

# HOT SEX

ALL YEAR ROUND

HANNE BUGGILD



# **HOT SEX, YEAR ROUND**

Renew your sex life over and over again!

Activities for you who want new inspiration  
for sex, every week, all year

Remember to get on the positive spiral, good sex makes you want to have more good sex, you get in a good mood and get a surplus of good sex, you become more indulgent towards each other and thus make everyday life easier.

**Get started !!!!!**

# HOW TO USE THE BOOK

Hot sex all year round is an activity book where you get lots of inspiration for a more exciting and varied sex life.

Select an activity each week and perform it during the week. There are activities for morning, evening, inside, outside, in the bath and other places in the house.

There are 52 different activities 26 for her and 26 for him. The even numbers are for her and the odd numbers are for him.

You can choose to start with challenge number 1 and take them in order. A new one every week (Or a new one every day, month or whatever suits you).

You can also choose to start with the number that matches the week number. If you choose to use the activities that way, you will find that they are adapted to the seasons. For example, there is one challenge that fits Valentine's Day and another one that fits Christmas.

We recommend that you find a fixed day of the week where you look at the activity to be done next. It is a good idea to set aside time for planning. Maybe the children should be looked after or something to be bought for extra fun...

## **Sex is at least as important as all other appointments!**

Each number adds up to an activity and there is a description of where and how it should be performed. In some cases, there will also be suggestions for when to do it.

All of the activities can be done without using anything fancy. It's just you and your partner together. But for each activity, there is a tip on how to make it even more fun using a piece of sex toy or a lotion or a costume etc.

If you prefer to be surprised and not know in advance what activity your partner will perform next, then we recommend that you print the book and divide it into two parts immediately. The black ones are for him and the pink ones for her. That way, the partner doesn't know what's on the other cards ... It just makes it all the more fun.

## **And now it's time to enjoy each other!**

# WEEK 1

## 1. Treat Her

*Light lots of candles in the bathroom, make it Cozy and inviting. Take her with you in the bath and tell her how hot she is, even here on Christmas*

### *Spice it up:*

*Buy a bath sponge with vibrator and use it to wash her, all over her body. Finally do not forget the intimate areas...*

