




Oh La Love

a meaningful date night playbook designed by

Kristin Hodson



Being deeply loved by someone gives you strength, while loving someone deeply gives you courage.

- Lao Tzu



Welcome to Oh La Love, a date night playbook designed to help you focus on sensuality and connection within your relationship. In the coming pages, I'll be teaching you a little about the art and pleasure of sensuality and providing an evening's worth of ideas on how to recognize and capture more of it in your own life and/or in your partnership.

Some important things to remember before jumping into your date night:

Remember this is an opportunity to grow and connect.

Be clear on your expectations and what it is you ARE and ART NOT wanting to have happen. This creates an agreement and understanding of how you both want the date to go and move toward mutual pleasure. The more clear you are around expectations the better the experience will be.

Use these examples as a springboard using your own language. Feel free to make these as light and flirty as you'd like:

- I'm excited to have a date night exploring our senses, I'm great with seeing where things go. What are your thoughts?
- I would love experience a sensual night with you but don't want to have sex tonight. Would that work for you?
- I want to experience this and this and this with you. I can't wait.
- I'm excited to spend time with and I'm really tire. Could we find childcare so we can start the night earlier?

“Touch Me Without Using Your Hands”



Focus on experience not outcomes. Practice being present by simply enjoying each exercise for what it is. After you have gotten clear on what you hope for your date, embrace all of the moments for what they are. Had a plan to do all the things like watch a movie, get takeout, give back massages and make a dessert together and your toddler wasn't ready for bed pushing out the dessert? No problem. There are a lot of ways to measure how great a night was beyond orgasm.

Embrace a growth mindset. One of my favorite things to introduce into the sexual health world is a growth mindset. This means you anticipate all of the things that come with trying something new, getting out of your comfort zone. As Carol Dwek, creator of the growth mindset says, “challenges are exciting rather than threatening. Rather than thinking you are going to reveal a weakness you can wow...here is a chance to grow.” Practice makes progress, so lean into your discomfort for growth.

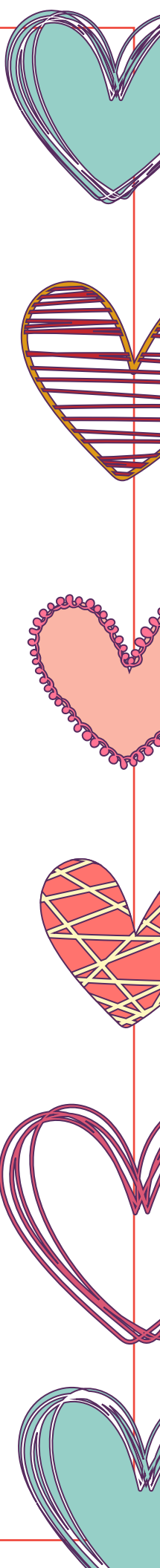
Great job! Now let's talk about sensuality

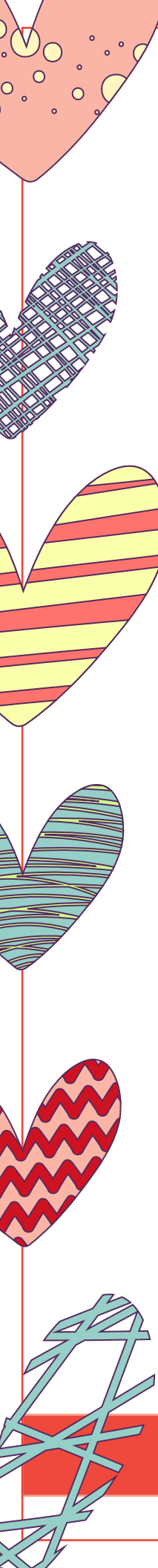
- Sensuality is the art and soul of sexuality
- Sensuality is the practice of pleasure
- Sensuality is connecting with sensations of everyday life and being present with them
- Sensuality is a combination of our emotional and mental states that have the potential to create a spiritual state

Sensuality is not WHAT we are doing, it's how we are doing it. When we learn to connect with and foster sensuality in our everyday lives, bringing sensuality into our relationships will feel like an extension of what we are already cultivating.

