

**Art of Kissing
from Head to Toe
A Love Prints Report**

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Love Prints Relationship Coaching

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United States of America

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Art of Kissing from Head to Toe

A Love Prints Report

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Art of Kissing From Head to Toe – A Love Prints Report

This report is an excerpt from my upcoming Art of Kissing e-book – and it is full of ideas and tips for kissing your partner from head to toe. There are many places on your lover's body you can kiss - giving them pleasure, one sensitive area after another. There are many erogenous zones on the body and imagine the unlimited hours of pleasure you can derive by finding new places to kiss your lover. These tips can work on a man or a woman – so why not try out some new ideas tonight....



Kissing From Head to Toe – You Can Kiss Any Area of the Body

I did an informal poll to see where people in my network – like to be kissed. I'll elaborate on tips for most of these areas throughout this e-book. Here are the results of my poll.

- Kissing, Licking & Sucking the Toes 3%
- Kissing, Licking the Inner Thighs 4%
- Kissing, Licking & Sucking the Elbow 4%
- Kissing the Knee and Behind the Knee 4%
- Kissing, Licking & Sucking the Fingers 4%
- Kissing, Licking & Sucking the Ears, Earlobes & Around the Ears 5%
- Kissing the Wrist 5%
- Kissing, Licking, Sucking on the Chest 6%
- Kissing, Licking & Sucking on the Shoulder and Collarbone 6%
- Kissing, Licking and Sucking Along and Below the Jaw 7%
- Kissing, Licking the Small of the Back and Along the Spine 7%



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- Kissing, Licking and Sucking Any Area of the Neck 22%
- Kissing, Licking and Sucking the Male or Female Genital Areas 23%

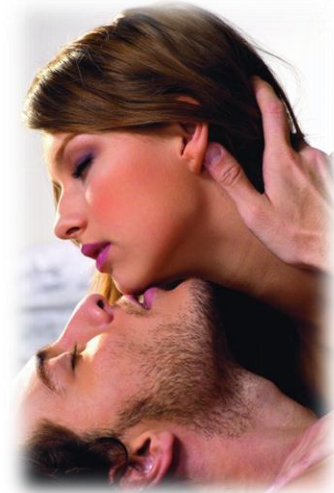
What areas do you think should be added?

I have to admit that I love kissing – the type of kisses that take your breath away. So – the idea of sharing ideas, suggestions and tips about the many places on the body and the ways to kiss those areas is very appealing to me. So, let's get started.

The Head, Neck, Ears, Jaw and Mouth

Let's start at the top of the body, but not on the mouth. It is more stimulating to work your way to your partner's mouth.

The Neck – The second most popular place to kiss and to be kissed, in my survey was the neck. Sounds like a great place to get started. The back of the neck along the hairline, the side of the neck starting just below the earlobe, the front of the neck where you can feel your lover's heartbeat as you kiss them. A number of women mentioned they turn to "jello" in their man's hands when he kisses her neck. This is definitely a great place to start, whether you're lying next to each other, facing one another or you come up behind her when she's cooking or washing dishes. How about coming up behind her as she's washing dishes and reaching around her waist as you kiss the back of her neck? I bet the dishwater will get cold while things heat up for you. You can kiss the neck, trace your tongue along various parts of the neck, and some people want to leave a mark on their lover by sucking on their neck to give them a hickey. That is totally up to the two of you. You can stimulate your partner without leaving hickey.



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The Ears - Let's move to the ears – maybe start by sucking the earlobe, play with your tongue just inside the ear (but do this quietly so that it doesn't turn the person off), trace your tongue along the outer edge of the ear. The ear is also a wonderful spot to nibble – not biting or anything rough (unless that's what you both want), but tantalizing nibbling can be a lot of fun and very stimulating. Not everyone enjoys ear play, but you can test these moves gently to see if your partner likes for you to kiss their ears.

The Top of the Head and The Hair – Have you tried kissing the top of the head and along the hairline? What about kissing the top of their head when they are bald? You can leave a faint trace of your lipstick on his head or kiss her along the hairline. As your kissing intensifies, you're likely to want to run your fingers through your partner's hair, maybe caressing the back of their head or rubbing his bald head. Never forget the head and hair when you're kissing.

Eyebrows – Have you considered kissing your lovers eyebrows? This can include tracing the eyebrows with your tongue and tickling that spot above the nose and between the eyebrows.

