

Capture His Heart: And Make Him Love You Forever 2.0

Wake Up Gorgeous Hour 7

**Tease and Tantalize in a Way That Will
Keep Him Riveted**

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Tease and Tantalize in a Way That Will Keep Him Riveted

Here's the truth. Men are visual and they are brimming with hormones 24/7. And there are SO many ways to engage, entice, excite, and arouse him. And you know what? Most of them don't even require that you SAY anything! Because if you begin with the visuals, you'll rarely go wrong.

But of course, don't stop with actual visuals. You can also get him to create incredibly steamy and seductive visuals in his own head. And of course, there are a lot more ways to keep his attention riveted on you... Try out a few of the tactics below and see if he doesn't come panting to your door every single day, desperately hoping for more.

BEWARE: Using your teasing and tantalizing skillz where more than one man can see can be a recipe for a nasty little bar fight (regardless of where you are). Be gentle, girlfriend! Use teasing like you would use an expensive fragrance; it should enhance your natural loveliness, not overpower everything in the room. :) You've been warned. Proceed!

Make him stare

This doesn't mean you have to strip down to a thong and parade yourself in front of him (although he would probably dream about that for the rest of his life). In fact, teasing is the art of showing *a little* and making him salivate just *thinking* about the rest!

Dress to accentuate long, beautiful stretches of skin that aren't naturally associated with sex. Think sleeveless tops, short skirts, and open or scooped collars. If you can figure out a way to wear thigh-high stockings, you will have him in a twist so tight he may not be able to carry on a sensible conversation (in which case, you win!). And don't forget: if you're wearing sexy lingerie, you'll feel seductive even if he never learns it's there. It will just be your secret, sexy edge!

Try a little glitter powder on your collarbone, shoulders, or cleavage. Would you believe they make body glitter in flavors? Oh, yes they do, and it's easy to find online or in a Sephora. I have cinnamon and lemonade, and use the one that suits my mood.

Brush up on your body moves (see Beef Up Your Body Odds in Hour 3) and let him see you work them.

Smell freaking fantastic

Start with smelling incredibly clean. And in fact, one of the sexiest scents to a man is a woman's clean hair. Be selective when buying your shampoo! Avoid the grape-bubble-gum-smelling stuff, and beware of anything with an overly strong powder scent – too much like a grandma (you totally don't want to make him think of his grandma, ha!).

To get a man to notice your fresh, clean, just-stepped-out-of-the-shower scent, lean in toward him to ask a question. If you have long hair, try leaning over his shoulder to point something out or borrow a pen, and let it brush against him.

Here are some of the scents that turn a man on:

Clean hair

Bath scents and oils

Clean laundry: this can be your detergent or the smell of line-dried linens

Vanilla: Bake a cake in the house, or use a little vanilla extract on the inside of your wrists

Coconut oil: think the scent of hot, sexy beach bodies

Spicy florals: don't get too flowery!

And a few "alternative" sexy scents that guys dig:

Light cigar smoke

A tiny touch of masculine cologne

The smell of expensive whiskey: rub some on your collarbone

Evergreen or woodsy scents (no cedar, that's for hamsters)

Don't forget that your toothpaste and mouthwash have their own scents. I actually don't go the standard mint route – I prefer cinnamon, but you'll be amazed at the variety brands like Tom's now offer.

Include sexy sounds in your conversation

No, silly, I'm not talking about Meg Ryan's (hilarious) deli scene in *When Harry Met Sally*. Although this is related, because you do want to use conversation in a way that isn't only about conversation. You'll just want to be a little less... *orgasmic* than Meg Ryan.

I'm talking about sounds like:

Mmm.

Ahhh.

Ohhh.

Oh!

Hmm?

Shhh.

Mm-hm.

These are words that aren't really words, because they leave room for imagination to begin to spark. And of course, these are sounds a woman makes when she's being kissed and stroked and pleased such that she's beyond articulate...

