

#### Disclaimer

This guide is for informational purposes only and is not a substitute for medical advice. It is an opinion and should be used for personal entertainment purposes only. This guide is not to be considered as legal, personal, or medical advice and you are responsible for your own doings.

#### Introduction

Hey, it's Jack.

I'm so excited that you decided to download this special report.

You're about to discover 5 subtle – but extremely powerful – touches for triggering your wife or girlfriend's sexual arousal, flicking a pleasure switch deep in her brain that has her <u>DESPERATE</u> for you to be inside her.

Even if she's previously been a "cold" lover or never interested in sex.

I call them the "Primal Arousal Touches".

That's because I've picked them for their ability to spark a woman's most PRIMAL sexual desire.

The kind which has her **tearing your clothes off** from the sheer uncontrollable arousal, as these touches use **hard-wired biological mechanisms** to activate her most powerful sexual cravings.

The first 3 are for <u>outside the bedroom</u>, during the day – <u>completely innocent</u> touches, but which get her brain "warmed up".

And the final 2 are for when things are <u>already getting steamy</u> and you're both about to close the deal... to ratchet up her arousal even higher before the "action" begins.

I've kept all the fancy science as simple as possible, so that you can start using these quick and simple touches right away.

Everything is explained with clear, straightforward instructions to help you send her into a hot, steamy pleasure OVERDRIVE.

Maybe as soon as TONIGHT.

OK, I know you want the good stuff.

So let's get down to business...



## **About Jack Grave**

Jack Grave is a leading men's health expert who has taught sex advice to millions of men from over 100 different countries.

Author of countless books and programs helping men improve their performance in the bedroom, men regularly seek out Jack for his expertise on erectile dysfunction, premature ejaculation and female pleasure.

## The "Primal Arousal Touches"

Right, I know you're excited, so let's just get right to it.

These are my **5 special touches** for sparking her most primal arousal – 3 for the day leading up to sex, 2 for the moments right before the fun begins.

## #1-3: "Daytime Touches"

You wouldn't build a house without foundations.

And it's a lot trickier to spark a hot, steamy night of passion with your woman if she's going in completely "cold".

She needs to be in an "arousal mindset" where – on some level – she's excited about the idea that sex might happen.

That's what my 3 "Daytime Touches" are for.

They're designed to build her psychological anticipation, by gently increasing the sexual tension and planting the seed in her mind:

"Huh, it felt good when he touched me like that... I wish he'd done something more..."

Meaning that she'll *already* be excited about the prospect of sex when you're together.

You've made her feel VERY desirable through the pleasurable sensations of these touches – without being too sexual right away and killing the anticipation.

## **Touch #1: Gently Touch Her Lower Back**

When standing close to her or walking with her, place a hand gently on her lower back.

This touch is both protective and intimate, conveying your affection for her and an alluring confidence without being too overtly sexual.

It's also an especially sensitive female erogenous zone when touched firmly, deliberately but also gently.

#### Touch #2: A Quick Neck Or Shoulder Massage

This works particularly well if she's feeling stressed but can be really effective whatever her mood.

Offering a comforting, quick shoulder rub provides a **strong psychological signal of care and protection**, whilst subtly engaging an erogenous zone without being too direct just yet.

**Gently and slowly rub your thumbs in circles**, steadily building the pleasure and allowing her to soak it in.

### Touch #3: Place Your Hand On Her Thigh

When sitting next to her, casually rest a hand on her thigh.

This is an even more sensitive erogenous zone that **touching can send strong non-verbal signals**; comfort and security whilst also signalling your strong interest and attraction with a quick spark of arousing, sexual energy.

**Bonus tip**: for added steaminess, you can touch closer to the inside of her thigh.

However, remember that you're trying to **shift the mood to intimacy** *later* **rather than** *now*, building the anticipation and excitement.

Which brings us to:

# #4-5: "Nighttime Touches"

You've sparked her arousal and steadily built up her lust throughout the day with the first three touches.

Now you're in the bedroom together, gently fondling each other and giggling – and it's time to really amp up her excitement for the sex itself with thee 2 "Nighttime Touches".

Though they work just as well whatever time of day you're getting it on!

#### **Touch #4: Softly Caress Along Her Collarbone Or Neck**

Take a moment to slowly trace your fingers or hands along the sides of her neck or over her collarbone with light, barely-there touches.

You can alternate between using your fingertips or the back of your hand.

This creates a gentle sensation that's soothing but also INTENSELY sensual, as you linger close enough to her to spark desire but still leave her wanting more.

