated chat

X-rated chat is a skill you can master even if you feel super nervous. Plus it can be really hot for everyone involved.

Here are some tips to get you started:

Start by just making some noise
Talk about sexy encounters that happened in the past, are happening now, or that you want to happen in the future...

Try these!

I love it when you touch my ____ like that.
You looked so hot last night when ____.
I want you inside me (or vice versa).
You make me so wet/hard.
Mmm, your ____ is/are so sexy.
Don't stop!
Keep going!



Yoni massage



Yoni massage is the sexual tantric practice of massaging the vulva and vagina with a loving presence. It can be a beautiful way to boost intimacy and connection - leaving the vulva owner feeling worshipped and adored.

The goal of yoni massage is for the receiver to enjoy waves of pleasure. It can be done alone or by a partner - and as either an activity by itself or as part of a sexual encounter that involves other things.

Use a slow and gentle stroke over the entire vulva, running your fingers up and down the outer labia. Take your time and move your attention to individual parts of the vulva, reading your lover's body cues the whole time.

Continue stimulating erogenous zones, including the nipples, the clitoris and the G-spot until you are ready to conclude the massage.



Zappers

Zapper is a nickname for an “electro-wand” - a sex toy used as part of electric sex-play.

Electro-wands can bring a shocking new level of excitement to the bedroom - but they aren't only for people who enjoy pain. They're designed for sensation play - in other words, not to be inserted! You use the wand by gliding it over the skin - in the same way that you would use an ice cube - except zappier.

Depending on the setting, this can feel tickly and tingly... like a sharp prickle or static shock or even like a tattoo gun on higher-powered settings!

Stay Connected and Supported



For more guidance or any questions you have on your journey to spicing up your relationship, feel free to reach out. Your journey is unique, and I'm here to support you every step of the way.

How to find me:

Instagram: <https://www.instagram.com/savethatpark/>

YouTube: <https://www.youtube.com/@savethatpark>

Website: www.savethatpark.com

Let's keep that spark alive!