The Nose - This isn't just for Eskimos. Have you kissed your lover's nose? You may enjoy planting a tender kiss on the tip of their nose and looking deep into their eyes while kissing them. Or, give them a simple Eskimo kiss to let them know you want to heat things up or maybe have some adult play in the snow on a crisp winter day.

The Cheeks - The cheeks on your partner's face – this can be an innocent peck on the cheek or a playful kiss. You can also start with a peck on the cheek and move to the ear or the neck – lots of possibilities. A kiss on the cheek can also be a nice way to be close in a very public situation where a more intimate kiss or touch wouldn't be appropriate.

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The Mouth - Hmmmm, notice I didn't start with the mouth. It can be so much more fun to work your way to your lover's mouth. Kiss the neck, nibble the jaw, suck their earlobe and have them gasping or moaning by the time you reach their mouth. There are so many options when kissing the mouth it's hard to know where to start. You can have your mouth open or closed, you can use your tongue or not, you can alternate these things for a little variety. What about kissing with your mouth open and

exchanging breath with your partner in the final moments before you climax? Haven't tried that? You should!

Here are a few tips to a great kiss – but include plenty of spontaneity and simply see where the moment leads you...

- Take your partner's face in your hands and move close – start with gentle kisses around the face
- With your mouth slightly open, kiss their lips – no tongue at this point – start gentle and tender
- Your partner will signal when he/she is ready for your tongue, usually by opening their mouth more or touching your lips with their tongue – always be aware of how your partner is reacting to the things you do
- You can trace their lips with your tongue – and you can see if they “let you in”. It's rarely appealing to shove your tongue into their mouth.
- At some point in the kiss, it can be enjoyable to gently suck their lip or some people prefer to suck their lover's tongue, similar to the way you would use your mouth during oral sex. Wrap your lips around their tongue and suck it passionately – it's a great sensation.

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- Kisses are good when they are hot and wet – this doesn't mean sloppy wet (unless that is your preference), but definitely not dry.
- For some different sensations, drink something hot or cold, suck on an ice cube, suck on a peppermint or something similar to give your partner a different taste and feel as you kiss them.

What did I miss? What tips or locations would you add around the head and neck? What are some of your favorite techniques when you kiss your partner's mouth, neck and ear?

Chest, Back, Shoulders and Breasts

We covered kissing the jaw, the neck, the face and most definitely the mouth. Now – let's move around to the back.

Back and Shoulders – When you're behind your lover, you can kiss them on the back of the neck, behind the ears, on the shoulders, and between the shoulder blades. There are many great areas to kiss lightly, play on their skin with



the tip of your tongue, run your tongue down their back to send a great rush along their spine. The lower you kiss and nibble – the more seductive your touch feels. You can use your hands and mouth together as you move down your partner's back – and alternate touching with your fingers, your forearm, your lips, your tongue... you get the idea. Always pay attention to which areas your partner responds to the best and which they like the most.

Once you've covered their shoulders and back with kisses – turn your lover around and start all over again on their chest. Kissing their chest is great for a man or a woman. You can start under the jaw and come down their neck first,

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maybe slide your tongue over to play with an earlobe and if you want to move your hands to their chest as your mouth is busy on their neck – I don't think they will mind. Once you have given them chills by working their neck with your lips and tongue – let's move lower.



Flicking your tongue across and around **your lover's nipples** is very nice – for a man or a woman. Some people have very sensitive nipples – so watch their reactions to see how much pressure feels good, especially when you suck their nipples. There are times when nipples and breasts are more sensitive – so it's not good to use the same pressure all the time. The intensity of kissing and sucking that feels good can depend on how aroused the person is — always watch and listen to your lover's reactions to see if it's too gentle, too hard or just right.

On your lady's chest and around her breasts – don't limit yourself to the nipples. What about under her breast, around the side, around the nipple – you will find various areas that are sensitive. Use your fingers, your hands, your tongue and mouth to find each and every one of these areas. Remember the human body has many erogenous zones – how many can you find? Don't ignore your man's nipples, they can be very sensitive too – so the same tips apply.

While you're in this area, move your mouth **under your lover's arm** – it may be ticklish, but you should also find areas that will turn her on. The parts of the underarm that you want to kiss and play with can depend on many things – but I just wanted to suggest that you can test the area to see what feels good.



