



**2 Free Sexy Date Night
Plans with Video Explainers**

**by Lisa Welsh
Save That Spark**

It's time to spice things up!



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 two free sexy date night ideas!

Missionary Magic

Date Plan 1



What you'll need



1 x bottle of lube.
Choose a bottle with a pump dispenser to make it easy to dispense (no fiddling with a lid!).

[Click here for video](#)

Get your partner on board

Share this sexy date plan with your lover and decide which parts you'd like to try together.

Or, simply make sure the lube is close to hand when you're next getting jiggy.



The sexy scoop

Missionary is one of the most romantic sex positions!

It allows partners to look into each other's eyes and provides maximum skin-to-skin contact. But it sometimes gets a bad rap for being boring. This will change all of that.

This sexy date plan is quick and easy to implement, with minimal tools required and no extra energy expended.

Don't forget

Each date is a chance to learn about yourself & each other, connect with your pleasure, & boost intimacy.

Your sexy date plan



- Start with SLOW foreplay = don't overthink it for this sexy date. Just go slow and manually stimulate her genitals with hands/toys. Get REALLY close to orgasm before moving to penetration. Like, don't even think about penetration until she's asking for it - or thrusting her pelvis forward trying to make it happen!
- Gently open her/your vulva lips and (if it feels good) very carefully retract the clitoral hood to give the clitoris more opportunities for yummy friction during intercourse.
- Use lots of lube on the vulva and clitoris to enhance sensation and reduce friction on every thrust.
- Bonus tip: Use your hand, their hand or a vibrator on the clitoris during intercourse to give it more direct stimulation.
- After sex, chat about how that felt, what you'd like to do again and what you'd change next time.



Blind Bite Delight

Date Plan 2



What you'll need

A Blindfold, silky sleep mask, or opaque material to obscure your lover's vision.

A selection of food, beverages & herbs - including savoury, sweet & different scents, textures & flavours.

[Click here for video](#)



Your sexy date plan

Get your partner on board

You can share this sexy date plan with your lover and decide which parts to try together. You can take turns and make this into two sexy dates! Or, copy this text message:

Hey (lover/pet name), I have a fun idea to try with you on (Friday night/choose your night). Enjoy a relaxing shower and meet me in the bedroom at (7pm/choose your time). I have organised a babysitter. Wear something comfy and easy to remove. 😊
Love (your name). PS Don't eat (breakfast/lunch/dinner). 😊



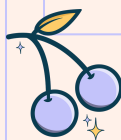
The sexy scoop

This sexy date plan combines two of the strongest human desires, sex and food, to create a fun and erotic experience.

With a blindfold added for extra excitement, The Blind Bite Delight is guaranteed to create an intimate atmosphere you'll want to repeat.

Don't forget

Agree on a safe word that anyone can use to stop play. Opt for something that won't be said accidentally. For example: Red, Pineapple or Banana.



- Snack ideas: chocolate, strawberries, honey, olives, chocolate mousse, grapes (try frozen grapes), little peppers stuffed with chunks of parmesan, pickled onions, maraschino cherries, mango, oysters, figs, spiced nuts, popsicles, whipped cream. It can be fun to keep your lover guessing what's coming next! Beware of allergies. Prepare your snacks into bite-sized pieces and arrange them on a platter.
- Prepare a space where you will be uninterrupted, and put down towels or waterproof blankets so that nobody worries about making a mess. This could be your bedroom, a secluded outdoor area or even a hotel room.
- Hide the snack platter. Ask for your lover's consent to be blindfolded, and invite a conversation about what may or may not happen while the blindfold is in use. This will help your lover feel safe and relaxed.
- When they are ready, carefully cover your partner's eyes with the blindfold and give them a nice gentle kiss on the lips/face. Once their eyes are completely covered, the excitement will be heightened. Your partner will eagerly anticipate the surprise snacks you have prepared, relying solely on their taste and sense of smell to identify each one.
- Why not add playful rules? For instance, if your partner can't identify the snack, you can remove an item of their clothing. On the other hand, if they guess correctly, they can select a daring task for you to perform. There are countless possibilities for you and your lover to explore and enhance this delicious game.

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!