



# **KISSING 101**

Your Complete Guide to Kissing Tips and Techniques



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### First Kiss

There are two different first time kisses, your first kiss ever and your first kiss with a new person. Either way they are both so exciting they will be something that will stick in your mind for years to come. In time, your recollection of some things will fade, yet your memory of your first kiss will remain. You may remember trivial things like the smell of their skin or a song that was on the radio at the time. But you will especially remember the feeling you had as your lips touched theirs and you shared that intimate moment.

### First kiss ever

When it comes to your first kiss ever, it should be more about actually getting to give it a go. You've seen it in the movies and heard people talking about it, and perhaps you have wondered what all the fuss is about. It is important to make the point now that your first kiss may not be quite as smooth or as refined as it is in the movies. But trust me, after your first time it gets better and better. With time and practice you will come to understand why it is the subject of sonnets and poetry.

### Kissing a new partner for the first time

When you meet someone you really like the first kiss is always a bit nerve wracking but it seems to take over your whole body. You'll probably have butterflies in your stomach, but they are good butterflies. This kiss is more romantic because you both know what to expect, but it is the kiss that defines the relationship and takes it to the next level.

Who should kiss who the first time? This is a question asked by a lot of people all over the world. I say it doesn't matter. A lot of people think it is the guy's obligation to be first to do everything, saying hello, asking the girl out, and making the first move. Is it fair to put all the pressure onto him? Absolutely not. If you feel as though you want to kiss your boyfriend or girlfriend you should trust your instinct and make the move. There really is no need to stick to a hard and fast rule that says someone else has to make the first move. Good on you for having the guts to dive in for the catch. Now at least you are going to know that you are going to kiss someone and can prepare. The other person may feel the same way as well but may feel too shy to do anything about it.

Decide whereabouts you want this first kiss to happen. It should be a semi-romantic situation setting but not cheesy, as this will cause the situation to turn cheesy. Maybe somewhere like the park or beach, somewhere where you won't get interrupted by family or friends. A kiss is something shared by two people you don't want to kiss this person at a party if all your friends are close by. Cherish it, don't put it on display for others entertainment.

You shouldn't kiss when you are in a rush. If you kiss and then have to leave, the other person may feel shocked. This can make it awkward when you meet up the next time. Both of you may want to talk about it a bit especially if the kiss has changed things with the relationship between you. No doubt you'll want to kiss for a while, especially seeing as it is your first kiss.

### How to do it step by step

If it is your first kiss ever here's what you need to do:

Prepare yourself beforehand so you aren't too nervous.

Get close to the person you want to kiss maybe by fooling around a little. Don't make it too obvious otherwise there will be a little awkwardness between you. Now when it does come to the second you want to kiss her you aren't too far away.

Now quickly de-stress (read below).

Look at her in the eyes to make sure you both feel the same. If she doesn't she will pull away now. It also lets her know what's going on so she doesn't get a fright and get flustered.

Look at her mouth so you know exactly where you are aiming for. Don't be fooled by how they do it in the movies and shut your eyes. People in real life don't do that, and there is a chance you may miss. It also means you don't have to have eye contact any longer which is good because long amounts of eye contact can make people nervous.

Tilt your head to one side.

Open your lips slightly, and holding her by the back of the neck move into her and KISS HER. Kiss either her bottom or her top lip. This way the lips get puzzled together. Holding her by the back of the neck gives you control and will make her feel comfortable because it seems like you know what you are doing.

You probably want to close your eyes as soon as your lips meet or whenever you feel comfortable. You will know when the right time is, and they will seem to close by themselves.

Slightly open mouth kisses are better than shut, as it feels more comfortable and it makes you feel closer. It is better than open mouth, it's kind of like a build up to a proper kiss, to get a feel for each other and feel comfortable.

Pull away a little and go in again mouth slightly wider. Repeat 3-4 times each time mouth opening a little more.

Now's the **biggy!**

Lightly, softly and slowly, start moving your tongue in and out of their mouth, massaging their tongue with yours.

After the first little kiss look into you partners eyes or if they are closed look to see if they look angry or wanting more. If they feel the kiss was inappropriate and don't feel the same, they will pull away. If they don't keep going then you know to stop because they obviously don't feel ready or don't have the same feelings as you.

### Things to remember

Use Chap Stick regularly, as this will keep your lips in optimum kissable condition. Don't use it in front of your partner just before you kiss them if you want to make the moment look romantic and not planned.

Brush your teeth morning, noon and night. Also brush your tongue as it has bacteria that cause bad breath. It would be scary to think you are kissing someone with yellow and brown teeth.

Chew gum and always have mints on hand.

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Don't kiss for too long, and take time to catch your breath and swallow. There is nothing worse than kissing someone with a mouth full of saliva.

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Take your time! You should never rush into it or be too rough. They might think you are trying to remove their tonsils without anaesthetic. It will also show that you are inexperienced.

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Be well hydrated. Have a glass of water before hand, as water also helps get rid of bad breath.

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### Things to avoid

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A mouth full of gum. It gets in the way and is so embarrassing if it falls into your mates lap. In fact, it can completely ruin the moment. It also makes it look like you were preparing for it.

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Any hesitant movements. They will feel a little confused as to what you are trying to do. It will make you feel unconfident as well.

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Don't re-apply lipstick if you think you are going to kiss someone soon. It gets smeared all over yours and their lips and faces, and is not a good look unless you both want to end up looking like clowns. It makes it a slippery surface to work with and nobody wants the taste of lipstick when they are kissing. Yuck!

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Eating onions, peanut butter (satay), garlic anything (bread, steak), and chives. Even though mints will solve the problem temporarily, later on the smell and taste will return right about when things are getting good.

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Stubble! Pash rash hurts, and is really hard on your skin, not to mention how unattractive it looks. 3-4 days growth is fine but it is more when it is just starting to come through. It is like someone is rubbing sandpaper over your face. 3-4 mins is OK, but anymore is just mean. Remember to shave.

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Cigarette or beer breath is nasty. If you need to continue drinking after having a few beers, try a few vodka and raspberries to disguise the taste, unless the other person is already intoxicated. There is nothing less attractive than someone leering at you and trying to kiss you when they smell like a brewery. The same goes for smoking. Take a breath mint after having a cigarette if you can. Otherwise there is the likelihood that you will taste like an ashtray.

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If you want this kiss to be memorable then you shouldn't be drunk. You will need complete control over your body to remember what to do so it doesn't turn into an out of control, sloppy kiss. Also if you are sober and the other person isn't, it's like you are taking advantage.

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Don't hold your breath. Breathe slowly through your nose. If you can't do this you will have to have shorter kisses but more of them. Problem solved, and it will still be just as awesome.

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Never ever under any circumstances tell someone they are a bad kisser. Some people may use a different technique (faster or slower) so it doesn't suit you, but that is no excuse to criticize them. A kiss is a deeply intimate moment, and you should never trivialize the intimacy. If the person you kissed is not compatible with you, put it down to experience and move on.

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If your first kiss happens to be in a club or pub, there isn't quite as much thought involved because you probably won't even know the other person you are kissing. The setting that you are in will have quite an effect on how your kiss goes. Follow the same hints as above if you are sitting down, but if you are on the dance floor then things will move a little quicker. You probably won't be quite as nervous because there are people around and there is a lot of noise. If you really think the dance floor is the best place for you first kiss, beware there is a lot of skill involved to kiss someone while dancing and people pushing you around. Be careful not to bite their tongue or clash faces.

### Dealing with Nerves

The sad thing is that when it comes to the first kiss it is so frightening that a lot of people miss their chance. They are so nervous that it seems easier not to do it. While the first kiss is great it's the 2nd, 3rd, 4th, 5th, 6th and all the other kisses that are so fantastic because all your worries are gone and you don't think about anything but the kiss. So it's just the first part that is scary. As in so many situations in life, anticipation is all too often worse than reality. In a way nervousness is a good sign, as obviously you really want this and want it to work.

You don't have to kiss anyone till you feel ready. It has to be the right timing for you because your nerves will double. Don't let friends or your girlfriend/boyfriend or anyone else pressure you into doing anything you don't want to do. When the time is right you will know. On the other hand, don't kiss the other person if they made it clear they aren't ready. Forcing the issue won't make them want to kiss you any sooner. You may get rejected and upset the other person.

Don't worry about your nerves. You aren't the only person to get nervous before a kiss. Everyone does no matter how smooth and held together another person may seem. The person you are just about to kiss is probably just as nervous and hoping that you would hurry up.

If your heart is racing and your palms are sweaty, this can also be a feeling of excitement mistaken for nerves. Just because it is expected that you will get nervous before you kiss someone, don't just expect it will happen to you. Be confident, build yourself up, and concentrate on enjoying the moment. Don't forget she is nervous too. Remember you just have to get past this first kiss. Even half way through this kiss you will start to feel relieved, and then you are going to be on to bigger and better things. It's like you have to get through the wrapper to get to the chocolate.

