

The background is a solid light pink color. It is framed by a decorative border consisting of red chili peppers and light pink hearts scattered along the top, bottom, and sides.

SEX MENU

What will you order?

HOW TO USE THE SEX MENU

Welcome to the Spicy Sex Menu - Let's heat things up!

Get ready to explore your wildest desires and new ideas of how to spice up your intimate moments!

HOW TO USE IT

1. Set aside at least 20 mins for this saucy adventure.
2. Pick your pleasure from 3 "spice" levels – just like choosing your favorite dish!
3. No judging allowed! It's all about having fun & getting to know yourself/each other better.

Embrace your uniqueness – there's no right or wrong, just your sizzling way!
It's time to get curious!

Your Team Lovelane

PS: Download the PDF to fill it out digitally or go old-school with pen and paper.
The Menu was originally created by Dr. Stephen de Wit so head over to his site to check out more!

<https://drdewit.com/>

LEVEL 1



	Interest 0-5 5= A lot	Receiving/ Giving/Both (R/G/B)	Experience (Yes/No)	Notes and Nuances
Holding hands				
Hugging				
Kissing, cheek or face				
Kissing, closed-mouth				
Kissing, open-mouth				
Kissing or touching neck				
General massage				
Hickeys				
Tickling				
Chest, breasts and/or nipples touched or rubbed				
Mouth or tongue on breasts or chest				
Frottage (dry humping/clothed body-to-body rubbing)				
Hand jobs				
Manual sex (hands or fingers on vulva)				
Manual sex (hands or fingers inside vagina)				
Manual sex (hands or fingers on testes)				
Manual sex (hands or fingers to penis or strap-on)				

	Interest 0-5 5= A lot	Receiving/ Giving/Both (R/G/B)	Experience (Yes/No)	Notes and Nuances
Skinny-dipping				
Teasing				
Wrestling or "play-fighting"				
Having a partner ejaculate (come) on or in my body				
Oral sex (to penis or strap-on)				
Oral sex (to testes)				
Oral sex (to vulva)				
Swallowing semen				
Vaginal intercourse				
Quickies				
Same sex play				
Opposite sex play				
Body paint				
Lingerie (wearing) /Corsets				
Erotic dancing				
High heels				
Phone sex				
Sexting				

LEVEL 2



	Interest 0-5 5= A lot	Receiving/ Giving/Both (R/G/B)	Experience (Yes/No)	Notes and Nuances
Masturbating in front of/with a partner				
Hair pulling				
Using a blindfold				
Blindfold/something that covers eyes				
Restricting movement				
Ice cubes				
Cock rings/straps				
Food play (cucumbers, sorbet...)				
Strap-on dildos				
Scratching				
Biting				
Nipple play/"torture"				
Orgasm denial				
Wax (dripping)				
Outdoor sex				
Webcam sex				
Video (recordings of you)				
Video (watching others)				

	Interest 0-5 5= A lot	Receiving/ Giving/Both (R/G/B)	Experience (Yes/No)	Notes and Nuances
Tribadism (scissoring, rubbing naked genitals together with a partner)				
Using sex toys (vibrators, dildos or masturbation sleeves) alone				
Using sex toys (vibrators, dildos or masturbation sleeves) with a partner				
Vibrator on genitals				
Manual sex (hands or fingers on or around anus)				
Manual sex (hands or fingers inside rectum)				
Oral sex (to anus)				
Anal intercourse				

LEVEL 3



	Interest 0-5 5= A lot	Receiving/ Giving/Both (R/G/B)	Experience (Yes/No)	Notes and Nuances
Sex clubs				
Open relationship				
Threesome (Female, Female, Male)				
Threesome (Male, Male, Female)				
Swapping (with one other couple)				
Swinging (multiple couples)				
Being serviced (sexual)				
Domination				
Submission				
Delayed Gratification				
Eye contact restrictions				
Following orders				
Kneeling				
Standing in corner				
Wearing symbolic jewelry				
Cock/pussy worship				
Serving as a maid/butler				
Rough play				

	Interest 0-5 5= A lot	Receiving/ Giving/Both (R/G/B)	Experience (Yes/No)	Notes and Nuances
Slapping or spanking a partner in the context of sexual pleasure				
Over-the-knee spanking				
Spanking				
Hairbrush spankings				
Face slapping				
Bruises				
Marks				
Pussy/cock whipping/spanking				
Pain (mild to severe)				
Pinchin or using any kind of clamp during sex				
Clothes pins/ clips				
Wooden paddles				
Riding crops				
Whips				
Caning/ striking with a cane				
Chains				
Role play				

	Interest 0-5 5= A lot	Receiving/ Giving/Both (R/G/B)	Experience (Yes/No)	Notes and Nuances
Play Kidnapping				
Punishment Scene				
Scenes (prison, religious, etc.)				
Leather clothing				
Modeling for erotic photos				
Rubber/latex clothing				
Uniforms				
"Slutty" clothing (private or public)				
Cross-dressing				
Cross-dressing during sex				
Foot worship				
Shoe/boot worship				
Voyeurism (watching others)				
Cuffs (leather/metal)				
Manacles/ metal restraining rings & Irons				
Bondage (light)				
Bondage (intricate/ Japanese style)				

	Interest 0-5 5= A lot	Receiving/ Giving/Both (R/G/B)	Experience (Yes/No)	Notes and Nuances
Thumbcuffs (metal)				
Leather restraints				
Gags (cloth/tape)				
Spreader bars				
Stocks/ restraining shackles				
Cages (locked inside of)				
Saran wrapping				
Shaving				
Violet Wand (electrical toy)				
TENS Unit (electrical toy)				
Butt plugs				
Exhibitionism				
Fisting				
Double penetration				
Triple Penetration				

SECRET MENU