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Your Lover's Stomach & Belly Button - Kiss your lover's chest as you move lower. Feel free to play with their breasts with your hands as you kiss their chest, moving closer to the belly button. What about running your tongue around the rim of their belly button – maybe dipping your tongue inside — that will be good practice for later. When you play with their belly button with your tongue, get creative. You can vary the stroke of your tongue. Have you ever used your tongue to “write” the alphabet across and around their belly button? Some people enjoy pouring a drink into their partner's belly button and licking and sucking it out. On your lover's stomach, you can play with your tongue and make letters and/or shapes on their stomach. You can kiss their stomach and playfully nibble them as you move to the sides or as you move lower. It's good to add some variety and keep it interesting.

Just about all of the areas in this post are places where your lover may not be able to watch you — so you will have the ability to surprise them – especially on their back and neck and as you move lower on their stomach. You can use this to make it more erotic, seductive and enjoyable for your lover.

The most important things are to be enthusiastic, be creative, use plenty of variety and have fun.

Hands, Arms, Legs and Feet



Next we'll move to the hands and arms. That may not sound exciting, but just wait. Let's start with the **forearm** and work our way to the fingertips. You can gently caress the forearm with your hands and your lips. Feather light kisses on this area are very stimulating. Hold your partners

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hand and turn the arm to give you easy access to the forearm. You may choose to kiss or lightly suck on his or her **elbow**.

While you're holding their hand, slowly and passionately kiss the **wrist** and maybe include some small nibbles on the sensitive skin on the inside of the wrist. Let your tongue slide down onto their **palm**, before you kiss and suck on the palm, making lazy circles with the tip of your tongue. Do you remember in high school where your young love would tickle the palm of your hand to tell you what they wanted to do to you? Remember how good that felt? Doing the same thing with your tongue is even better...

Time to move to the **fingers**. Gently kiss the fingers and suck each one separately. Use your hand to spread the fingers wide – and the next thing you should do, is determined by whether your lover is a man or a woman. For a man, take his fingers into your mouth and suck each one just like you would do when giving him oral sex. Any technique you would use in oral sex can be used on his hand and watch how turned on he becomes. Now, the special tips to kiss her hand. You want to spread her fingers apart and then kiss between her fingers – tickling this area with your tongue. Treat her hand just like you would kiss her during oral sex – gently spread her fingers like you would spread her legs. Are you wondering if that will work? Give it a try and use as much enthusiasm as you



would if it was oral sex – and you let me know if your partner enjoys it.



While we're talking about the hands and arms, let's move down to the **feet**. Do you like to have your toes sucked? If you haven't tried it before – you should try it now. Clean your feet very well and have your partner

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massage your feet with their hands and then kiss your feet, your **ankles**, and your **toes**. I will warn you to be careful and adjust your touch based on how ticklish they are, with a little practice you can get the touch right for your partner. Shortly, I'll give much more detailed instructions on how to really spoil your partners feet and legs.

Now move to your partner's **calves** – it is wonderful to massage the calves and follow your hands with your mouth, lips and tongue. Try different touches and watch your lover's reactions. When you find things they enjoy, do those things again. That applies to anything you do – anywhere on their body. Move up to the **knee** and you can kiss the knee, suck gently behind their knee and some small nibbles around the knee.

This leads perfectly into moving your way up the **thigh**. You can kiss the front, the back and the side of your lovers thighs. Kiss, lick, suck and nibble your way around the thigh. As you move to the inner thigh – remember the inner thigh is much more sensitive. You can kiss your lover's thigh with them standing to give you full access, with them lying on their back to let you kiss the front and sides of their thighs or you can roll them over or lift their knees – so you can kiss the back and inside of their thighs. If you have them lie on their stomach – they won't see what you're doing and this can add great sensations as you work your way up their leg with your mouth.



Move carefully, use every trick with your mouth, your lips and your tongue that you've mastered and work your lover into a frenzy.

Paying Special Attention to the Feet

Are you one of the people who loves feet? Or, are you one of those people who just cannot understand what could possibly be sexual about your lover's feet?

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Let's talk about foot fetish and see if you may want to pay extra attention to your lover's feet. Whether foot fetish appeals to you or not – you will likely enjoy the next section which has complete instructions on how to massage and pamper the feet and legs.

Why wouldn't we think a lot of our feet and give them extra attention. Our feet serve very real purposes – they give the body a foundation and carry and support our bodies. But we often forget or ignore our feet. However, most people love a foot massage and there are many foot creams on the market to make our tired, hot, weary feet feel better.