So what does it mean to touch someone without using your hands? I once had a mentor who told me to guide my couples to make love from the ankles down. Like you might be feeling, I was a bit confused. Make love from the ankles down? The invitation was less in literally making love from the ankles down and to rethink and re-imagine how to make love by removing so much of the emphasis on the genitals.

The reality is that we're creatures of habit and as such, our sexuality can get into a patterned and predictable state. Start kissing, hands start touching body parts, clothes start to come off, hands start touching genitals and then often it's onto intercourse. I'm





not suggesting there is anything wrong with this routine, routines are efficient but our routines are often devoid of sensuality. Routines can miss all of the in-between stuff that makes connecting human to human so great. This is not because we aren't capable of it - it's often because we aren't practicing it outside the bedroom so we also aren't connecting with it inside the bedroom.

Examples of sensuality in everyday life:

- Lighting a candle with a scent that you enjoy
- Sitting in the grass and lightly running your hands across the top of the blades
- Experiencing the wind on your face on a breezy day.
- Putting lotion all over our body
- Massaging your scalp
- Creating space in your shower routine to focus fully on the sensation of water running down your skin
- Wearing clothing that feels good on your skin
- Moving your body to music in a way that feels good to you
- Step outside and smell the air. Do it daily and notice how smells change. Bonus, you can also notice sounds and the sky

Keep in mind that sensuality is something we cultivate and develop, it requires intentionally slowing down and using our senses to be fully in the moment. And like most aspects of our sexuality, it can feel a bit awkward. Feeling awkward means you are on the path of expanding your sexual comfort zone. Sensuality begins with you stepping out of your ongoing thoughts, and into the experience of your senses. Distilled down, sensuality is a mindset. It's slowing down so you can show up fully in the present where you are, who you are with, and what you are doing.

I invite you to take a minute and consider, "What are some of my favorite ways to experience sensuality? What about my partner (if applicable)?"



You, yourself, as much as anybody in the entire universe, deserve your love & affection.

- Buddha

Ready to jump in? Let's go.

“Love is friendship that has caught fire. It is quiet understanding, mutual confidence, sharing and forgiving. It is loyalty through good and bad times. It settles for less than perfection and makes allowances for human weaknesses.”

- Ann Landers



Like a great meal or movie, we're going to plan out your date night in sections:

**Setting
the stage**

**Getting
warmed up**

**Catching
on fire**

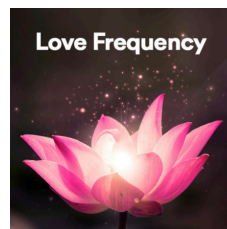
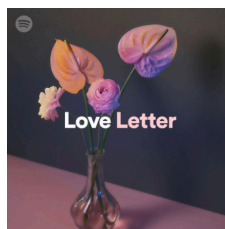
In each section, I'll be making recommendations of elements and activities to use. HOWEVER, remember that you're the best expert of your own sensuality and/or the sensuality of your partnership. If something doesn't seem like a fit or if there's something that feels like a better fit, go that direction without hesitation!

Setting the stage:

We sometimes forget that the energy we put into preparing for an experience can have an exponential effect on the experience itself. Here are a few suggestions on ways to set the stage for a successful exchange through our primary senses.

Sound:

As one of our primary senses, sound has a profound effect on our emotional and physical states. With that in mind, here are a couple playlists that help evoke sensuality.



Smell & Taste:

Anyone who has walked into a rose garden or locker room knows how powerfully smell can impact our state of being. Scented candles, fragrant flowers, freshly baked chocolate chip cookies can all evoke sensual sensations. With that in mind, here are a couple of favorite suggestions that would add to your experience:



Sunshine Bouquet

from Whole Foods (or your local florist)

Flowers are a great way to peak multiple senses: smell, sight, even touch. Pro tip: make sure to include flowers with a sweet fragrance in your bouquet, like roses, lilies or plumerias.