The rest is the delivery of the kiss that gives people that lovely feeling of butterflies. What happens if I bang her nose, or bite his tongue, or what if I'm not good enough? As long as you take it slow and don't panic, the rest will flow. Most importantly you want to enjoy it. Even people that have been in a relationship for years still accidentally bang noses and bite their partners tongue. With our step-by-step guide there is no way you will be bad. Have patience, and once you give it a go you will get a feel for it and it will start to come more naturally to you.

### What if they don't want to kiss me back?

Now I have a question for you. What if they do want to kiss you? More than likely they will want to kiss you. If you have been reading their signs properly then they do, and you wouldn't have such a strong feeling of wanting to kiss someone if they hadn't sent you any signs. Also check out the chapter on How to Deal with Rejection.



## First Kiss



1. Hold eye contact a few times before you kiss. Gives them a chance to move away if they want to. Doesn't need to be right before the kiss when you are face to face.

**Tips:** Holding eye contact with the other person gives them a chance to move away if they don't want to kiss.



2. Look at lips to know where you are aiming and so they know what to expect and don't give them a fright. If they do get a fright the kiss may turn into a bit of a fumble.



3. As you are leaning in to kiss, grab the back of their head to pull them in. This shows confidence, may even fake experience and they will feel safe in your hands.

**Tips:** You are now taking control of the situation. No turning back.



4. Lips need to be slightly open. This has more contact and feeling than a peck but not over the top.

**Tips:** Don't go overboard though, you might seem too eager.



## First Kiss



5. Kiss either top or bottom lip so lips intertwine.



6. Hold here for a couple of seconds.

**Tips:** When holding this step think nice soft kisses. Apply a little bit of pressure so you can feel it. Don't bite their lips off, but there needs to be enough so it feels like there is nothing there.



7. Slowly pull back.

**Tips:** Don't let go then pull back. Let go as you are pulling back, keeps the flow more this way.



8. Do the same again but this time kiss the opposite lip to the time before.

**Tips:** By kissing one lip at a time you fit better together than if you kissed both lips at a time

## First Kiss



9. Pull away slightly with your hand still behind their head pull them in again.

**Tips:** By pulling away a little keeps you in control. Also you can make sure the other person definitely feels comfortable in the situation.



10. Continue this 2-3 times. Each time opening the lips the tiniest bit more than the last.

**Tips:** Also make each kiss a little longer than the last. Now you are easing into a French Kiss.



11. You can go in for the biggy now that you have warmed the situation.

**Tips:** Important to follow the last couple of steps correctly to flow into a French kiss.

## French Kiss



1. Start off by following the First Kiss steps to warm up for the French Kiss.

**Tip:** You need to keep the kisses flowing when you go from a kiss to a French Kiss.



2. With your head slightly tilted to the side

**Tip:** Your head doesn't need to be tilted 90deg to the side, just enough so your mouths fit together and you don't bump noses. I'm not saying there is a rule about not tilting your head 90deg do what feels comfortable.



3. Open your mouth naturally so you don't feel any pulling

**Tip:** As soon as you feel any pulling you are going too far. Start off kissing like this you can always open it more as you go.



4. Pull them into you

**Tip:** You need to take control of the situation. Once they feel you pulling them in they will know what is happening. There is nothing worse than someone getting a fright and trying to fight you with their tongue.



## French Kiss



5. Look at their lips as you pull them in so you get the right spot and can see what they are doing as well. You really need to mirror them.

**Tip:** If this is the first time you have French kissed someone then you may want to leave your eyes open for a while yet. Don't be afraid to look to make sure you are getting the right spot.



6. Make contact with their lips and mouth.

**Tip:** Apply enough pressure but not too much. If you follow the practice steps you will know how much pressure.



7. Close your mouth with theirs.

**Tip:** Suck in a little bit while doing this. While closing your mouth by sucking in a little it pulls their lips into yours. Don't try to vacuum their tonsils out though.



8. When your mouths are closing hold onto their lip softly as you pull away. Allow them to do the same to your lips if they try.

**Tip:** Turning your head into the upright position as you go.

## French Kiss



9. Repeat this one more time.



10. Repeat steps 5 & 6 again.



11. This time slowly slide your tongue into their mouth

**Tip:** Don't be too rushed at doing this otherwise you will appear inexperienced.



12. Massage their tongue with yours by moving it in and out of their mouth

**Tip:** Think of how you would pat your cat or dog and do this to their tongue.

## French Kiss



13. Once you have been doing step 12 for a while you can experiment more with your tongue being a little more vigorous.

14. When you decide you want to finish each French kiss you need to work backwards. Start off by slowing down the tongue movement.

**Tip:** Don't go over the top, you don't want tongues slipping out of the mouth.



15. Start kissing without any tongue.

16. Then finish off just how you would a normal kiss.



## Practice



1. First thing you need to do is not feel silly. Think of your hand as someone you want to kiss. Think about how you would feel if you were just about to kiss them.

**Tip:** Practising on back of hand is probably best.

2. Move towards hand slowly. Grab small pinch of skin between lips.

**Tip:** By kissing the back of your hand you can feel your lips on skin and you can learn how much pressure to apply.



3. Hold for a couple of seconds then slowly release from your mouth.

4. Continue on using the steps from first kiss section.

## Practice



5. You may want to close your eyes and experiment a little.

**Tip:** Once your eyes are closed you will be amazed by how kissing will come naturally. You go with what you feel.



6. Practice the steps for French kissing as well. It is obviously hard to get exactly the same practice with your tongue but you will get the idea.

**Tip:** Good practice to get the flow between going from the kiss to the French kiss.



7. Practising on a pillow is good as well to practice pulling someone closer into you.

**Tip:** The pillow may be a little dry so you may not want to kiss with open mouth.



When you do practice make sure there is a lock on the door and you won't be disturbed. Nothing will lower your confidence more than being hassled

**Tip:** Don't be embarrassed everyone has done it at some stage you are not alone.

### How to Deal With Rejection

Rejection seems like the biggest nightmare in the world but this doesn't mean that life has to stop and you can never try again. You have to get back on the bandwagon and try again. Imagine if you never tried anything in your life because you were worried about getting rejected, how boring life would be. There is a saying: It is better to have loved and lost than to have never loved at all.

Getting a kiss rejected is hard but just like anything in life you do get over it. You have to try again. Yes it will be scary but it has to be done sooner or later, and it might as well be sooner. I know it is a scary thought but imagine if you never had another kiss for the rest of your life because you were too scared to try again.

Ask yourself why your kiss was rejected. Don't lie to yourself either, and see the harsh truth. The other person didn't like you in that way, or they had a boyfriend, or they thought you were drunk, or they were drunk. There could be so many reasons for it but you have to face facts so you remember for next time.

The first thing you need to do is apologize. If you are nice about it then they won't be scared off by you, and they will leave you with some dignity. Just a quick "sorry I shouldn't have done that" will do. Don't start beating yourself up in front of them otherwise you will turn it into a big deal and you will both feel awkward around each other in the future. If you start yelling at them or make them feel bad it isn't going to make them want to kiss you any more than before. They have the right to not want to kiss you. Would you kiss someone you didn't like, just because they wanted to kiss you?

If you want to you can make a little joke to ease the tension, but don't say something to make them feel bad though. 'I knew I shouldn't have had that garlic bread' would be fine as long as you laugh too. It also makes the other person not feel guilty and will help them feel comfortable around you.

Be carefree. Don't act all awkward around them. You need to be the bigger person here to let them know you feel alright about it, and they will be waiting to see how you react to them the next time you see them. It is quite likely they will mirror your actions, e.g. If you ignore her she will ignore you back, if you are relaxed and say hi she will say hi back.

You can't beat yourself up. Good on you for giving it a go. Making the first move is a very brave thing to do. How were you to know the outcome if you never gave it a go? You don't want to live your life as a 'what if'. Now you know you don't have to spend all those hours thinking about it now. It's done and you can put the whole episode behind you now and move on.

One thing you need to know is that rejection happens to everyone during their life. The world would stand still if people never gave things a second shot. That is why nobody should wallow in self pity. Learn from it and continue to make it better the next time.

What you need to do now is get out there and give it another go. Whoever it is you are going to try and kiss, don't go into it thinking you are going to get rejected or it will lower your confidence. Think of it as a clean slate. You need to go into the next kiss with full confidence otherwise the other person can tell. Confidence is what attracts the opposite sex to each other and makes them feel they are in good, capable hands.

Use your rejection to your advantage. Now you may know what went wrong and you may have learnt something. Everything situation you are in, good or bad, is an opportunity to learn. So the rejection can work to your advantage because you learn to read people's signals and body language to tell if they feel the same way about you.

If your mates hassle you about being rejected, don't worry about it. At least you gave it a go. Your mates are probably just looking for a reaction and if you don't give them one they will get bored and let it rest. If you start jumping up and down and yelling everyone will know how truly gutted you are. Remember your pride.