What is a fetish – Webster's Dictionary says: *"Fetish is an object of irrational reverence or obsessive devotion, an object or bodily part whose real or fantasized presence is psychologically necessary for sexual gratification and that is an object of fixation to the extent that it may interfere with complete sexual expression."* So, a true foot fetish means the person cannot be aroused without the presence or fantasy of a foot.

There are various degrees of fetish – they include:

Optional – The fetish is part of a person's sexual repertoire and an alternative to more conventional fantasies and behaviors but is not necessary or favored for sexual gratification. (For example – The man massages his partner's feet, eroticizes them with adoration and loving kisses then moves up her calves to her inner thighs and vulva with the same sensual caressing.)

Preferred – Being in active fetishism is better for the individual than not. (For example – When presented with a sexy foot and a sexy woman, he wants the foot but will engage with both.)

Exclusive – In order for the individual to become aroused the object of desire must be incorporated through fantasy and or reality. (For example – To get hard,

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to come or experience any sexual arousal, he has to have access to feet be it tangible or fantastical.)

So, if you enjoy having your feet massaged and kissed – you may have an “optional fetish”.

The common theory about how a foot fetish begins is that, when a child – usually a boy – crawls around and views his mother’s feet. He may even reach out to touch or play with her feet, maybe trying to suck her toes. It may be that we are predisposed to feeling erotically about feet because they have apocrine sweat glands. These are a type of pheromone producing sweat gland like the ones in our armpits and in our genital areas.

Feet are a part of our body that has sensitive areas – so it’s natural that we enjoy paying attention to our lover’s feet or having them lavish attention on our feet.

However – if you are more serious about foot play in your love making, then you will likely enjoy some specific actions. Foot fetishists enjoy kissing, sniffing, licking, and caressing their partner’s feet before, during or after sex. Some might like their partners to jerk them off or penetrate them with their feet.

Some activities you can appreciate whether you have a fetish or not, include:

Rubbing	Licking	Pedicuring
Sniffing	Torturing	Worshipping
Touching	Caressing	Sucking
Tickling	Massaging	Cleaning
Kissing	Pampering	Soaking

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Sometimes the most memorable and erotic kisses are those that are completely different to the everyday norm – and if you really want to impress your partner with your willingness to explore every inch of them, then don't underestimate the appeal of the **foot kiss!**



A foot kiss may seem a bit odd, but trust me: there are plenty of romantic benefits with this playful and sensuous type of kissing. In fact, body experts have identified the foot as one of the biggest erogenous zones on the human body. If you've had a relaxing and stress-melting foot massage, you know just how powerful a few well-placed kisses can be on the foot.

If your partner has never had a foot kiss before – or if you've never tried it before – then here are some key tips and tricks you can use to make it a pleasurable experience for all:

- Don't go right into the foot kiss, especially if your partner has never done it before. Instead, work up to it. Start out by warming your partner up with a relaxing and pampering foot massage. Use a scented lotion to take care of any odors, and knead out tension by firmly massaging the arch of their feet. In addition, to being incredibly relaxing, this will help your ticklish partner get used to having his or her feet being touched.
- Now it's time to take things up a notch. While massaging your partner's feet, slowly and gently kiss down the length of their leg up until you get to where the ankle meets the feet. Glance up at your partner to see if they're comfortable with you continuing. If everything appears to be fine, it's time to move on to the actual foot kiss.
- While still massaging the bottom of the foot, gently kiss your way up to the toes and lightly suck on one. Pay special attention to each toe, and don't forget to check how your partner is reacting.

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The **foot kiss** is a guaranteed way to make your partner tingle with desire. Whip out these kissing techniques when you're relaxing with your partner, and watch how quickly they'll melt with desire for you!

Kissing and Massaging The Feet and Legs

Now, let's cover the steps that explain how you can thrill your lover's toes.

1. Undress the feet — remove socks, nylons, stockings etc. If you are so inclined, draw out removal of the stockings and linger on her thighs, her legs and anywhere else your hands and fingers may roam as you remove these items. (If you enjoy stockings, you may want to replace them a little later.)
2. Wipe lint and other things away from between the toes. You can do this with your hand or an item that will gently remove the lint and maybe tickle a little bit.
3. Soak the feet in warm water and you may want to add lavender scented soap or essential oil. Lavender is an aphrodisiac and the scent is relaxing.
4. Use a pumis stone or a wash clothes to remove any dead skin.
5. Use moisturizing soap to clean between the toes, all around the heel, caress the ankle – if you want to, you can work your way up the lower leg, over the knees, along the thighs.... But I digress....
6. Pat the areas dry with a warm, soft, fluffy towel
7. Carefully clean under your partner's nail, then clip and file each toe nail individually giving full attention to each nail
8. Clip any hang nails carefully
9. Be sure that you have some flavored lubricant or some liquid food, maybe syrup of some kind.
Squeeze the liquid into the palm of your hand
10. Rub your hands together to heat the liquid
11. Use your hands to caress and massage your partner's feet, one at a time.