[Find the product online here](#)



Essential Oil Diffuser/Kit

from Amazon (or your local grocer)

Essential oil diffusers are a guaranteed gift for the senses. The thing that I love most about them is the variety and power of emotional or physical responses that get triggered depending on the scent.

[Find the product online here](#)



Dark Chocolate Hearts

from Whole Foods (or your local grocer)

Activity: For added sensuality, I suggest sucking on the chocolates. Roll them around in your mouth, feel the chocolate melting in your mouth and describe the flavors and sensations.

[Find the product online here](#)

Getting warmed up:

Once we've successfully set the stage, it's amazing how our exchanges naturally begin to warm up, becoming more comfy as we progress into the experience. Just like a good workout, once we notice muscles warming up we're ready for new steps:

Taste:

Most of us love food and drinks, which is why I've included fun options to consider. Enjoy a blissful combination of these recommendations, or pair them with your favorite meal.



Strawberry Basil Sparkling Mocktail

from The Mindful Mocktail

Super easy to make, there is something special about the sweetness of strawberries and the subtle flavour of basil combined. Throw in a little kick of lime and some bubbles, and you have the perfect non alcoholic drink.

[Find the full recipe here](#)



Strawberries

from Whole Foods (or your local grocer)

Double the fun with your mocktail ingredients by getting a few extra strawberries for a fun activity: **Try eating strawberries in a sensual way. Slow, mindfully, without the goal of finishing the strawberry but enjoying the strawberry, allowing the juices to drip down your mouth, maybe kissing the juice off your partners lips.**

[Find the product online here](#)



Tazo Teas: Passion

from Whole Foods (or your local grocer)

Description: "With an herbal infusion of hibiscus, orange peel, rose hips and passion fruit flavors, Tazo Passion Herbal Tea blends fresh, floral and fruity notes for a perfect, slightly sweet treat."

NOW, here's a sensual way to enjoy your tea: **Find a tea that the two of you can enjoy together and brew it in a slow manner. Use a kettle or simply boil water on your stove top. Pour the hot water into your mugs and listen to the sound of the water as it pours. Sitting across from each other, feel the heat from the cup in your hands, and feel the steam on your face. Notice your posture, notice your partners face, their eyes, notice how your legs are resting...are they crossed at the ankle at the knee. Take your time to sip your tea.**

[Find the product online here](#)

Getting warmed up:

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Taste (continued):



Basic Crepes

from Epicurious

Two things I love about crepes: 1) how easy they are to make (just make sure you've got a crepe pan) and 2) how fun it is to customize your toppings to create any palette-pleasing experience you'd like.

[Find the full recipe here](#)



Chocolate Eruption Cake Slice (w/ Strawberries)

from Whole Foods (or your local bakery)

It's chocolate cake with chocolate mousse filling... do you honestly need more than that? Pro chocolate cake eater tip: Add strawberries for an extra sensual flavor

[Find the product online here](#)



Talenti Gelato: Double Dark Chocolate

from Whole Foods (or your local grocer)

Here's a sensual way to enjoy your gelato: **When it comes to gelato or ice cream most of us will naturally go to a spoon as our default way to enjoy it. BUT when we embrace our imagination and allow ourselves to rethink our habits and common practices we can find NEW ways to enjoy everyday things like gelato:**

- Put a dollop on your partners body* and allow it to get a bit melty then lick it off.
- Wash your hands and have your partner scoop some on their finger. You partner can then enjoy licking, sucking it off, and learning new sensations you both might enjoy.
- Put some in an ice cream cone and focus on the sensation of licking.
- Put some in a bowl and try pouring warm milk over to enjoy a warm/cold blend.
- Put some in your mouth and let it melt. Keep it moving to distribute the cold.

*Vagina's don't like sugar so be sure to NOT put a dollop in the vagina.

