

Tips To Improve Sex Life In A Relationship

Talk to your partner

Share your honest ideas and desires with your partner.



Consider their preferences



Be open to accepting your partner's preference in bed.

Conduct research

Look up ways to get creative in bed.



Eat aphrodisiac



Consume foods to boost sex drive.

Try foreplay

Indulge in intimate touching and cuddling to arouse your partner.



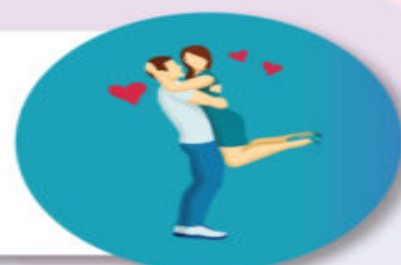
Dirty talk



Talk dirty in your most sensual voice to get them excited.

Cuddle

Hold each other long after sex and fall asleep in an embrace.



Seek help



A good sex therapist can suggest practical ways to revive interest in sex.