

Sex game tickles my fancy

By Catherine Hood on Mar 15, 09 02:28 AM in Bondage

Dear Dr Cath,

Every year my husband and I buy sex toys on our wedding anniversary.

This year my husband bought me a tickle stick like a feather duster. I wasn't sure what to say at first but then he got me in handcuffs and started to tickle my body. It was uncomfortable but so erotic. Is this kind of sex play common?

Dear reader,

Using sex toys is a great way to add spice and variety to a flagging sex life. There are many different toys to stimulate you and your lover. You may think sex toys are just for women but many are for couples or for men alone.

Erotic tickling is an unusual form of sex play but can be extremely arousing. It may be viewed as a gentle form of S & M - but if you're very ticklish the pain and pleasure can be anything but gentle.

We were all tickled as a child - with the desire for it to stop while at the same time enjoying it.

If you tap into this feeling then you can see why the anticipation and experience of erotic tickling can be so sexual.

Couples can take it in turn to be the master with the tickle stick. The inability to move your hands means you have to give in to the sensations created with the brush.

The master can then tease your skin and tickle your erogenous zones conjuring powerful arousal.

Tickle areas of your partner that aren't particularly sensitive, like the lower legs and arms, then move to more sensitive areas like the thighs, abdomen and breasts. Use a blindfold too to heighten arousal.

While tickling may be harmless, too much sensation can be more painful than pleasurable. Pick a word either can use to stop the sex games. Then enjoy a tickle... and laugh your way to a better sex life.

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