

Try These Racy Sex Tips Tonight (Avert Your Eyes Shy Readers!)

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Dr. Rachel Needle is what you might call a sexpert. She's a Licensed Psychologist at the [Center for Marital and Sexual Health of South Florida](#). And she's a Certified Sex Therapist. Also, she is the Director of Health Services for [Positive Friends](#), a social support and dating website for individuals affected by STDs. Oh and, she's a professor at both Nova Southeastern University and South University. Whew! So of course, when I asked her for a racy sex tip to share with everyone and she more than delivered.

It's a twofer! Here's what Dr. Needle had to say:

If you feel like you want to increase your passion or do something out of the blue and exciting, here are some fun things to try.

Sexting can be exciting and fun. Send your guy sexy messages, hints and maybe even photos throughout the day escalating in excitement. To further turn him on, you might even want to begin dropping hints or describing what you want to do when you see each other later. This can increase excitement and anticipation! Be fun and flirty and get back in touch with your passionate and erotic side!

When he arrives, put a blindfold on him and then guide him to an unfamiliar location. Begin seducing him there. Remember, all other senses are heightened when sight is deprived, so you might want to use something silky or sexy to the touch. Without sight, your guy might feel vulnerable yet excited.

Thanks Dr. Needle!

Tell me ladies, have you tried either of these titillating tactics? What's your go to blind fold? A scarf? A neck tie? Got any sex tips you'd like to share?

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