[Find the product online here](#)

Getting warmed up:

Once we've successfully set the stage, it's amazing how our exchanges naturally begin to warm up, becoming more comfy as we progress into the experience. Just like a good workout, once we notice muscles warming up we're ready for new, exciting steps:

Activities:



36 Questions That Lead to Love

from NYTimes

"In Mandy Len Catron's Modern Love essay, *To Fall in Love With Anyone, Do This*, she refers to a study by the psychologist Arthur Aron (and others) that explores whether intimacy between two strangers can be accelerated by having them ask each other a specific series of personal questions." See how it accelerates your evening by asking each other these questions (or your own), and then really listening.

[Find the full list here](#)

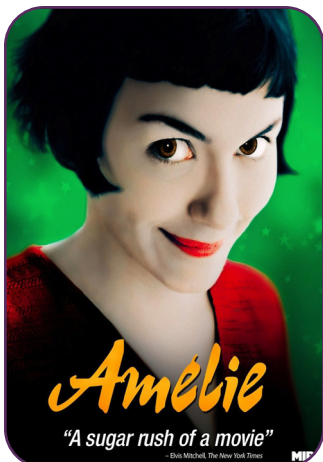


Movie: Chocolat

from Rotten Tomatoes

"When mysterious Vianne and her child arrive in a tranquil French town in the winter of 1959, no one could have imagined the impact that she and her spirited daughter would have on the community stubbornly rooted in tradition. Within days, she opens an unusual chocolate shop, across the square from the church. Her ability to perceive her customers' desires and satisfy them with just the right confection, coaxes the villagers to abandon themselves to temptation -- just as Lent begins."

[Find the movie listing here](#)



Movie: Amélie (French)

from Rotten Tomatoes

"Amélie" is a fanciful comedy about a young woman who discretely orchestrates the lives of the people around her, creating a world exclusively of her own making. Shot in over 80 Parisian locations, acclaimed director Jean-Pierre Jeunet invokes his incomparable visionary style to capture the exquisite charm and mystery of modern-day Paris through the eyes of a beautiful young woman."

[Find the movie listing here](#)

Catching on fire:

Once our sensual muscles are nice and warm, it doesn't take long before flames of passion start flickering and we suddenly catch on fire. Just like any good fire, it's always best to enjoy the heat as long as possible. Here are a few ways to do just that:

Tools/Toys:



Sexual Manifesto - A Sexual Wellness Game

from Kristin Hodson

You have the ability to be intentional about creating the sex life you want instead of allowing life's circumstances to shape it for you. A Sexual Manifesto is a perfect way to get started.

[Find the product online here](#)



Water-based Lubes

Water-based lube is the BFF of lubrications because it can be used in most situations, with most people, and with most tools and toys. I've got a few favorites that I'm sure you'll enjoy. You can also learn more about different types of lubes and their applications [here](#).

[Find the product online here](#)



Couples Vibrator

A couple's vibrator, like the We-Vibe Chorus, is a great way to experience sensual touch in a new and exciting way. There are a few couple's vibrators that I really think you'd enjoy, especially if you're trying one for the first time.

[Find the product online here](#)



Massage Candle

Combining the mesmerizing glow of candlelight, exciting warmth on the skin, and smooth seductive scents, massage candles are an excellent way to invite in connection and pleasure. Not all massage candles are created equal, however. Check out my favorites:

[Find the product online here](#)

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Tools/Toys (continued):



Vouchers for Lovers

The gift that gives twenty times, lovers vouchers will support you in expressing affection in refreshingly non-material ways. By presenting a lucky significant other with a vouchers booklet, they are empowered to request desires whenever they want

[Find the product online here](#)



**The most powerful weapon on earth is
the human soul on fire.**

- Ferdinand Foch



I sincerely hope this playbook has empowered you to have a truly sensual experience, filled with a deeper connection with yourself and your partner.

If you're looking for additional support or ideas for future date nights, don't hesitate to check out additional resources and products on our website. Thank you for allowing us to join you along your journey of becoming the sex expert in your home.

Enjoy!

Kristin Hodson



create your

SEX UAL MANI FES TO

a meaningful couples exchange game created by you... for you

Sexual Manifesto is a couples exchange game, designed to help you be intentional about creating the sex life you want instead of allowing life's circumstances to shape your sex life.



