

## Secrets Of Satisfying Quickies After 40

By Michael Castleman

Sex therapists agree that the most fulfilling, deeply erotic lovemaking involves slow sex—leisurely, playful, massage-inspired, whole-body sensuality. But sometimes there's no time for extended lovemaking. And sometimes lovers want fast, rip-your-clothes-off quickies. Sex doesn't always have to be an elaborate affair. Seven-course banquets are wonderful, but every now and then, fast food hits the spot.

### Quickie Quicksand After 40

But after age 40 or so, quickies present several sexual challenges that can threaten intimacy and pleasure. Here are a few important caveats to keep in mind:

- After 40, don't be surprised if quickies aren't as exciting as they used to be. Many women have difficulty enjoying quickies at any age because it usually takes women longer than men to warm up to sex. Quickies don't allow much warm-up time. After around age 40, men, too, take longer to become aroused, and may feel disappointed in sex in the fast lane.
- As men age, quickies become less physically possible. Young men may be able to raise full erections at the drop of a zipper, but for men over 40, this becomes increasingly less likely. Here's an old joke about sex as men age: What young men want to do all night takes older men *all night to do*. Because older men are less physically able to become aroused and raise erections quickly, quickies can be frustrating or impossible.
- As women age, quickies become less comfortable. The reason is vaginal dryness, which becomes common in women over age 40 or so.
- In addition to lubrication problems, quickies also increase risk of other sex problems, notably: poor ejaculatory control and erection problems in men,

and for women, inability to have orgasms. The reason is that quickies don't include enough sensuality for lovers to warm up to genital sexually.

- Finally, the more sensual the lovemaking, usually the more intense and satisfying the orgasm. Don't expect your best orgasms from quickies.

### **Your Checklist for Satisfying Quickies After 40**

On the other hand, quickies after 40 can still be great fun. Here's how to make the most of them:

- Make them as sensual and playful as time allows. Remember, compared with men, it usually takes women longer to become aroused. And as men age, it takes them longer, too. So don't just reach between your lover's legs. To whatever extent possible, savor kissing, hugging, whole-body massage, and whispered words of endearment as you unbutton and unzip. The more sensuality you can include, the more fun your quickie is likely to be.
- Heat up the anticipation. A great way to make quickies feel erotically longer than they really are is to begin them before you even get together. If you have to travel to enjoy your brief rendez-vous, get on a phone and start talking about how much your lover excites you and how eager you are to get together and play. That way, by the time you fall into each other's arms, you're already partially aroused.
- Don't forget the setting. You may not have much time, but that's no reason to jettison a sexy ambiance. Arrange your tryst to include as much music, visual interest, fragrance, tasty treats, and massage as possible. A portable radio and scented candles can be used almost anywhere. Stop by a market and pick up a some treats to feed one another, for example, cold shrimp and spicy cocktail sauce.
- Use a lubricant. Commercial lubricants are necessities for many older couples who have all the time in the world. They are even more necessary for quickies, which may not allow the woman enough time to self-lubricate sufficiently to enjoy intercourse comfortably. Lubes also increase the sensuality and pleasure of genital fondling, so they're good for men, too.

- Keep a vibrator handy. The faster the sexual pace, the more difficult it is for women to have orgasms. Vibrators come in very handy. Vibrating penis sleeves can do the same for men. For a wide selection of vibrators and penis sleeves, visit the sex toy store affiliated with this site, [mypleasure.com](http://mypleasure.com).
- Orchestrate surprises. If variety is the spice of life, that goes double for lovemaking. It's often difficult for couples to wriggle out of their established sexual routines and try new things. Because it can be challenging to make a quickie erotically fulfilling, quickies present an opportunity to try some new moves. If you've ever thought of experimenting with unusual sex toys or new sexual moves, they can spice up your quickie.
- Savor afterglow. After your quickie, extend the excitement by savoring afterglow to whatever extent you can. Hold each other, kiss, embrace, whisper words of endearment. If you part company, keep in touch by phone or email.
- Schedule your next one. If you and your lover enjoy quickies, why not work them into your regular sexual rotation? Make periodic dates for them and take turns orchestrating the setting, ambiance, and any little treats or surprises.