Are you ready to get back out there and give it another go?

As I see it you have two choices. One, you could sit at home and remember that embarrassing moment and build it up to something it isn't, or you could get out there and have a good time. The problem isn't as big as you make it out to be, and the other person won't think it is as big a deal as you think either. Tell yourself there are worse things in the world that could happen to you. Hold your head up and feel confident. Remember confidence is the key.



### How to Be a Better Kisser

Take it slow! There should be no rush when it comes to kissing. If you take it slowly you will look as though you know what you are doing. Besides, its supposed to be fun and sensual. Considering this, why would you want to rush it? Kissing is about passion, about feeling and emotion and it is supposed to be fun. Take the time, savour the experience and enjoy it.

Now you may laugh at this but practising on the back of your hand or with a pillow is actually going to help you become a better kisser. Imagine if you tried to kiss someone for the first time following our instructions step-by-step. It wouldn't be like a natural kiss because you will be so tense from concentrating so hard on what to do. Therefore you won't let it flow. If you do it quite often, the movements will start to come naturally to you, and this will also make you a lot less nervous.

Change your technique sometimes for a bit of variety so it surprises your partner and kissing doesn't just turn into a routine. Variety is the spice of life. If it is exciting for your partner, they will want to kiss you more often to see what kind of surprise you have in store for them today. Don't change it too often though, otherwise they will just expect it and it won't be that intriguing to them anymore. After their initial surprise let them get used to the kiss and enjoy it. If you change too quickly it might cut off the other kiss just as they were getting into it. It may also appear sloppy to them if you are changing technique every couple of minutes like you aren't quite sure how to do it. Changing your technique also shows your kissing partner that you are putting some thought into it showing that you really enjoy kissing them.

Trust me, you will become better at kissing with bit of practice. The first time you got on a bike it is likely you weren't all that good. But with a little perseverance you would have improved. It's the same with kissing. You will start to get a natural feel for other people's lips and it won't be long till you can go with the flow.

A kiss is also about the body. If you are standing away from a person and the only thing that is touching is your lips then this isn't a very personal kiss. You have to feel it with your whole body. Hold them or touch them so they feel closer to you. Touch their face, rub their back, and hold their hand, anything that can make the kiss feel more intimate.

In between kisses say little sweet things, to let the other person know you are into them. This makes them happy and gives them something to think about while they are kissing you. It will make them feel special because it shows you are still thinking about them when you are kissing them. It will break the silence a little as well. There is nothing worse than kissing someone for a while and everything else around you seems so quiet, it can start to make you both a little nervous. If you don't feel up to making small talk, try putting on a little music in the background. You will be amazed at how music can set the scene.

Have some movement in the kiss. Don't leave the kissing to the lips only. This gets a little boring if there is no variety, so don't be scared to spice it up a little. Move from the mouth and plant little butterfly kisses on their face and move down to the neck and kiss there for a little bit. The neck is a very sensitive area so can give off quite a tingly sensation.

Pay attention to your partner's response to different kisses. If they make 'mmm' sounds or really get into a kiss make a mental note to try this more often. If they really enjoy something and you do it often, I don't think there

will be many times where you get turned down for a kiss. It also shows that you are paying attention to them and what they like. Also pay attention to what kind of kisses they don't really enjoy, like if they pull away and stop kissing you or try and direct you towards a different kiss. Don't kiss like this too often.

Think less, relax more, and go with the flow. If you aren't relaxed your entire body and kiss will be tense. It will be like your kiss is practised and routine rather than natural. Relax your mind and enjoy the kiss, then your body will be able to act naturally.

Kiss from the heart. The other person will be able to feel this. A kiss from the heart has true feeling behind it, and is like no other practised kiss. When you go with your senses you will add in little things that feel right, that you otherwise may not have tried.

When you are watching movies, start taking conscious notes of what they do. Although they may look cheesy at the time, if you try it on your partner I guarantee a good reaction. If you are able to recreate a little of the passion that is evident in movies it shows that you do have some romance in you.

Focus on the person you are kissing, not on other things around you or anything that is going to happen after the kiss. Live in the moment otherwise it is going to be obvious you aren't there in the kiss. There will be no passion or feelings in it. A kiss is supposed to be a deeply intimate moment, so don't spoil it by thinking too far ahead. Just relax and enjoy the moment.

Tease your partner a little, go in for the kiss then pull away slowly. Do this a few times then go in for a great big kiss. When you start off they will be dying for you to kiss them properly, but they will be left in anticipation. Once you do kiss your partner they will be so excited by your teasing that the kiss will be a passionate kiss that will leave them wanting more.

Experiment a little bit with different kinds of kisses. There are the faster kisses where you add a little more pressure, these kinds of kisses tend to be a little more passionate. Slower softer kisses are a little more romantic. Just have a play around and come up with your own styles that you both enjoy

When you are kissing your partner pull back a little and trace the outside of their lips with your tongue and breathe a little heavier. This will drive them crazy, it is like your mouth is right there and you are connecting with your tongue but they can't quite have you just yet. The softness of your tongue against their lips will send chills right down their body. It is fun for you too because you can feel the softness of their lips. After this, slowly kiss each lip with an open mouth.

If you feel like the kissing is getting a little boring or your partner is getting bored, introduce a few kissing games. Have a sweet or a mint in your mouth and pass it around while you are kissing until it has gone. Once it has gone you probably would have forgotten all about it and be kissing passionately anyway.



### Kissing Reactions

Everyone reacts differently to someone else's actions but the hardest part is reading someone's reactions to a kiss and trying to figure out what they mean. With the good responses also come the bad, and these are the hardest ones to read but are also the most important. You won't want to carry on if you know someone is uncomfortable.

**Pulling Away:** If someone keeps on pulling away every time you go to kiss them then this is an obvious sign you need to put the brakes on. They don't want to kiss you at this time. There are two reasons for this. The first is they don't feel this way about you and don't want to kiss you. The second is that they don't feel ready to kiss you and you are putting them in an awkward position. So definitely don't try and kiss them again. If the circumstances relate to number two then they will kiss you when they are ready because they already know you will kiss them back.

**Using More Pressure:** If they start using more pressure when they kiss you then this is a great sign. It means they really enjoy kissing you and really getting into it. They are also a compatible kisser with you because they feel comfortable enough to take a little control over the situation.

**Feel Their Head Pulling Away:** If you are kissing them but you can feel their head pulling away, stop because for whatever reason they don't want to continue and you don't want to embarrass yourself. Even though they were also kissing you back either they realized this isn't what they want and don't feel comfortable kissing you, or they feel you are moving too fast. Whatever the reason, respect their feelings and don't push it. It may ruin whatever you have together.

**Kissing But Pushing You Away:** If you have both been kissing for a little while now and you can feel them slightly pushing you away a little with their hands then read the sign as it was intended. They obviously need a bit of space. You are probably moving a little fast for them or they need a breath. Whatever the reason for the push, don't stress as it is nothing bad. If they really didn't want to kiss you then they would have pushed you away with their mouth.

**Kissing But Not Touching:** If they are kissing you without any body contact and keeping a little distance, don't be offended. Don't worry, (especially if it is your first kiss together) as long as they are still kissing you then they are still enjoying themselves. They may just be a little nervous so their body will be a little tense and things aren't flowing for them naturally just yet. They may also be thinking more about the kiss and making sure everything is going right.

**Pull Away But Then Want More:** When you are kissing someone and they pull away and maybe come back five minutes later for some more, don't read into this too much. Obviously they were in an uncomfortable position like they were going to lose their balance or something. They may feel that it wasn't appropriate for them to stop kissing, rearrange themselves into a more comfortable position, and then carry on. It may seem a little unnatural to them and even a little embarrassing. So they may stop then start a little later so it is less obvious anything is wrong.

**Rubbing You While Kissing:** If they start rubbing your hand, leg, arm etc. then they are really enjoying themselves and feeling comfortable. Unless you didn't already guess, they really like you and obviously think

you are a great kisser. If the kisses start getting heavier and they are more adventurous with their rubbing they probably want more. Don't rush into it though. They will let you know now that they have taken a little control.

**Noises:** Noises are definitely a good sign when it comes to kissing. They probably don't even realize that they are doing it but they are definitely enjoying themselves. They are so into the kiss they forget what is going on around them and start subconsciously making noises. When I say noises I mean things like "mmm" and "ahhh". Anything more is a little over the top and may even be fake.

**Kissing Then Stopping:** If you have been kissing for a little bit then all of a sudden your partner slowly pulls away, don't worry. It doesn't mean that they haven't changed their minds. The best bet is that either you have slightly bad breath or they think they have. That is why they kissed you for a little bit anyway because they do want to kiss and they don't want you to think otherwise. Rather than acting offended, take the time to give your mouth a little freshen up. There is nothing nicer than kissing a fresh mouth.

**Climbing Kisses:** If they start applying a lot more pressure and pretty much start climbing on you it is pretty obvious they want more of you.

