

Water as an aphrodisiac

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Out of all elements, water has the best therapeutic effect; its lightness lifts the spirit up and its tender hug relaxes the body and mind. A bubble bath is a lovely way to relax before making love. When you bathe, make a candle and light effect with ethereal oil. Jasmine, ylang-ylang and a rose calms and stimulates considerably. Easy music and a bathtub full of bubbles will release tension, filth and other dirtiness that was collected on that day. Relaxing trips to spas can provide couples a break from every day life and pleasure with face massages, mud baths, saunas, seaweed treatments and steam baths. However, you can easily practice some of these things at home.

A Japanese habit of a hot bath followed by an intensive, cold shower gives a special feel of vitality. Or if your girlfriend sits in a sweet basil bath (efficient against headache, tension, depression and tiredness), make her a mask out of avocados with a little olive oil (which you can after lick) and put cold pieces of cucumbers on her eyes. Try seaweed body masks (they can easily be bought in any specialized shops), slowly apply them on your girlfriend, and at the end, give her a shower and dry her sharply with a towel. Wrap her in a thick warm towel. Take one small towel to dry her from her ankles to her bottom and one to dry her from her hands to her shoulders. Dry her back by pulling a towel behind her from one side to the other, and if she has a few wet areas, gently wipe them.

Another example for enjoying water is by shampooing your girlfriend's hair. Soak her hair and put shampoo between your palms. Gently apply it on the top of her head with circular movement across her entire head. Squeeze the soap from root to top, rinse it thoroughly and gently dry it with a warm towel. Like in the animal world – you will also unveil the pleasantness of grooming – an art that most people would pay for.