



GABRIELLE
MOORE

Better Sex. Better Life.

FORBIDDEN FRUIT

5 NAUGHTY
WAYS TO ADD
FUN, FANTASY
& FETISHES TO
YOUR LOVE MAKING





FORBIDDEN FRUIT: 5 Naughty Ways To Add Fun, Fantasy & Fetishes To Your Lovemaking

Honey, I am thrilled that you've decided to join me in this *Forbidden Fruit* mini e-book. I am sure that you will learn a lot in a very expedite fashion.

If you've ever wanted to touch your partner's bum while going down on them, want to tie them up, or need to find new ways to go about doing the same thing you've done for years, this is exactly the mini eBook for you. We'll discuss the more unusual or out-of-the-way sex ideas that pair well with cunnilingus, depending on your interests and adventurousness.

Let's start with one of my favorite: role-playing.

Role Playing

Getting stuck in a sexual rut isn't that uncommon; in fact, most long-term couples will hit one at some point in their relationship. Role-playing, in its ability to adapt to each partner's needs and wants, is an excellent way to spice things up. Younger, more daring, exotic or dangerous—it's totally up to you.

Pretending to be someone else can be a sexually charged, exciting and invigorating event. There are some fantasies begging to be enacted in real life, but others are better off left to the imagination. To avoid any issues between these two gray areas, talk to your partner first about what you hope to get out of a role-playing experience. What is it that turns you on the most, and why do you want to try it? Is there something specific that needs to happen for it to be successful, or are you both willing to go with the flow and see what happens? Do you have a 'safe word' that either one can use if things go too far? What is and isn't okay during the role-playing scenario? What aren't you sure about?



Talking about all of these amazingly fun thoughts before actually doing them may sound like a bit of a downer. But sharing this information with each other beforehand can actually heighten the experience if you use it to your advantage. Use the discussion as a promise of something more to build the sexual tension even further.

For instance, if you and your partner want to play out a “man in uniform” fantasy, the best way to go is to plan ahead. The sheer anticipation of the event will drive both of you wild ensuring a night to remember.

Here are some ideas to get your creative juices flowing:

- **CELEBRITIES:** use someone famous as a part of your sexual fun; the sky is the limit! Whether it is somebody positive (Jude Law) or downright erotic (Story of O)...it depends on you and your partner.
- **POWER PLAYS:** use one person in a position of power as the focal point, such as a security guard in a prison and his prisoner, teacher and student, parent and child, or some other variation.
- **ANIMALS:** think that one of you is a horse that needs to be broken, or a dog that requires training to stop jumping up on people; they are both interesting ways of incorporating animals into your sex play.

- **SERVITUDE:** Most fantasies start along these lines with one partner playing the character of butler, slave, geisha...and the other one being the master. Have fun!
- **FORCE:** Simulated rape or domination is what we are talking about here—guess I don't have to put an emphasis on this, but “simulated” is the keyword here and everyone participating is willingly giving consent of course!



Fetishes

Have you ever enjoyed something so much that you are only able to feel attracted to a person when that element was in place? It could be some sort of food, a specific piece of clothing, or even a word. No matter what it is, if you find that you need that thing to get you going, I've got news for you: you've got a fetish! Don't worry about this honey. It is a lot more common than you think, and it can actually contribute a lot into your sexual experience.

Commonly-discussed fetishes include body parts—such as feet, breasts, bums and legs—and items of clothing or fabrics—such as rubber, lace, vinyl, high heels, lingerie or corsets. A large number of people find that certain jobs fall into in the fetish category as well—military folks, cheerleaders, you name it!

There's nothing wrong with fetishes, and they are also surprisingly common. They rarely pose a problem in a healthy sexual relationship. Here are some exceptions that you might want to prevent. If the fetish:

- Is difficult to re-create, or can't be re-created safely;
- Hurts someone else without their express consent;
- Is highly undesirable or even offensive to the other person in the partnership, and/or;



- The fetish becomes all-consuming, to the point where nothing else is able to get them aroused or only interactions where the fetish is present are desirable.

If your relationship falls into one of these four categories, it might be time to hire a professional to work with you to learn more about the fetish(es) and create a safe play space for you both to enjoy. But for everyone else—share your fetishes! You never know if your partner will enjoy them too, and it can be a lot of fun incorporating a fetish into something you've done many times before. Any new experience can change the feel, tone and just the whole event completely. Remember: sex is about exploring yourself and your couple so don't be shy.

Anal Play

There are more than a few taboos when it comes to anal sex. The truth though, is that just as many people who find the act arousing. In fact, a *Playboy* survey of more than 100,000 of their readers discovered that almost half of the male readers and well over half of the female readers had tried anal sex in some way, shape or form.