### How to respond to their reactions

If you take the time to think about things from a different perspective it shouldn't be too hard to pick up on the subtle hints that body language gives away. If you try and think of things from your partner's perspective you should be able to quickly identify what their intentions are. This will get easier as you get to know them better.

If someone is reacting negatively to your kiss and they pull away or whatever, DO NOT try to continue kissing them. Respect them and their feelings and don't try to do something to them that it is obvious they don't want you to do. A stolen kiss has nowhere near as much fulfillment as a kiss given. If you do put pressure on them to continue kissing you they will more than likely lose respect for you and their feelings towards you will change and not for the better. How would you feel if someone kept trying to kiss you when you had made it clear that you didn't want to kiss?

On the other hand if someone is reacting positively to your kisses then by all means don't stop. Keep them happy and coming back for more. If you stop now you will just confuse them and they may even feel used. They may also feel embarrassed for showing their true feelings because they may think that you don't actually like them if you stop all of a sudden, unless there is a good reason of course. This will make them feel used. Feelings are funny things and people need reassurance that you feel the same way. So continue kissing them and follow their advancements and let it flow naturally.

As far as you feel comfortable, the situation goes the other way as well. Just because you kissed them doesn't mean you have to go any further if you don't feel comfortable with the situation. You may start to resent the other person if you just go ahead with it because they want to. Listen to your feelings and don't be scared to share them. Your feelings are valid and deserve to be heard. If you like your partner and they like you, they will respect your feelings and support you.

## Bad Responses



Person is standing completely stiff without touching the other person and has no feeling in their kiss.

**Tip:** If they have made it very clear that they like you then it is probably just nerves. But if you aren't too sure if they like you or not then they aren't opening up to you because they don't want to be kissing you and you are in their space.



You keep moving in closer to them and trying to hold eye contact but they find an excuse where they need to get up and won't stop talking.

**Tip:** They don't want to kiss you and you are making them feel uncomfortable because they know you want to kiss them.



If they aren't touching you and their head is pulling back.

**Tip:** They don't feel a connection with you and don't want to be kissing you. Pulling their head back is a way of them saying stop.



When you pull back they have an angry look on their face.

**Tip:** This should be obvious what the reasoning for this is. They obviously didn't think the kiss was appropriate. I hope they don't already have a partner.





As soon as the kiss has ended they change the subject then suddenly remember they have to be somewhere.

**Tip:** They would have been trying to be polite by kissing you back. But when they all of a sudden need to be somewhere that didn't sound legitimate it is a sure sign they don't like you in that way. Don't question them on where they need to go they obviously feel awkward enough.



They say they can't remember kissing you because they were drunk at the time but you know for a fact they only had a couple of beers.

**Tip:** They obviously regret kissing you and they have that right. They need an excuse and this one is the easiest. Save your pride, don't pull them up on this and let them know they are lying. If you do then they will just tell you to your face and a bruised ego might be more painful than a rejected kiss.



You are kissing them and holding them but you can feel them slightly pushing on you.

**Tip:** Not wanting to kiss you and they are feeling trapped and panicky



Kiss for a second then pull away and completely change the subject.

**Tip:** Change of subject is a sign of being uncomfortable. If they kissed you back in that second then your timing was off. They may still want to kiss you but let them make the next move, they already know how you feel.

## Good Responses



You pull away and they look shocked and a blank look on their face.

**Tip:** Natural reaction for most people, more than likely they will be happy because if they were angry or uncomfortable they would have that look on their face straight away.



They kiss you back, pull away but are still holding or touching you.

**Tip:** They like you to and they want this kiss to happen but maybe confused about the situation or is there a reason why they shouldn't be kissing you? eg. a partner.



They get embarrassed and turn their head away when you try to kiss them but they don't move away from you.

**Tip:** By not moving away from you they do want to kiss you and feel comfortable around you. Just like anyone in their situation they obviously feel a little nervous of the kiss. Take control of the situation. Be calm this will also help them be calm.



They squeeze your hand a little when they pull away

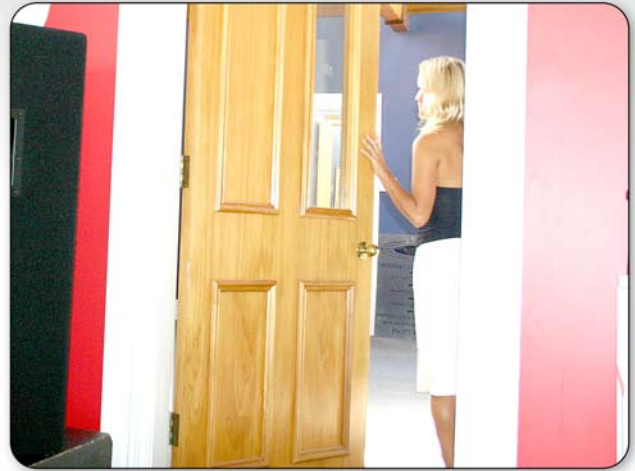
**Tip:** A little squeeze will mean they are happy you kissed them.

## Good Responses



They don't look at you but stay with you.

**Tip:** People naturally look away when they are embarrassed or nervous



Go to another room but return.

**Tip:** They just need to go to another room to have some space to think about what just happened. If it was a complete surprise to them they may just need a second to get their head around it. If they return it is a good sign that they feel the same.



They laugh afterwards

**Tip:** Again, some people laugh as a natural reaction. They are happy about the kiss because someone that is angry or uncomfortable do not laugh.



They kissed you for quite a while but are now pushing you away

They kissed you back so obviously they like you but by pushing you they may just want to check your reaction or they want to stop for the moment for some reason.



## Good Responses



They get flustered when you kiss them and they don't kiss you back but they smile at you.

**Tip:** They were obviously caught by surprise but are happy that you kissed them.

## When Kissing Is Not Appropriate

Before you go ahead and kiss someone you have to ask yourself is it an appropriate situation to kiss this person and is the timing appropriate?

If you don't think about this you are lacking sensitivity towards the person you are trying to kiss and may be left with a red face or with the chance of rejection, embarrassment, ruined friendships and hurt feelings.

Just because you have feelings for someone doesn't mean they have to feel the same way back. You can't just kiss someone because you want to if they have already let you know they just want to remain friends. It may ruin your friendship because they feel you don't respect them and they will feel awkward around you because they wonder if you will do it again. If someone has told you they just want to be friends they are setting boundaries. If you want to maintain that friendship you will need to respect those boundaries. It may also make other friends feel uncomfortable around you if they think you might try to kiss them too.

Never kiss someone if they are in a relationship with someone else. Not only is this highly inappropriate, but there is a sure chance you will get rejected by them which will only end up bruising your ego, confidence and reputation. You might also get a punch in the face by their partner. It's not really worth the risk.

Kissing in public is acceptable to a point. A kiss on the cheek or a quick peck on the lips is alright but a big pash will not only embarrass the person you are kissing but also others around you. It is rude to people around you because it makes them feel uncomfortable.

# KISSING 101

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Kissing someone to get revenge on someone else for not kissing you or for breaking up with you doesn't really work. It doesn't make them wish they kissed you. It throws away any last piece of respect that they had for you. It will also hurt the person you are kissing now if they find out. You should never use someone like that to get back at someone. That is a betrayal of their feelings as well as a cruel thing to do. Other people that know you will see what you are doing and will quickly lose respect for you. As tempting as it is you shouldn't do it. Your motivation to kiss someone should always be genuine.

Just because everyone else is kissing people and telling you that you should, doesn't mean you have to. Have pride in yourself and don't give in to the pressure from others. It should be a personal choice and ideally it will have feeling.

If the other person is feeling unwell the last thing they want to be doing is kissing someone. It is times like this that you need to be sympathetic and supportive. There is a good chance that in doing this that you will strengthen their feelings for you. After all, there is plenty of time. They may want sympathy, not someone coming along just to get what they want. Have a little patience. After all, good things come to those who wait.

When you over indulge at a party and end up vomiting, try not to kiss anyone especially the person that was rubbing your back to help you out. Having a little too much to drink and being sick can be a slightly emotional time, but you shouldn't misinterpret someone holding your hair back as them wanting to get intimate with you. And the last thing they will want to be rewarded with is a big sloppy kiss. Resist the temptation. I have a feeling they will thank you for it. You also don't want to be known as the person to stay away from at parties because you try to kiss everyone.

If the other person is drunk and you are sober, it probably isn't the best time to kiss them. They could be angry at you for two reasons, they didn't want to kiss you and feel like you took advantage, or they wanted to kiss you but when they could remember what it was like.

If you have anything contagious such as disease, viruses, or even the common cold, definitely do not kiss anyone. Think how horrible it feels to have it yourself and if it is fair to inflict this pain onto someone else. This person may also be a little angry with you when their symptoms start to show and they know you gave it to them when you had a choice. You may kiss goodbye to any chance or future kissing you had with them, when you could just wait till you are better.