HOW TO PLAY:

Minimum number of players: **2**

1. The following pages are structured to be home-printer friendly. Print, cut up, and play. Looking for something more sturdy? Try pasting them to an existing card deck or stick the sheets onto an old cereal box, and cut them out. **PRO TIP: Want to re-use over and over? Tape over the cards with clear packing tape for a faux lamination effect.**
2. Following the order of the cards (see numbers in bottom right corner), take each step at your own comfort and pace. At each of the first three steps, each player has their own set of cards (Player 1 has purple-themed cards and Player 2 has red). **Remember to seek curiosity over consensus, allowing each player to own all their words and feelings along the way.**
3. For the final step, don't feel obligated to fill out all the cards provided. There are extras included in case you want to revise them or reuse them for future use.

Enjoy this process of discovery and connection!

Kristin Hodson

Many of us made a manifesto like this when we got married or began seriously dating.

“I promise to love, hold, & honor you through sickness & in health...”

A manifesto is a declaration of commitments, motives, or views. They are our values & aspirations as well as calls to action.



create your

SEX UAL MANI FES TO

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Many of us made a manifesto
like this when we got married or
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**“I promise to love,
hold, & honor you
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A manifesto is a declaration of
commitments, motives, or views.
They are our values & aspirations
as well as calls to action.

2

When it comes to sex, we
have the same opportunity to
create guiding principles AND
calls to action. These can
support us through the
inevitable ebb and flow of life.

You have the opportunity to
be intentional about creating
the sex life you want instead of
allowing life's circumstances
to shape your sex life. A Sexual
Manifesto is a perfect
way to get started.

Ready to start?

3

Before you start...



to make sure everyone feels safe
& able to play together nicely.

To get started, each of you take a
card and perform the Step 1 exercise.

4

PARNTER 1

Step 1:

On your own, choose three words that
best describe your sex life right now.

Predictable Fulfilling
Safe Exciting Healthy
Bland Boring Stressful
Erratic Unpredictable
Unfulfilling Amazing
Awkward Unique Comfy
Subpar Fun Fulfilling
Lonely Varied Surprising

OR write down your own:

5

PARNTER 2

Step 1:

On your own, choose three words that
best describe your sex life right now.

Predictable Fulfilling
Safe Exciting Healthy
Bland Boring Stressful
Erratic Unpredictable
Unfulfilling Amazing
Awkward Unique Comfy
Subpar Fun Fulfilling
Lonely Varied Surprising

OR write down your own:

6

Finished?



and enjoy the anticipation of a
meaningful exchange while you wait
for your partner to finish.

7

Ready to share?



Remember to seek curiosity
over consensus, allowing each
player to own all their words.

8

Before you start Step 2...



to make sure everyone feels safe
& able to continue.

If so, each of you take a card and
perform the Step 2 exercise.

9

PARNTER 1

Step 2:

On your own, choose three words that
describe how you'd like your sex life to be

Consistent **Fulfilling**
Safe **Exciting** **Healthy**
Spicy **Comfy** **Playful**
Erotic **Explorative**
Fantastical **Amazing**
Smooth **Mind-blowing**
Breath-taking **Fun** **Fulfilling**
Varied **Surprising**

OR write down your own:

10

PARNTER 2

Step 2:

On your own, choose three words that
describe how you'd like your sex life to be

Consistent **Fulfilling**
Safe **Exciting** **Healthy**
Spicy **Comfy** **Playful**
Erotic **Explorative**
Fantastical **Amazing**
Smooth **Mind-blowing**
Breath-taking **Fun** **Fulfilling**
Varied **Surprising**

OR write down your own:

11

Finished?



and enjoy the anticipation of a
meaningful exchange while you wait
for your partner to finish.

12

CONGRATS!

You've now established where
you each are and where you'd
like to go. Your manifesto can
help you get there, together.

Ready to keep going?

*if not, no worries. Consider setting another
time to move forward together soon.

13

Step 3:

Reflect on the statements on the
following ten cards (each of you
have the same set of cards).

Reflect on them first on your own.
Then have a discussion about each,
choosing one topic at a time.

