

Make Him Worship You

by International Relationship Expert

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Version 2.0

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Lesson 2: The Kiss of the Fingernails

This little secret is the cure for your stale sex life. This bit of information can literally make your man *addicted* to you. You will become almost like a drug to his brain and learn how to easily trigger his need to get another “hit” of you.

For this lesson and the next, I've asked my good friend and renowned sexpert Felicity Keith (author of **Language of Desire** ([at LanguageOfDesire.com](http://LanguageOfDesire.com)), and EXPERT in the world of dirty talk, erotic fantasy, and the sexual psychology of men) to step in and share some of her tried and true knowledge with you.

Felicity, take it away!

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Hi everyone, Felicity Keith here!

What I want to teach you today is something ENTIRELY different from what Mike's been talking about so far:

I'm going to show you how to use your FINGERNAILS to give your guy a trail of goosebumps and ignite a FIRE of sexual passion in his body ... without so much as even taking off your bra.

Best of all, this can be done ANYTIME, ANYWHERE.

All you need is a knowledge of the body's erogenous zones, and your very own fingertips (use your fingernails for extra credit.)

Truth is, there are DOZENS of erogenous zones on the human body. And the good news is, you can use ALL of those overlooked little nooks and crannies and hot-buttons to AMP UP your sex life ... ignite a flash of desire in his eyes ... and have him dragging you towards the bedroom with a goofy grin plastered across your face, feeling like the most wanted woman in the world.

Pretty cool, huh? And don't worry – this technique is VERY easy, and I'm gonna outline the specific steps for you directly below.

First of all, though, where ARE the body's erogenous zones?

Where are the Body's Erogenous Zones?

I will list them out, from head to toe...just to get your whet your imagination a little.

- Scalp
- Ears
- Face
- Lips
- Neck
- Shoulders

- Breasts / chest
- Nipples
- Lower belly (right above his you-know-what)
- Inner arms / armpit
- Palms of the hand
- Sides of rib cage
- Thighs
- Feet
- ...and genitals (obviously!)

That's a LOT of body parts! And chances are, you as well as your man have a few on here I didn't even list!

Fun fact: Do you know what causes goosebumps? Goosebumps are an involuntary reaction to things like cold as well as strong emotions, like arousal. The brain sends a message to the tiny little muscles around the hair follicles causing them to retract.

The Kiss of the Fingernails

The good news is, all you need for this one is exactly what you have 'on hand' (heh) right now ... your very own fingernails.

For the purposes of this exercise, I recommend LONGER fingernails (falsies are fine) ... but if you keep yours short'n'trimmed, that's fine too, your fingertips will do just great for now.

(However, I do recommend growing 'em out a little; the electric sizzle you'll be able to create in his body is SO worth it.)

Before Anything Else Happens, Decide Now to Become a Sensual Woman.

The foundation of being sensual is knowing what you like. And the foundation of being a sensual *woman* is to explore the joys your own body can give you ... and then, forearmed with that knowledge, to start experimenting on HIS.

So, first things first, I want you to experiment with a variety of sensations across your own erogenous zones.

In a private moment, lightly stroke your fingernails against your inner arm.

Then slide them down your inner thigh.

Drag them oh-so-lightly across your neck.

Run them across your shoulders or your chest.

Massage your own scalp.

Slowly, sensually, tickle the skin behind your ears and juuuust under the corner of your jaw.

See how it feels. What did you like? Did anything surprise you?

Make note of the areas and types of touch you particularly enjoyed. You will use that info later!

Time to Experiment

The great thing with sensual touch is that it's a wonderful way to play. Have fun experimenting and seeing what feels good!

Some techniques will lead to an obvious sexual arousal response but the goal with this touching isn't to end up having sex...at least not necessarily!

Once you learn the special secret hot buttons of your man...the ones that don't involve his penis...you can develop your own secret sexy language of touch.

You can sneakily run your fingernail on the backside of his ear...or rub your fingertips in a certain slow circle he likes on the small of his back...while you are in the most innocent situations. It's a wonderful way to stay physically connected and enjoying each other's touch outside of the bedroom.

