

## FIERA BLOG

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### HOW TO GO ON A SEXY WEEKEND RETREAT

Kristy Lin Billuni, 1/9/17



Sure, you've done the family Disney trip and the Grand Canyon, but when was the last time you and your partner snuck away for a sexy weekend retreat for just the two of you? It doesn't have to be expensive, and you don't need more than a weekend. It's about setting aside time to be in your bodies together.

### GO TO THE PERFECT PLACE

I prefer a rental with a kitchen to a hotel room, but that's because my wife loves to cook, and we both adore a private hot tub. Whatever your preference, you can probably find it and book it online right now. Think simplicity. What's available within an easy drive from your home? Does anybody you know have a cabin or a pied-à-terre they'd lend you for a couple nights?

### HAVE A FOOD PLAN

love to cook together, so our food plans usually involve bringing groceries to a rental cabin or apartment. For her, it's a creative pursuit, and for me, it's a way to work on a project together. But you don't want to spend your whole weekend in the kitchen. Think beyond three square meals a day. For a weekend, you can plan to cook one special dinner and get a couple leftovers lunches out of it. Plan simple breakfasts that work in bed so nobody has to get out of bed early. And don't forget snacks.

## INDULGE

Our favorite retreat indulgences include wine, a white-tablecloth dinner out, and a hot water feature—either a private hot tub or a spa reservation sometime during the weekend. Depending on where we're going, we might find an art museum or gallery or a beautiful botanical garden. But those are just what we like. Think about activities that will stimulate your senses. Ask yourself, what would make you both feel sensually indulged? Plan that.

## BRING TOYS

I'm not just talking about sex toys, but that's a good start. Play is part of sex. When you're not relaxing, and you're not soaking in your chosen indulgence, you'll want to be playing. What sorts of play turn you on? What gets you laughing together? I like to bring my ukulele. One recent retreat rental offered a ping pong table, which led to a sweaty, fast paced, hysterical ten-minutes of little white plastic bouncing balls. Maybe you like Frisbee? Candyland? Poker? Plan for your amusement. Check out Susie Bright's sexy card game, *I Dare You*, for play with sexual intentions.

## PLAN ROMANTIC SURPRISES

Take a sudden detour to the spot where you met. Pack a sexy bit of lingerie in the wrong bag. Arrange a bottle of champagne or a vase of roses delivered to your room. Little surprises excite us, and that's good for your relationship and your sex life.

## SET ASIDE SOLO TIME

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ic weekend, but make a little  
ime to miss each other, and time  
; can be as simple as each of us  
ne couch together, but she's  
m reading historical fiction. The

or just to a cheap motel across town, can give your relationship a wonderful jolt. In this recent [Huffington Post essay](#), travel blogger Alyssa Ramos shares an inspiring list of the ways travel makes her feel sexy, from increasing confidence to improving her smile. She writes, "That's because traveling has not only transformed my idea of what's considered sexy, but it has also transformed how I feel about myself. Traveling has made me realize that sexy is more of a feeling, and not just a description of appearance." Sexy is about being in your body and learning new ways to feel great in your body, and a weekend retreat is a great way to do that together.



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