These exchanges might be a
perfect activity during a date
night or a weekend getaway.

Remember, there's no wrong way
to do this and no wrong answers.
Curiosity and openness are best!

14

PARNTER 1

Question 1:

Are we connecting in meaningful ways in our everyday life?

What things are we doing that
create connection? What do
we want to be doing more of to
create connection?

15

PARNTER 1

Question 2:

How do we determine how often we have sex?

16

PARNTER 1

Question 3:

How would we like to approach sex (when and where)?

17

PARNTER 1

Question 4:

Who is responsible for initiation?

18

PARNTER 1

Question 5:

How do we want to hear a “No” when one partner feels like having a sexual experience and our partner doesn’t?

19

PARNTER 1

Question 6:

How do I handle emotional sexual disappointment?

20

PARNTER 1

Question 7:

Do we currently experience mutual pleasure in our sexual experiences?

21

PARNTER 1

Question 8:

How do we find compromise in our sexual relationship when there are differences in desire, comfort level, or styles of pleasure?

22

PARNTER 1

Question 9:

What are ways we can create trust and safety so we can take sexual risks?

23

PARNTER 1

Question 10:

What are the boundaries and agreements that we want to have within our sexuality?

24

PARNTER 2

Question 1:

**Are we
connecting in
meaningful ways
in our everyday
life?**

What things are we doing that
create connection? What do
we want to be doing more of to
create connection?

25

PARNTER 2

Question 2:

**How do we
determine how
often we have
sex?**

26

PARNTER 2

Question 3:

**How would we
like to approach
sex (when and
where)?**

27

PARNTER 2

Question 4:

**Who is
responsible for
initiation?**

28

PARNTER 2

Question 5:

**How do we
want to hear a
“No” when one
partner feels like
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our partner
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29

PARNTER 2

Question 6:

**How do I handle
emotional sexual
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30

PARNTER 2

Question 7:

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31

PARNTER 2

Question 8:

**How do we find
compromise in our
sexual relationship
when there are
differences in
desire, comfort
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pleasure?**

32

PARNTER 2

Question 9:

**What are ways we
can create trust
and safety so we
can take sexual
risks?**

33

PARNTER 2

Question 10:

**What are the
boundaries and
agreements
that we want to
have within our
sexuality?**

34

**WOO
HOO
OO!!**

That was undoubtedly hard
work you just tackled together.

Well done!

**Ready to take
the final step?**

35

Final Step:

After completing Step 3, review once
more the kind of sex you each want
to be having (Step 2). Using your
reflections and aspirations, now
create 3-4 guiding statements for
your sexual relationship (there are
extra cards if you need them).

Each statements should

- 1) Be positive
- 2) Focus on what you want instead of what you don't want
- 3) Be short so they are easy to remember, and
- 4) Be written in present tense as if you are already living by these principles instead of hoping to live by them.

36

Here are a few examples to get you started:

We continue to expand our idea of
sex beyond intercourse

We practice the art and skill of
talking about sex

We seek to find mutual pleasure

We embrace our sexual differences,
similarities and preferences

We are sensually generous

37

Need a few more?

We prioritize our sexual
connection and relationship

We see foreplay as our overall
sexual connection not just as
warm-up in the bedroom

We priotize a weekly sex date in
our marriage and trade off who
plans and initiates

We honor our boundaries and
agreements so we feel safe

We let pleasure guide us instead of
orgasm or specific outcome

38

Now it's your turn

Work together to draft an agreed-
upon statement. **Don't stress this
part!** These don't have to be perfect.
They will live and grow and change
over time. Just enjoy the process or
creating something together!

39

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Work together to draft an agreed-
upon statement. **Don't stress this
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40

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41

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42

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43

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45

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46

Now it's your turn

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47

GREAT JOB!

You hopefully now have 3-4 statements that will now serve as your Sexual Manifesto

Remember this a living document for you to revisit. It's important that you collectively take ownership of your partnership's Sexual Manifesto. It is as powerful as your commitment to it, so place these statements somewhere both partners can see them and revisit them often.

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