Following are a variety of techniques and ideas. Try out a few...or try them all out! The more you experiment, the more you will discover how much your own imagination will blossom.

Also, with each of these, while you will be the one introducing or suggesting the activity, you can decide if it's just a treat for him or if you want him to reciprocate. Just say "my turn!" or invite him to come up with his own way to sensually touch you back!

Drawing Pictures

This is one of my personal favorites. While lying down in bed, have him face his back toward you and either take off his shirt or lift it up so the skin is exposed. Using just the tip of your finger or your fingernail, “draw” a picture on his back and have him guess what you drew.

It’s like a sexier game of Pictionary.

The sensations feel great and it’s funny to hear his guesses. This technique is a great one to take turns with, too!

Scalp Massage

A lot of people involuntarily clench the muscles in their scalp, especially when tense. So, giving your man a focused scalp massage feels AMAZING and it’s also therapeutic.

Use the pads of your fingers and rub in small circles on his temple, hairline, back of the neck, behind his ears...even where his jaw connects. You can use slightly bigger circles on the bigger part of his scalp, including the base and down the back of his neck. Ask him if he’d like more (or less) pressure in your strokes.

You can also use your fingernails in his hair and lightly across his scalp, too.

Shampoo Girl

Taking the scalp massage to the tub, do the exact same thing while he’s either in the bath or while taking a shared shower. Massaging shampoo into his scalp will feel very loving...plus it just feels great to have someone else wash your hair! I know it’s my favorite part of going to the salon

Slow Tickle

It's like that old game called Tickle Torture but slower and sexier. Use your fingernails or fingers to slowly and very very lightly graze the most tickle-prone parts of his body. Inside the arms, the arm pits, down the ribs, behind the ears, the lower abdomen, and the backside of his legs and knees. You can try feet, too, as long as he's not too terribly ticklish there.

As you lightly tickle, when his body clenches and recoils and he begins to giggle, stop. Let him calm down and then move to a new body part. The point here is to elicit giggles rather than cause him to guffaw. This can be heightened even more if you blindfold him and then randomly switch the places you are touching. The element of anticipation and surprise adds an extra zing for him.

Captive Audience

Try this one when you are both "stuck" in a place. This can be while driving, or while watching a concert, even while out for drinks or dinner. As you are sitting next to him, slowly begin to massage his arms. Then begin to lightly stroke his leg. Knead his muscles beneath his pants. Move to the inner thigh and work your way up slowly. As you get close to his groin, move back to the top of the thigh and move your massaging toward his knee.

Repeat that motion, only this time, you can lightly and sneakily (if in public) graze your hand over his crotch. You aren't going to launch into a hand-job here (I mean if you want to, I'm not going to stop you - and I bet he won't either)...but the point is to let him enjoy the massage and have a teeny bit of frustration with your teasing too.

The Long Exploration

Now is the time for you to experiment on him. Tell him you want to explore sensual touch and that he is going to be your 'test subject'... It's not sex...necessarily...it's more to just discover what feels good to each other.

To prepare, set the mood. Dim the lights, light some soft-wax paraffin candles. Put on a long playlist of music. And have enough time, without interruptions, to really dive in!

You can start by getting partially undressed and kissing and lightly touching. You can do a technique like the kiss massage along with a scalp massage to really get him relaxed.

Once he's mellow, you can introduce a blindfold. This may seem kinky but really, eliminating one of the senses (sight) amplifies the others. It's going to make the touch sensations he's experiencing from you that much more powerful.

Once the blindfold is secure, begin by trying out different items against his body parts. Try to tune into your intuition and imagine, from your own experimenting, what will feel good for him.

You can playfully ask him to guess what you are using and see if he can figure it out.

Take your time to enjoy giving him these sensations. Make a mental note of the things he seems to like in particular.

You can end things with a nice full-body massage...or you can transition into him experimenting on you...or you may just dissolve into a blissful lovemaking session. Like I always say, there isn't a wrong way to do any of these things! Just have fun!