As the Anus contracts during climax, it stands to reason that a woman's partner would want to play with this area at the same time to heighten her pleasure. However, without excruciating cleanliness the end result could be a lot of pain for your partner instead of pleasure.

Make sure to wash your hands before delving into the anal region. Wear gloves where possible, and make sure that you use your finger(s) in that area and nowhere else until you are able to either remove the glove and/or wash your hands.

To add anal play into your cunnilingus session, use some of the suggestions already made in this series: brush her Anus gently with a thumb or finger to see how she reacts, tease her Perineum and watch if she shivers with pleasure; move slowly when she's aroused to give her enough time to tell you if she wants you to continue or not. Make sure to have lots of lube on hand too, or take a swipe of wetness from her Vaginal Opening before you touch her Anus.



Once she's given you the go-ahead sign, use the tip of your well-manicured finger to push slowly inside her Anus. Once her muscles tighten around your finger, wait. They'll relax again and when they do, you can put a bit more of your finger inside her. Slowly creep forward until your finger is inside, but don't go any further than your first knuckle; not only will she not feel much after that, but it'll make things easier for you to pleasure her from that depth and angle.

As she gets closer to climaxing, make sure your finger is either right inside her Anus, or just pressing up against it. For some women, doing this will actually allow them to cum harder and faster.

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Oral Anal Sex and G-Spot Play

There are a few women that will flinch during oral sex when you try to go a bit further and tongue their Anus.

Although this is a prime time to introduce analingus, not everyone will be thrilled with the idea. If either of you are squeamish with the thought, don't bother reading through the rest of this section. But for those of you who are interested, try the same techniques as described already for the Frenulum and Front Commissure in *Hot Licks*, and see how your partner enjoys the experience.

Analingus Safety

Analingus is a high-risk activity when it comes to safe sex, bacteria and STDs. Not only is there a higher chance of transmitting disease; there are also concerns about gastrointestinal bugs and infections. Therefore, if you want to try analingus, make sure to follow these important precautions:

- **Get tested together** well before sharing any anal play, just to be sure.
- **Have some shower or bath** time before going down on her anal area, and cleanse the area very well with a gentle soap. Think of it as foreplay...it can be sexy and make the whole experience better for both of you.

- Anything that touches your partner's Anus is **forbidden from touching** any other part of her body—especially other orifices like her mouth or vagina—until you've washed your hands thoroughly.
- **Keep track** of what fingers have gone where at all times; if in doubt, stop, wash your hands, and rejoin the action.
- Where you are unsure of your partner's STD status or if you just want to be careful, **use a dental dam** or some saran wrap over her anal area before going down on her, or wear gloves for penetration. Make sure to add a bit of lube as well to any plastics that come into contact with her nether regions. Otherwise she'll be in pain and will most likely feel uncomfortable.



Fisting

It's not the most common thing for a woman to ask for, but some do like or are curious about fisting. Fisting is actually a way for some women to get really strong, powerful orgasms. It provides extra stimulation because a lot of the vaginal canal is in contact with the person inserting their hand.

A word of advise however: make sure that your partner has clearly shared that she wants to be fisted before you actually try it. This isn't something that you can test out to see if she'll like it or not, and it can create issues if you have to very suddenly remove your hand.

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To begin, wear some gloves and have a long-lasting lube nearby. Many women who are into fisting find latex gloves a more pleasurable and smooth experience than actual skin-to-skin contact. You'll need the lube to get your hand where it needs to be comfortably anyways. If you choose not to use gloves, make sure that you've got impeccably groomed fingers and nails before trying to insert your hand inside of her.

Next, take your hand and try to touch your pinky finger with your thumb, curling your hand lengthwise. Add more lube to your hand and her Vaginal Opening, and move your

hand in a circular fashion as if to corkscrew it into her while she's lying on her back, or hunched over doggie style. Slowly, as you move your hand inside her, she'll be able to accommodate you. Your knuckles will be the hardest part to get inside of her, but once you do, it shouldn't be difficult.

Go as slowly as your partner needs you to. Add more lube as necessary, and make sure to show her Clitoral Head a bit of love during the process as well—she needs to be aroused for fisting to work properly.

Once you have your whole hand inside of her, it'll naturally form into a fist without you having to do much. That's good, and exactly what you want to have happen. Just don't force your hand inside of her, and check often to make sure she's still enjoying the experience.



When you're ready to move your hand, let her know, add more lube, and follow the same process coming out as you did going in. Once your knuckles are out, the rest of your hand should fall out on its own without any trouble.

Again honey, please make sure that you are fully consenting to this experience and that in no time is either of you going through any kind of suffering. Be very careful and remember: it is about enjoying the experience as a couple.



I really hope that you've learned new things from this mini e-book. The next step is to actually go ahead and put all your new knowledge into action.

Go ahead and enjoy it.

Red Hot Kisses,

Gabrielle