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12. You can use different strokes and different pressure to vary the touch.
(You may want to look into an Erotic Massage Course)
http://www.loveologyuniversity.com/ShortCourseDetails.aspx?CourseID=39&a_aid=litekepr
13. Once you have warmed up your partner's feet and have them relaxed – breath slowly on the skin of their feet – exhale with warm breaths.
14. Move your mouth or your partner's feet to change the distance between your breath and their skin.
15. Lick your lips – thoroughly so that your lips are wet and ready
16. Breathe close to your partner's big toe and kiss their toe.
17. Kiss the big toe, wrap your lips around the toe, sliding your mouth onto it.
18. Take each toe individually – caress the toe with your lips and tongue, run your tongue around each toe, along the top the sides and underneath each toe, suck them into your mouth and kiss each toe. Take your time and give each toe plenty of attention. Treat the toe just like you would treat a penis when giving your partner oral sex.
19. As you suck each toe, push your pinky finger between the toes to give the feeling of being penetrated.
20. Slide your hand under one heel and cup the heel carefully. Be sure to use more lubricant at any time if your hands start to get dry. Wet hands and fingers give a much smoother massage.
21. Gently bite the soles of the feet or nibble the sole and if your partner enjoys this, you can nibble softly around the edge of the foot.
22. You enjoy hearing your partner moan – they will enjoy hearing you moan too. Let them know how much you enjoy pleasuring their feet.
23. Run the tip of your tongue along the vein lines on the top of each foot.



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24. Pull on the skin of the foot – this is easier and sexier with wet hands.
Alternately pull on the skin and tap on the bottom and the edges of the feet.
25. Stroke your partner's feet, alternating the rhythm the same way you would vary the rhythm of thrusts and strokes during intercourse. Slowly stroke and you can stroke faster and harder – if your partner enjoys this – as you simulate intercourse
26. It is always important to listen to your partner and watch their reactions to be sure they are enjoying what you are doing. This will also help you know what to do more and what to do less – to please your partner.
27. Pick a toe – watching your partner's reactions can help you decide which one to pick. Then treat this toe like you would treat a clitoris. Use your imagination, be creative and give that toe your undivided attention.
28. Be sure to let your partner know when you are aroused. If you are getting aroused too fast, show this too.
29. Enjoy the process, use plenty of lubrication on your hands and on your partner's feet and toes. This will allow you to keep your movements, strokes and other touch smooth and arousing.
30. Most important – have fun and stimulate your partner through their feet.

This is just an excerpt from the Kissing e-book that I'm working on. If you would like to be notified when the full e-book is complete, go to _____ and enter your name and address and I'll let you know when it's complete. These are some of the topics that may be included in the full e-book...

- Getting Ready to Kiss
- Make Out and Make Your Move
- Remember the Kissing Rules
- What makes a perfect kisser?
- Does the Person What to Kiss You

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- Get That Person to Kiss You
- For the Girl
- For The Guy
- Avoid the Awkwardness
- Get Ready to Kiss
- Types of Kisses
- First Kiss
- What happens during a first romantic kiss?
- Unique and Lesser Known Kisses
- Tantra Kisses
- The French Kiss
- Steps to a French Kiss
- After the Kiss
- How to Kiss – Step by Step
- Kissing From Head to Toe – You Can Kiss Any Area of the Body
- The Head, Neck, Ears, Jaw and Mouth
- Chest, Back, Shoulders and Breasts
- Hands, Arms, Legs and Feet
- Paying Special Attention to the Feet
- Kissing and Massaging The Feet and Legs
- Kissing Positions
- Use All Five Senses
- Kissing Boundaries
- Kisses Can Heal
- Fears
- Concerns

Would you like to learn more about how a love and relationship coach can help you? <http://myfreeinformationarticles.com/make-it-happen/>

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Would you like to learn more about what it means to be a Certified Master Sexpert? Click here - <http://www.youtube.com/watch?v=kom-NZAmjlg>

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PS – Contact me for details about an introductory session –

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