The proximity and softness of the touch create an emotional and physical bond, helping her feel connected and aroused.

### **Touch #5: Kiss And Whisper Close To Her Ear**

Begin by gently kissing just below or around her ear, using soft, slow kisses to stimulate the area.

Follow this with light whispers, saying something affectionate or intimate in a low voice.

The tone should be gentle but close, so she can feel the warmth of your breath against her skin, which ratchets up the arousal even further.

The combination of kisses and whispers draws her attention inward, focusing her senses on the moment and the connection between you both.

It's also a private moment that feels very personal to her, making her feel <u>even more</u> desired and horny.

And that's it. No matter how sexually experienced you are, these touches are a **great** way to activate her arousal centres, building the anticipating and lust right up to the **wild night of passion** ahead.

They might seem simple.

But they're definitely not too good to be true.

Read on to find out WHY these touches are so effective...

# Why is touch so good at sparking sexual arousal?

I want to quickly explain why touch is such a great aphrodisiac.

To be clear, it's not the ONLY thing you should be using to arouse your partner.

Your words, tonality, sex techniques, the quality of your hard-ons...

...all make up the overall "package" that triggers her desire for you.

But it's amazing just how many men DON'T know how to touch their lovers – and how this could be leaving their woman a lot less horny.

See, touch is one of the FASTEST ways to spark sexual arousal.

When we SEE or HEAR something sexy, our eyes and ears have to process the signals before passing them onto our brain and releasing the "pleasure chemicals".

However, with touch our skin is **absolutely covered in super-efficient nerve endings.** 

Those nerve endings are directly connected to the brain – when you touch your partner, it sends the pleasure signals to her brain IMMEDIATELY.

That's why touching is also such an **intimate** way to arouse her.

It's a direct stimulus that goes straight to her pleasure centres, especially with certain **types** of touch – like gentle caresses, or light pressure – that bypass the other senses for an instant and primal arousal boost.

And this direct connection can build a **VERY** deep emotional and physical bond between you and your woman.

She's going to feel more desired and more comfortable being sexual around you, confident that you know just how to meet her very specific arousal needs.

This means **even stronger sexual anticipation** when she knows you're going to send her to that "erotic Nirvana".

With the regular, affectionate touch of the Primal Arousal Touches, you're keeping that **steamy emotional and physical connection alive practically non-stop.** 

Meaning that it's not just about having her licking her lips at the prospect of sex with you...

...but also building a more fulfilling relationship full-stop, where you're both in touch with your desires and she LOVES the sexual pleasure only you can provide.

## Conclusion

With these 5 touches, hopefully you now understand just how powerful touch can be for effectively triggering your partner's sexual arousal.

You might be surprised at just how <u>EASY</u> it is to use effectively.

A few short moments of stimulus – both during the day leading up to the sex, and right before the "act" itself – can be all it takes to see BIG improvements in her visible arousal towards you.

With just a tiny bit of knowledge about how the female body responds to touch, you can **unleash waves of sexual pleasure from her brain** you weren't unlocking up to now...

...as you become the <u>even more dominant</u>, <u>sexually powerful lover</u> she truly craves, who knows just how to "push her buttons".

And like I said earlier, touch is a great way to spark arousal and give her an unforgettable sexual experience... but it's just ONE tool in your "pleasure toolbox".

By itself it's only scratching the surface of the true "sexual stallion" results you're capable of providing her.

Which is where the more advanced stuff can help you take that next step.

How does the idea of giving your woman multiple **intense**, **body-shaking orgasms** a night sound?

And does developing the kind of **relentless sexual stamina** usually only enjoyed by **experienced adult stars** seem right up your street?

If so, then you're going to LOVE this more advanced arousal strategy I've got for you.

# ADVANCED techniques for bigger, longer-lasting erections...

To discover EXACTLY how to trigger a woman's arousal AND supercharge your performance with thicker, firmer, longer-lasting

erections that driver her WILD, you've got the opportunity to learn from adult movie star Aaron Wilcoxxx.

A star of over 200 adult movies, Aaron's been able to refine his techniques with hundreds of different women, as well as develop the ability to get rock-hard and orgasm only when he desires and last for hours at a time if necessary.

And now, he's put together a video explaining the methods he uses to achieve his high level of sexual performance so that men like you can see how it's done – and try them out yourself.

Want to find out how experienced professionals like him do it?
Then click below to watch the video...



Watch the video here: http://3stepstamina.com/report-video