No matter how well you get on with their family, don't give your partner a big wet one right in front of them. There are some things that family really don't need to see, and a passionate French kiss may be one of them. Even though kissing is a form of showing someone you like them, your partner's parents may not like the sight of you kissing their child. In fact, it may just get the opposite reaction. It may show an enormous amount



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of disrespect. Control yourself. If you really feel the need, a small kiss is appropriate. You don't want to give grandma a heart attack.

When someone is sad, from the death of a family member for example, it is nice to give them little kisses to show you care and that you are there for them, but no pushing! Someone is sad and you should never take advantage of their state and situation. There will be time later for a little more excitement. Also when they are angry at you, you may find it a turn on, but it will just infuriate them more if you try to kiss them now. Wait till things have calmed down and you can have a make up kiss.

Just played sport? You're probably gross and sweaty, so a little peck is alright but anything more means the other person won't be enjoying that salty taste, YUCK!! If you are up that close as well they won't want you touching them. This is especially true if the other person is clean. Consider the smell as well. Sorry to say, sweaty kisses are a huge turn off.

If your girlfriend has just done herself up to go out she wants to look nice, probably for you. If you kiss her then it will just smudge her make-up over both of you. This will probably make her angry because she has just put the effort into looking nice and it's like you don't care. Now you will probably get annoyed cause she will spend more time fixing it up. Kisses are lovely, but you need to consider the practicalities.

Don't kiss in front of friends if either person feels uncomfortable. Not everybody is into public displays of affection. They may have a reason for it like they will get hassled later by their friends, or they feel it is something you should share when no one else is around.

You want to kiss someone that is eating, I think you should wait till they are finished. You don't want to compete with a mouth full of food, especially at the risk of some slipping out the corner of their mouth. This will just embarrass the both of you.

Just kissed the dog? Don't even think about kissing someone, especially if they saw it. They might as well just kiss the dog themselves. Dogs have germs in their mouths (as do humans) so if you kiss the dog then try to kiss someone its like you are transferring germs. They may also be worried about what else you put in your mouth if you don't find anything wrong with kissing your dog.

If someone is half way through a sentence don't pucker up and go in for the kill. This is rude and disrespectful. It's like you haven't been listening to them the entire time they were talking or that you aren't interested in what they have to say. It can also look like you are only after the one thing, because you aren't interested in what they have to say then you don't care about their personality. Wait till they have finished speaking before you kiss them.



### Different Kinds of Kisses

When you are kissing you don't have to stick with the traditional kiss. Kissing should be an expression of your attraction to your partner and that doesn't have to stick to rules or a formula. It should be as spontaneous and varied as you want it to be. Have a little fun experimenting with different techniques of kissing. Maybe it isn't appropriate for the first couple of times that you kiss a person, as it might scare them a little and they may start to think you are a bit kinky. But a little later on it adds variety and surprise to your kisses leaving your partner wanting more... and more often. Don't try anything that is so complicated that your partner doesn't quite know what you are doing or it will just turn into a big mess. Also when you try to go in to give a different kiss then your partner may just try to do a normal kiss.

Tease your partner with kisses all over their face while holding their face with your hands and occasionally stroking their hair. Breathe heavily to show you are enjoying yourself it will also get your partner going. Your partner will be craving for you to give them a proper kiss. But don't give them a proper kiss, make them wait a little longer. The anticipation will be worth it. When you are ready to give them a proper kiss tease them a little more first. Pull back and give them a cheeky look and then go in for a kiss but pull back before you do so then go in for the killer.

Brushing lips your lips against your partners isn't quite kissing but is still just as intimate. Lips have a lot of nerve endings so are quite sensitive to touch. Combine this with the softness of lips together and it causes quite a sensation. Brush your partners lips very softly with yours and you can even start to trace around their cheeks as well and back to their lips. Add in a few small kisses as well if you like for a bit of variety.

The lightest possible kisses ever on the mouth are sweet and meaningful. It is obvious that you aren't trying to get anything more from it but that you are thinking about them and enjoying their company. The gentleness is also very sensual.

Kiss everywhere but your partners mouth, like going from the neck up to the cheek, around the forehead, nose, beside the mouth, wherever you like. Your partner will enjoy themselves but will be hoping that the next kiss will be on the mouth. Take your time to kiss all around their face and neck. You will be able to tell from their reaction what parts of their body they like to be kissed.

### Games

M&M's aren't just for a yummy treat, they can be used for a kissing game. When you are kissing your partner, pop an M&M into your mouth and pass it around each other trying to get it. Keep playing till M&M melts. To be a little tricky you could try it with 3 or 4 M&M's at the same time.

Try kissing with different amounts of pressure. Start off with slow, soft kisses and move into something with slightly more pressure. Kisses with slightly more pressure can be more intimate and sexy. But don't apply too much pressure, as you don't want to smother them to death.

Leave notes around for them when your partner gets home from work like on the door telling them to go to the fridge where there will be another note. In the end all the sticky notes will lead to you and you can give your partner an awesome welcome home kiss. This is especially great if your partner has had a bad day. It will make them forget all their problems and cheer them up completely. It could also set the scene for a fun night...

Leave vouchers that entitle your partner to a free kiss when ever they want one. Put them on the fridge, in your partner's briefcase, or anywhere that will surprise them. The more unexpected the better. Don't forget it is their voucher so they can spend it any time they like and you have to be obliging. That is the whole fun of the voucher. It is all about them.

Who said kissing should be restricted to just your mouth? Try making out with their neck, shoulder or back. There are nerve endings all over the body and if it is somewhere that they don't usually get kissed then their nerves will stand on end. This could be a fun way to explore each other's bodies.

Kissing the ear is awesome because they can also hear you breathing. This can be quite a turn on for some people. Trace the outside of the ear, follow around to the lobe, then nibble. If you are really game you might want to poke your tongue in their ear. Just a warning though, not everyone likes this so if they pull back don't keep going in.



## Different Places & Ways to Kiss



Just below the ear where you can feel where the jaw bone meets the neck.

**Tip:** Most people will like this but ticklish people won't. If they pull away the first time don't try again.



Kiss the ear. Trace the ear slowly with your tongue and finish off by nibbling the ear lobe.

**Tip:** A little bit of heavy breathing or soft blowing can get people excited.



Trace their lips with your tongue. Do it slowly and very softly so they can just feel it. It will make them want more.

**Tip:** Don't be too sloppy it may turn from sexy to uncomfortable.



Kiss your partner along the collar bone. Mix baby kisses with a soft rubbing motion of the lips on their skin.

**Tip:** Remember you are kissing on a bone so don't be too rough.

## Different Places & Ways to Kiss



Kiss anywhere on the neck, either soft butterfly kisses.

**Tip:** The neck is a very sensitive area so the smallest touch can cause quite a sensation.



Or kiss just like you learnt in First Kiss start off kissing slowly with slightly open mouth moving on to more vigorous exciting kisses.



Have something soft in your mouth like a strawberry, grape, marshmallow. They eat it with you then when it is gone you end up having a tasty kiss.

**Tip:** Nothing that you may end up chocking on.



Suck on a piece of ice then kiss your partner. The cold sensation can be quite a thrill.

**Tip:** If you keep the ice in mouth while kissing keep it small could be a hazard or get in the way.



## Different Places & Ways to Kiss



Tease your partner. Go in for a kiss but instead just brush your lips against theirs. Continue brushing your lips for a while then finish off with a kiss.

**Tip:** This will drive them crazy. Your lips are there but they can't have them. Will leave them wanting much more.



Little kisses planted all over your partners face will add a little bit of variation.

**Tip:** Don't do it for too long they may get bored.



Start kissing your partners neck and continue till you are right around the back. Start at the top and slowly kiss down the spine. They can't see what it is you are doing so there is an element of surprise kind of like when you get a massage.

**Tip:** Don't go too far down if it is inappropriate.



Be mysterious. Go in for a kiss but just before you give it to your partner then pull away. Do this another 2-3 times then go in for a big kiss. They will be wanting it more than ever.

**Tip:** Don't do it to many times they might get annoyed and end up not even wanting a kiss.

## Different Ways To Hold Them When Kissing



Reach up and hold them from behind their head. You can also caress their hair. Gives you a bit more control

**Tip:** It always feels great when someone runs their fingers through your hair. It stimulates the follicles and nerve endings



If the other person has their hands down at their sides glide your hands into theirs, now your bodies are intertwined not just your mouths

**Tip:** You may want to rub their hands. This has a calming effect.



Slip your hand around the back their neck under their hair preferably. Sometimes necks can get quite sore when you are kissing so it could be quite soothing.

**Tip:** If they have long thick hair you might just want to go over top you don't want to get your hands tangled and ruin the moment.



One hand around lower back and other hand around neck. This gives you complete control.

**Tip:** Keeps them close to you. Makes them feel safe because you are enclosing them in your arms.



## Different Ways To Hold Them When Kissing



Holding their face between your hands

**Tip:** May restrict movement keep it gentle. There shouldn't be any handprints.



Standing slightly to the side of them gives you freedom to kiss them somewhere other than the face

**Tip:** Don't stop a kiss then move then kiss again just so you can kiss the neck. Keep it flowing.



Put your arms around their waist from behind. Makes them feel comfortable in your arms.

**Tip:** A great one for kissing them on the back or side of the neck.



Both hands around neck back of neck

**Tip:** May not be able to stay in this position for long.

## Different Ways To Hold Them When Kissing



Both hands around lower back. Either clasp your hands for a more relaxed feel or cross them over behind their back bringing them closer to you.

**Tip:** Makes you feel close to each other



One hand on face can be casual but still in control. A gentle touch can sometimes speak louder than words.

**Tip:** If it feels unnatural or uncomfortable don't leave your hand there.



Rubbing their back slowly and softly is good. It relaxes them and sub-consciously keeps a rhythm

**Tip:** Don't do it too much or too often can distract you from your kissing.



Both arms around shoulders like a hug.

**Tip:** Nice relaxing way to kiss.

### The Most Exciting and Romantic Kisses

When it comes to a romantic and exciting kiss, it isn't just about the kiss itself, but about how your bodies are intertwined with each other. It is more about the whole picture than just the lips. Embracing the other person can transport your excitement to them so they feel the excitement right from the beginning as well.

Find some quality time where there is nowhere you need to be, nothing you need to do so you can't be interrupted and have some great make out time. This is awesome because sometimes people tend to get too busy to remember how fun kissing is. Shed your inhibitions and make out like kids and experiment with your kissing techniques. Don't tell your partner you plan to do this though. Spontaneity is both romantic and exciting. Planned is boring.

When your partner does something they really don't like doing like the cleaning or cooking, let your partner know they did a good job and that you appreciate it. Now give them a big kiss afterwards as a reward. It shows that you have noticed and appreciate it. It won't seem as bad now and they may feel better about doing things if they know you notice.

The whole body kiss is great. This is when you hold your partner in your arms and kiss while your bodies are entangled. Rub their back, legs, arms, hair. It can also be done standing up. While you have them all wrapped up they feel comfortable, warm and safe kind of like in a big bear hug.

Kissing with a smile is great for the obvious reason that you are happy to be kissing this person. A happy kiss is one of the best and the person you will be kissing can feel your smile too which makes them even happier to be kissing. Smiles all round I say.

One of the best kisses is when you really like someone and you are going to kiss for the first time. You know you both want it but kept putting it off because you are both nervous. Butterflies in your stomach are a good sign because it means you like them and you really want to kiss them. It is like you feel so close to them when you have your kiss because you are joined and kind of become one. The 2nd kiss is even better because you know how great the first kiss was and it left you wanting more. This time you won't be quite as nervous.

### The setting

The setting of a kiss can determine how special the moment you share is. A kiss is more than the joining of your lips. It is an emotional experience that goes far beyond the physical act of kissing someone. It is an affirmation of attraction, perhaps even love, and the setting is just as important as the act.

In this respect, you have two choices; you can either create a setting or atmosphere by adding touches such as candles, light music, mood lighting and even a bottle of wine perhaps. Or you can take advantage of a moment and a beautiful natural setting to make the first move. You are limited only by your imagination and the amount of effort you are prepared to put in.

If you choose to create the atmosphere with candles and wine be careful not to overdo it. It can be so easy to get caught up in the details that you take the shine off what should be a simple and intimate moment. In saying that, the moment doesn't have to be completely spontaneous. The effort you put in can be seen as a really romantic gesture that is both thoughtful and special.



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If you are planning on creating an atmosphere it might pay to take a moment to plan your setting. Background music should be exactly that. If the music is too loud it isn't going to create an atmosphere that is conducive to intimacy. Likewise think about candles. A really cheap and effective idea is to use tea tree candles. They already come in a metal container, and are able to be bought in bulk very cheaply. Again though, be careful not to overdo it, or you will create a fire hazard.

If the weather is suitable, the outdoors can be an exhilarating and memorable way to make your first move. The setting of a kiss is awesome, up the hill looking out over the bay, at the beach, or on a rug in a field. It is so romantic to be able to share a beautiful view or setting with someone and finish it off with a kiss to say thank you and make your attraction known. It is all too easy to get caught up in the busy pace of life and forget to make the time to do simple yet special things together. Some of the most beautiful settings and moments to be had involve the simplest of settings. To be outdoors in nature taking it all in, we realize how lucky we are and how wonderful life is. A well-timed kiss can really complete the moment. This is especially true if it is just the two of you, there are no distractions, and you have time to enjoy each others company.

### Spontaneity

Steal them away for a quick second whether you are at a party or out in public. Take them by the hand and pull them to a secluded private area then give them a big kiss. Pull away and drag them back inside. This will give them such a rush, wanting more but knowing they can't get it right now. You are in control of the situation and there is nothing your mate can do about it. It can be quite a turn on to have no control over a situation. Then when you finally are alone you will be able to kiss away and the sparks that were caused earlier won't be lost. The trick here is to be totally discreet and don't let anyone know what you are up to. Part of the excitement is the spontaneity and the anticipation of what will come later. You will be the only two in the room that will know about it. Don't pull them away though if it is totally obvious to everyone what you are doing. That will spoil the fun. If you can't pull them away, mention that you really need to talk to them in private, or even whisper that you would like to kiss them but for obvious reasons you can't. It will stay on their mind all night.



When your partner gives you a quick peck in the morning when they are running late for work, pull them back in and give them an unexpected proper kiss. Don't be too long though. Remember they are in a rush. Once you have given them a proper kiss say goodbye and carry on like nothing happened. This will leave them with a smile on their face thinking about it all day. Don't do this too often though because they will come to expect it and it won't be as much of a surprise anymore.

Sweet little kisses on the mouth in between whispering "I love you" or other compliments like "you have such kissable lips" or "you have such beautiful eyes" is very romantic. Say it with your eyes open. This way you are saying it to them and they know you mean it. You're not just swept up in the moment.

A kiss on the hand is nice, something a little less than a kiss but still letting the person know you like them. It is on a different level than a kiss on the mouth, but it is one of those gestures that can say more than words.



Kisses on the forehead when you are standing facing your partner is a surprise. They might think you are going to kiss them on the lips but they get one on the forehead or somewhere else which is just as nice. Just be sure you are tall enough to reach!

Start with kissing your partner on the hand and slowly work your way up their arm and up the neck. Start off slow then get faster and when you get to their neck give them a kiss where you nuzzle your nose in. This is a funny romantic kiss because it is different but will remind you both of the Addams Family. Also their neck will start to tickle. This is fun and it can sometimes turn into a more passionate kiss.

Raspberry kisses have been around forever, and you may remember them from when you were a small child. While they are still the same kind of thing, they take on a totally different meaning. Sometimes when you are fooling around, raspberry kisses can lighten the mood a little, and they always bring a smile to peoples faces. To give a raspberry kiss (they work best on the stomach but can be given on the cheek) open your lips slightly and put them on skin, add pressure so your lips and their skin forms a kind of seal. Now blow as hard as you can. Your lips kind of flutter causing a tingling sensation on your partner's skin.

When you partner closes their eyes, kiss their eyelids with soft butterfly kisses. This lets them know that you are still looking at them even though they can't see you.

Whisper something sweet in their ear then finish it off with a quick peck on their ear. The sensation of someone lightly breathing in your ear makes your hairs stick up at the best of times, and if they are doing this while saying something romantic it is a bonus. Sealing it with a kiss finishes it all nicely.

Around Christmas time always look out for mistletoe for your opportunity to kiss your partner. Have a supply around the house so you can pull it out at any time. They have to give you a kiss now because it is mistletoe. Even when it isn't Christmas get hold of some mistletoe as a joke but make sure you get a kiss for it. Don't try it too often otherwise the funniness will wear off.

For an adventurous twist, try placing a strawberry, grape, chocolate etc. in your mouth and lean towards them so they remove it from your mouth. This is both romantic and funny. The best thing is that you get a treat at the end of it.

When you are kissing, gently stroke your partner's hair or run your fingers through it, so it lets them know you feel comfortable kissing them. There are also a lot of very sensitive nerves on the top of the head so it is very relaxing when someone is stroking it. Take note if they have done their hair nicely though, as you don't want to mess their hair up. This could have quite the opposite effect!

Kiss the top of your partners head when watching TV or cuddling for any reason. Even when you are just relaxing and enjoying each others company it is still nice for your partner to know you appreciate them.

Squeeze their hand when you give them a kiss. It brings them back to reality a little and lets them know you are really enjoying it. Also because all they are thinking about is the kiss then when they feel their hand being squeezed there is another sensation somewhere else.

Unexpected kisses for no reason are always needed. There shouldn't always be a reason for why you have to kiss each other. These are sometimes more meaningful than kisses that have a reason.

