

THE ART OF
EROTIC
KISSING



Peter Spalton

The Art of Erotic Kissing

Peter Spalton, The Dating Doctor™

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Foreword

Three things stimulated me to write this book. The first happened when I did a two-hour radio programme for Oxford FM107.2 and a listener phoned in to ask how she could teach her boyfriend to kiss properly. She said 'he kisses like a vacuum cleaner' and I gave her some ideas on how to help him improve. About a year later I helped to launch a new chocolate from Galaxy called Mistletoe Kisses by doing sixteen radio interviews about kissing in four hours.

A few months later I was asked to do a radio interview on national kissing day. When I arrived at the BBC, the receptionist suggested that I should write a book about kissing. She said it should be aimed at men, but she expected it to be bought and avidly read by women of all ages.

However, I have written this book for adults. It is not meant to be a primer on kissing, but rather a Master Class. My intention is to encourage you to experiment and find new ways of exciting and entrancing your partner. Your goal should be to become a 'great kisser'.

In this book I freely use and change between 'you', 'him', 'her' and 'they'. And because of my own sexual orientation, I talk about kissing in a heterosexual

context. But all my ideas, advice and techniques are just as applicable to kissing as a same-sex activity. I cover kissing on the lips and the other erogenous zones, except the genitals. I think that there are already enough books on fellatio and cunnilingus.

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Introduction

The word kiss comes from the Old English *cyssan*, which means 'to kiss'. Although we aren't taught how to kiss at school, it is probably where most people learn the basics. Interestingly the vast majority of women (some surveys put it at over 85%) remember their first kiss and can often recall the boy's name and the colour of his eyes. And through my work as The Dating Doctor I have discovered that women usually judge a man's potential as a partner from the way he kisses.

In its best form kissing should be slow and tender. But it can also be very passionate and hungry, depending on the mood you are both in. I describe erotic kissing as using your mouth, tongue and teeth to kiss, nibble, lick and suck so you create excitement and build sexual tension. You also use your hands and fingertips.

Erotic kissing should always be intoxicating and it is possible to take some women to orgasm just with an erotic kiss and a tweak of her nipples.

The Science Bit

Kissing is not just a human activity. Touching tongues is a fairly common gesture of affection in many mammals. What they are doing is tasting and smelling each other's pheromones to check their biological compatibility and reduce the risk of inbreeding. In humans, kissing also stimulates our sexual organs.

The mouth is one of the most erogenous zones of the human body because the lips and tongue have a very high number of nerve endings. Kissing uses a complex array of 34 facial muscles and 112 postural ones. The most important is probably the *orbicularis oris*, which is the one we use to pucker our lips. In erotic kissing we also use the tongue's longitudinal muscle to raise and lower its tip.

The skin on our lips has only five layers so is very thin compared to the rest of the face, which can have up to sixteen. The lips do not have any sweat glands which is why they are prone to getting chapped and cracking.

Five Tips to be a Great Kisser

- As with most sexual activities, anticipation builds up the excitement. So take it slowly and use

techniques like the breath kiss to create sexual tension.

- Variety is essential, as is reading the mood of your partner. Be slow and tender sometimes, kissing shallow or playful. At other times be passionate, kissing hungry and deep.
- Use your hands and fingers to caress whilst kissing. When standing you can caress the head, neck, arms and upper body. If you're lying down or sitting you can also play your fingers and hands over their legs and tummy.
- No two people kiss the same, so learn to read your partner and vary your technique and approach according to what they like.
- As with most skills, practice makes perfect. Try and develop a style that appeals to you and your partner.

Chapter 2

Erotic Kisses on the Mouth

Erotic kissing is much more than the French Kiss, which is a generic term for a soul kiss where you open your mouths and play with each other's tongues. Think of erotic kissing as an à la carte menu of dishes (or kisses) from which you can create a banquet of passion according to your own and your partner's taste.

The Breath Kiss

With the Breath Kiss the man is in charge. It is a tender and sensual kiss that should be taken very slowly. Correctly done it is one of the best kisses to build anticipation and create sexual excitement. It's all about what's to come and is the prelude to other erotic kisses. The secret is to take time so she is eager to feel the moment when your lips touch.

The best way to get the full effect and sweetness of this kiss is standing up. Usually her head will be tilted upwards and she'll be wanting to be kissed. He stares