

26 Ways to Feel Sexy this Spring!

Spring is the season to feel lighter and live healthier. This year especially, it's the time to shake off winter and enjoy longer days and warmer temperatures. I always feel better when Spring finally arrives, and I think other women do too. **For those reasons and more, Spring is the perfect time to develop a sexier mindset and become more intentional about enjoying sex with your husband.** If you're ready to be done with Winter, here are 26 fun ideas for enjoying your own "Spring fling" this year:

- Read a sex-positive article, blog or book every day for a week. (Check out these [great resources](#).)
- Recognize that God created your sexuality. **Affirm it, embrace it, live it.**
- Wear clothing or accessories that make you feel sexy. It can be something simple - a great pair of heels, dangling earrings, a slim skirt, a well-fitted top.
- Make a playlist of [sexy music](#) and listen to it regularly.
- Arrange for a night away from home and enjoy "[hotel sex](#)."
- Arrange for a night at home without children and enjoy "at-home sex."
- Give your husband a sensuous back rub or massage. Ask him to give you one.
- Send him sexy texts throughout the day and follow up on them that night.
- Buy and wear lingerie that makes you feel sexy. Wear what makes you feel good. If you feel comfortable in it, you're much more likely to feel sexy in it.
- Set a romantic mood in your bedroom, with candles, scents, dim lighting and/or music.
- Ask for what you need in order to boost your sexuality - a break from the kids, help with the house, time out of the house, time to relax in the evening.
- Make love at an unexpected time or in an unexpected place.
- Change something small. Even something as insignificant as putting the pillows at the foot of the bed and lying "upside down" can make a difference. (Trust me on this one!)
- Train your mind to think positively about intimacy and to understand that sex is not just something for your husband. In every possible way, [sex is about you too](#).



- Take steps to [feel more attractive](#) and embrace your natural beauty.
- Take a shower together.
- Initiate sex.
- Anticipate sex throughout the day.
- Figure out what makes your body feel good. Then do it!
- Make love regularly. It creates a positive cycle that improves just about everything in your marriage, including your interest in sex.
- Plan your day with sex in mind, to ensure you end up with time and energy for it at the end of the day.
- Get in the habit of going to bed at the same time as your husband.
- Initiate morning sex.
- Dance together. Practice moving your body in sensual ways.
- Pull out your lingerie and try it on. Which items make you feel good about your body? Move them to the front of your drawer or closet and wear them more often.
- Plan a date and wear something sexy.



Embrace your sexuality and have fun with it this Spring!



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