Next time you are in an elevator with the one you enjoy kissing so much (as long as you are the only two in there) stand facing forward till the doors close then quickly turn and kiss them, then turn again to face the door and wait for your destination.

Do you hate having nothing to do in the car when the traffic lights are red? Lean over and give your passenger a quick peck on the cheek, this will probably be so unexpected but romantic at the same time.

When a kiss changes from soft and slow to fast and passionate, it gets the blood pumping faster around the body. This is awesome the first time because it is like the relationship is heading towards a more intimate level and you get all those wonderful feelings from the first kiss all over again.

When you wake in the middle of night roll over and give your partner a little hug and kiss. Little things like that in the dead of night are heartfelt and reassuring. There is also the chance they will be a little awake so will remember it in the morning.

One of my favourite kisses is when you are in bed talking just before you go to sleep. You are both talking about nothing in particular in between kissing. You are comfortable with your heads close together and can just make out each other in the dark. It is the time when you are winding down to go to sleep and your head is cleared of most thoughts and you are happy to be with each other. These kisses make for sweet dreams.

Come up to them from behind and cover their eyes, make sure you don't give them too much of a fright, and softly kiss their neck. Lovely!

Kisses with sound effects, sound a little strange? Well it's not. When you are kissing your partner making a little mmm sound will let them know that you are enjoying it so they will relax a little and continue, especially now they know you are happy. Mmmm.

Now I know you would have seen this in the movies but it is as good as it looks in real life. Grab your partner's face in your hands or place your hand behind their head and pull them in to give them a slow, long, lingering kiss. You will have total control over the kiss and they will feel this, it will be like they are being protected.

### Differences Between Men and Women

Everything I am about to let you in on refers to the average woman and the average man. Average meaning most but not necessarily all, because everyone is different and raised differently therefore have different morals, different feelings and emotions.

But just like everything in life men and women have different feelings and thoughts towards kissing. Again, women tend to think of kissing on more of an intimate and emotional level and men more on a physical level.

Men are better at dividing emotions and feelings from physical activities whereas women see it as a big picture. When men think of a kiss they think of it as two lips (and a bit more) joined together. They think about the person they are kissing and how hot or not they are. Also they may tend to think about what this kiss may lead to physically. Now women on the other hand, when a woman shares a kiss with a man she will be thinking about how this will be affecting their relationship with this man and how much she has wanted him to kiss him, what he thinks of her kissing technique and so on. The thought of sex probably hasn't even crossed her mind at this point, with the exception that she was planning on having sex with this man before the kiss.

A lot of men think of kissing as a step needed to be taken to get to something more e.g. sex. They know there is no way that they will be able to have sex with anyone unless they kiss them and that is something they will be willing to do to get what it is they want.

Now don't get me wrong not every man that kisses you is going to try to sleep with you in the next five minutes, but sub-consciously that is what they are thinking about and wishing for. But there is nothing wrong with this. Everyone has needs.

For women it is more emotional, like the friendship is on a higher level now and many start to think and analyse too much, whereas guys just think of it as a score.

Just because a man may not want to have a deep and meaningful relationship after your first kiss shared doesn't mean he feels nothing for you or didn't enjoy the kiss just as much as you. Women naturally let their feelings out and know how to put what they mean into words without making people confused. Men don't seem to have this luxury to speak their minds. In a way this is society's fault for putting so much pressure on men to be tough and macho. It is thought that if a man communicates his feelings he is soft and has let his guard down. There is a perception that the manly thing to do is to not show or verbalize emotion. This is a completely inappropriate attitude to have. Men have feelings too, and to verbalize this is not a sign of weakness. It is a sign of strength and a sign that men have managed to evolve. But still some men can't see past this. Therefore it is important that you don't take his lack of communication as a sign he doesn't like you. This concept goes both ways too, because women are so used to opening up it might be a little overbearing if you let all your built up emotions out all at once. It would be better to take it slowly.

### Emotional Side of Kissing

A kiss can mean so much to someone. It is a gesture that can mean more than words and leave people with mixed feelings; confused, happy, excited, turned on, mad, or awkward. Sadly sometimes a kiss can't just be a kiss and left at that. Sometimes after you have kissed someone you may think it would have been easier not to kiss them than to deal with everything affected by the kiss.

A kiss can take your relationship to the next level, whether you were only friends to begin with or had entered into a relationship together. If you were only friends to begin with and you shared a kiss, you will need to talk about the fact that you may have feelings for each other and maybe you want to be more than friends. If you kiss someone you don't have feelings for then you will need to let them know so they don't expect any more from you.

When you just start a relationship with someone and haven't kissed them yet, the first kiss takes you both to the next level. It kind of confirms your feelings for each other and confirms your relationship. In a way it is a huge weight off your shoulders once you have your first kiss in a relationship. You can finally feel comfortable with each other because there is no pressure on anyone to make the first move.

A gesture is sometimes an easier way to express a feeling or a thought than words. Sometimes you can't find the words to express to someone that you like them but with a kiss it is all said for you. A kiss is generally saved for someone special so of course it is going to have feeling behind it.

For the receiver of a kiss, it can open up a basket of feelings. This is especially true if the kiss was unexpected. All of a sudden you are confronted with the fact that someone has feelings or an attraction towards you. If you feel the same way then that is fine. But if it has come as a real surprise then you will have some feelings to work through. The other person had time to think about feelings because they knew this kiss was coming. You may not have known so haven't really had time to process your thoughts and feelings.

For some religious or cultural reasons some people may find a kiss offensive or serious. Talk to the person you are kissing if they are religious and start to get stressed out. Don't put any pressure on them to continue if this is something they don't want. Take the time to sit down and talk about your boundaries and show some respect. This is the way to communicate openly and show mutual respect for each other.

Behind any kiss there are so many emotions. When it is a kiss with someone you really like you have probably wanted to kiss them for a long time now. You have been thinking it over and over in your head picturing exactly how you would do it. I bet you have also played over the scenario that they are rejecting your kiss.

Two people become one when they share a kiss, and it is something special. You are also entering into someone's space and allowing them to enter into yours. It can mean a lot to let this happen, and it is a gesture that means so much more than words.

Sometimes a kiss can affect more than the two people involved. If someone really likes either of you and wants to be the one kissing you it will affect them. Try not to kiss each other right in front of this person. Think of how hurt their feelings will be witnessing you kiss someone else. They may even turn nasty on you. Also ex-boyfriends or ex-girlfriends might be offended seeing you kiss other people. The effect can also be good though. Friends will find out and want the details, but more than anything they will be happy for you.



A kiss is also what initiates sex in many instances. This is not something you learn, it is something you feel. But you need to be clear that the other person is feeling the same way. Don't get too carried away and be kissing frantically when the other person was feeling quite comfortable with the way things were moving. This can be hard for you both if you misread any signs. Take time out to make sure both parties are happy at the stage you are at.

### Kissing Facts

I don't know whether or not people are running out of things to study but just like everything else in this world there is a group of people who have decided to study the art of kissing. I don't know when you will need to use these facts or what impact they have on every day life but I found them to be quite interesting so I thought I would share them with you. See you do learn something new everyday.

1 minute of kissing burns 26 calories. Burning calories while kissing... best way I've heard of to exercise!

Kissing with eyes closed. It has been proven that in this situation the kiss isn't coming from the heart and there are other intentions behind the kiss. They intend to get a bit more than some lip action or they are thinking about something completely non-related. Don't keep your eyes open the whole time to check if your partner's eyes are open. A quick peek will suffice otherwise you will not enjoy the kiss yourself.

10 million to 1 billion groups of bacteria are swapped every time you share a kiss with someone. Not to worry though, as saliva contains antibacterial chemicals that kill the off the bacteria so don't stress out too much before you kiss someone.

One kiss uses 34 facial muscles. You wouldn't realize it would use so many muscles, I guess you don't think about that at the time.

It has been proven that people can actually be allergic to kissing. An Italian man kissed his wife and she was rushed to the emergency room with some kind of an allergic reaction. They later found out he had taken a prescribed drug that his wife was allergic to and traces had been found on his lips. This has also been the case with couples that have been allergic to nuts and many other things.

Louisa Almodovar and Rich Langly made a world record for kissing for 30 hours 59 minutes and 27 seconds. That is one long kiss, and if you burn 26 calories each a minute between them they would have burnt 96 694 calories. What a work out!

I'm sure your dentist would recommend for everyone to kiss more often. Kissing reduces tooth decay because when you kiss you produce more saliva which contains antibacterial chemicals that kills mouth germs therefore reducing tooth decay.

Everyone's brain contains special neurons that can actually find another person's lips in the dark. I wondered how that happened...

On average people spend 20,160 minutes kissing through out their lives. When you put it like that it actually sounds like quite a lot!

A study showed that 50% of people kiss before the age of 14. So much for 16 and never been kissed...

So many things you didn't know about kissing, you learn something new every day.