And while they may be innocent, simple little sounds that every person in the world uses every day, when combined with your other teasing and tantalizing techniques, they crank up the heat. And the fewer words and more sounds you use, the higher the temperature rises.

Eat like you're making love

You're moving into spicy territory now, and I don't mean the hot wings. Eating seductively is one of the oldest teasing tactics around, and don't start it if you're not serious, because it's a very short trip from the table to the bedroom (and you may not even make it to the bedroom).

Take an ordinary old picnic to new sexy levels by packing...wait! By NOT packing the silverware. Now you'll have to eat with your fingers, hmmm.

TEASE AND TANTALIZE IN A WAY THAT WILL KEEP HIM RIVETED

Instead of silverware, pack (you guessed it) *passion* fruits, raw veggies and scrumptious, yummy things to dip your food in. Be sure to eat slowly and playfully. . . Ohh, a bit of honey on your finger? Lick it off while gazing at him with an impish little smile. Oops, a touch of whipped cream on his chin? Do you dare?

Even a popsicle from the ice-cream truck can be a tool for sending him into ecstatic shivers. Touch it to your lips and look at him. Rub it gently across your lips from one corner of your mouth to the other. Ahh. Scrape the juice from your lips with your teeth. Slowly lick up and down the length of your popsicle before you put the whole. . . thing in your mouth. Mmm. Let it drip down your arm (Oh!), then lick it off. Hold it above your mouth and let it drip in.

If he doesn't swoop you up, pitch you into his convertible, and drive you immediately to the nearest secluded spot for a make-out session, let me know.

Check out these seductive and erotic food ideas, too. Dip it, lick it, savor and delight in it. Let him feed it to you. Nibble everything. You'll both be hungry for more. Much, much more. And I'm not talking about the food, sugar.

Frosty, lush grapes served with a selection fragrant, delicious cheeses

Whole, sweet ripe figs, a rich selection of olives, and a handful of almonds

Crunchy red apple slices to dip in silky, sticky caramel

Seedless ripe red and yellow cherries with warm and crusty vanilla scones

Sliced hard-boiled eggs topped with caviar or black pepper

Warm, fragrant cinnamon rolls, dripping with buttery frosting

Crisp bell pepper slices, carrots and celery sticks with French onion dip

Juicy, warm-from-the-sun peaches, served whole

Delicate slivers of ripe, fresh pear dipped in chocolate mousse

Steamed and chilled fresh asparagus with lemon slices

Grilled chicken fingers to dip in spicy barbeque sauce

A bowl of rich, chilled raspberries

Cooked and chilled lobster or shrimp with cocktail sauce

Soft, delicious pita triangles with creamy hummus for dipping

Steamed, then chilled fresh asparagus spears, lightly drizzled with lemon juice

Cucumber fingers with cracked black pepper and sea salt

Crispy, seeded crackers topped with fresh, organic peanut butter and local honey

Strawberries and whipped cream

MORE sexy, teasing moves

Some of these require a bit more intimacy than others, so pick the ones that match the level your relationship has reached. Or maybe pick one that's a little... ahead of where your relationship has reached, and you'll be taking it to a whole new place.

1. Pass him a piece of his favorite candy from your mouth to his
2. Wink at him from across a room
3. Hug him from behind, making sure your breasts press up against him
4. Send him a flirty text message
5. Whisper something to him
6. Get caught looking at him and giving him the complete check-out
7. Shift into his personal space
8. Mirror his moves: when he leans in, you lean in
9. Show off with a full-length cat stretch
10. Slowly, languidly touch and stroke your hair as you talk to him

Honestly, this is almost TOO easy.

It's like giving treats to a puppy. They will eat until they're sick with it, follow you anywhere, and they'll cry piteously when you leave them. Poor little puppy. Kiss their sweet little faces and promise them you'll be back. If they're good.

Wake Up Gorgeous sticky note:

