



YOUR *Sexual* MENU

This is your personal menu of sexual and intimate experiences: things you enjoy, things you're curious about, and things that feel good depending on your energy, mood, and connection. Use it solo or with a partner. There's no right or wrong answer—just what feels right for you.

APPETIZERS

Warm-up acts. Light touches of intimacy that can be playful, sensual, or low-pressure.

ENTRÉES

Your "main course." These are the more involved or central experiences you enjoy or want to try.

SIDES

Little extras that enhance the experience. These can be added to any course.

DESSERTS

Aftercare, closeness, and comfort. These help you wind down and feel connected.

QUESTIONS TO ASK YOURSELF WHEN ORDERING FROM THE MENU:

- How much energy do I have?
- Do I want comfort or adventure?
- Do I want to feel connected or a little disrespected?