### Kissing Customs

Kissing has been around for many thousands of years, and it is thought that it originated in India because of stone carvings discovered with people kissing. However this is only one of the theories that arise today. No matter where it originated from, it is seen almost everywhere you look today. With so many different cultures in the world today, it is interesting to see how some view kissing.

It is thought that France was the first country to discover kissing. They called it the soul kiss obviously because it comes from the soul, but it was later called the 'French kiss' by other countries. It is still known as French kissing today but has also taken on a number of other names like pashing, snogging, tonsil hockey, tongue dancing and much more.

In Paris, four kisses are given to greet close family and friends starting from the left and going to the right. It is thought that Paris was the first place to discover kissing.

Most other countries in Europe give two kisses to greet people and two kisses to say good-bye.

In Rome many years ago the husbands came home from work and gave their wives a kiss to see whether they had been drinking alcohol all day. It was the only way for them to tell! They didn't think it was fair if they had been working all day and they knew their wives wouldn't have been doing anything if they were drunk. The husbands also wanted to make sure their wives weren't spending their hard earned money on alcohol.

In a village called Sesetan once a year they have a festival with teenagers where the girls stand on one side of the town and the boys stand on the other. They slowly walk towards each other to the beat of a drum until they reach each other then they kiss. After this they have water poured over them.

In Eskimo, Polynesian, and Malaysian cultures rubbing of noses is a form of kissing. This is usually to greet people they know.

In some religious cultures people thought that the breath of a leader was magical. People would join their lips together to pass this magical breath passed to them by their leader to one another. Spectators saw this and started to do it to each other hoping they too would get these magical powers. It turned into a form of kissing.

A long time ago before baby food was invented it is thought that mothers chewed their food and feed it to their babies, just like mother birds with their chicks. It was thought of as a loving act because they were giving them life, and the tradition continued as a way to show others they love them.

In Russia the highest sign of recognition was to be kissed by the Tsar. Everyone would know if you had been kissed by the Tsar and you were shown complete respect by everyone.

You won't want to be caught kissing in Kuwait. It is illegal and if you are caught you could be facing a three month prison sentence and if you aren't even from Kuwait once your sentence has been served you will get deported back to your own country.

The Chinese didn't start kissing until the Westerners introduced it to them when they arrived. At the start they thought of kissing as a form of cannibalism and were completely scared off by it. It mustn't have caught on too well because even today they aren't that keen on kissing each other.

Just like everything the Irish do, they have thought of a way to get good-luck from kissing a stone. The Blarney Stone is part of an old castle and it is thought that if you kiss it you will be given the gift of true eloquence. People go to great lengths to kiss this stone, and it is very tough to reach. You have lie down with someone sitting on you legs and bend over backwards to fit down a little crevice to reach the stone.

During medieval times in Italy, if a man and a woman were caught kissing anywhere they were automatically forced to marry each other. They had no say in the matter, and if they didn't marry they would have to suffer the consequences. I guess this would make you think twice before kissing a stranger!

African tribes have the most respect for their chiefs and to show this they actually kiss the ground their chiefs walk on, like it is holy ground. It is a major privilege for the villagers to kiss the ground because it is like they are kissing something sacred, like everything the chiefs touch turns holy. Some African tribes don't even kiss each other, as they think of it as eating each others dirty saliva. They hadn't even seen kissing till they saw Europeans kissing when Africa was colonized.

### Tongue Piercing

With piercings becoming more and more popular today, there are more reasons to get them than just for the look. The sensations of a piercing are probably a bigger reason to get a piercing today, making the tongue a popular piercing option. Kissing with a piercing can cause different and pleasurable sensations for both people sharing a kiss.

You can kiss completely different than others, using your piercing to your advantage. A number of people will pick you over someone that doesn't have a piercing as it is a lot more intriguing. People find it intriguing because they want to know what it feels like and try different things with it. Because it is different from the norm they are guaranteed a more fun and interesting kiss than what they are used to.

Piercings can be a turn on because they are slightly naughty and adventurous. Even for people that don't really like tattoos or piercing it can still be a turn on because a tongue piercing is hidden but when you talk it can be seen slightly drawing people to your mouth to see if you definitely have a tongue piercing or not. This is a good thing if they are looking at your mouth because it starts people's imaginations running into overdrive. While you are talking to them they start to wonder what it would be like to kiss you with your piercing and it goes on from there. They start thinking about your lips and kissing them. You already have your chance because you have a piece of metal in your mouth.

People that haven't kissed anyone before with a tongue piercing are often intrigued and curious to feel what it is like. That is the kiss that is going to stay in their mind as one of the better kisses because the sensation of something cold and hard on your tongue is great. Heaps of people think it looks sexy as well and want to get a piece of that...

And for you it will be fantastic. Don't worry you aren't forgotten, as you do get pleasure out of your piercing and it won't just be for the person you are kissing. Your tongue has so many nerve endings so any little

movement will cause a sensation. When people are kissing you and they are playing with your piercing it will be pulling on your tongue so it will be very enjoyable, not to mention the fact that the person kissing you will want to get a little adventurous in their kissing and try things they might not usually try if you didn't have the piercing.

For those who would love to get their tongue pierced but think that there is no way that their boss would let you wear it to work, don't worry. You can still get it done. There are things called retainers and they are clear plastic. If you use them in place of jewels or metalwork nobody can even tell that you have your tongue pierced.

Think outside the square and think about all the fun attachments you can put on your barbell. There are rubber balls with little spikes on them, and the spikes aren't sharp but they massage the other persons tongue. You could get an even larger ball than normal to make a really obvious difference and it is something your partner can actually play around with their tongue. Now your tongue is getting the massage. UV attachments are great especially if you are in a club or somewhere where it is dark. If people see them glowing they think it is a bit of fun and want to kiss you. For something quite different check out an attachment called the UFO. It is a big ball with other little balls coming off around it, and it looks just like a UFO, hence the name and a lot of fun!

If you do decide to go for a jewel that is slightly larger than normal, check it often to make sure it hasn't loosened off because you don't want to end up swallowing an object that large. I'm not trying to scare you, but it is quite common for attachments to loosen a little and get swallowed.

If you have decided to go for it and get your tongue pierced then you will be hanging out to try it out on someone. My advice would be to refrain and hold on. Your tongue needs time to heal for at least a week and a half, and if the person you are kissing has the tiniest infection then you are more than likely to catch it. The human mouth is a very dirty place and your piercing can infect very easily.

Best piece of advice I can give you is to put a rubber ball over your metal stud as much as you can, especially at night when nobody sees it anyway. Metal barbells may chip your teeth, especially if the piercing is further forward in your mouth. Also you will tend to play with it a lot because it is a foreign object in your mouth and you will do it with out thinking causing tooth chippage. These rubber add-ons are cheap and it is in your best interest to pay a little now rather than a lot later for a dentist bill. Recapping chipped tooth enamel is very expensive.

No matter how easy and tough you are you should never do a DIY piercing job. The tongue is an integral as well as a very dirty part of the body. You really can't afford to take risks with your tongue given the very important role it plays. There are so many blood vessels and veins in your tongue that if you puncture one then you could seriously injure yourself, or even die from blood loss. These people are professionals and they don't just choose a spot on your tongue and think they will go with it. They know where all the veins and stuff are and know how to avoid them. They also have the proper equipment needed and all the sterile knowledge needed to do this kind of job properly.

If you do decide to get your tongue pierced then you will need to be particular and choose someone that has been recommended to you and has a good reputation. It is better also to pay more for a good safe piercing than to save money and go for a botched job with infections. If you choose to go cheap you will most likely



have to pay a doctors fee at the end anyway. Say good-bye to the money you saved and a little bit more. The areas where piercers often save money is in re-using equipment, sourcing inferior equipment, and not keeping it sterile.

Make sure the piercer makes you clean your mouth out with Listerine or something before they pierce your tongue. You need to kill off as many germs as you can. Remember there will be an open wound in your mouth and you don't want an infection. Check the working area you are in, that it is clean and tidy and looks to be sterile. The work space will often reflect their work ethic.

Follow all cleaning instructions. If you don't you are most likely to get an infection which may result in you having to remove your piercing. It may hurt a little at the start, but it is more uncomfortable than painful and after three days the uncomfortable feeling will just about be gone. An infection will be incredibly painful and it will be difficult to eat as well as swallow.

If you have never kissed anyone with a piercing before and you are thinking about getting it done, you should kiss someone with a piercing so you can to see how it feels. This is how it is going to feel for others if you get it done. Also remember how you were intrigued by it before you kissed them and you will soon see what all the fuss is about.

Essentially it is a personal choice, and one that many people will have different opinions about. But if it is something that you really want, make the necessary enquiries and get all the information you need. The wonderful thing about piercings is that if you decide later that you no longer want it, you can remove it and the hole will grow back over.

The key to this is don't be afraid to experiment. Life, and especially kissing, should be about experimentation and fun. That and plenty of practice. Happy kissing!