

Romantic Touch

Physical touch is important when trying to connect. Scientists tell us that our need for positive touch and the reassurance and connection it can bring is literally in our DNA. The physical act of a warm and kind touch lowers one's blood pressure and releases the "love hormone," oxytocin. Oxytocin is an important hormone in a sexual relationship. In women, oxytocin has a role in contracting the uterus and in lactation. In men, oxytocin helps to move sperm. The accumulation of touching blesses your marriage, just as God designed it to be. The reciprocity of touch increases intimacy and your satisfaction in your relationship. So, get touching! Here are some ideas:

Touching with your hands (non-sexual)

- Holding hands
- Massaging your spouse
- Gentle pressure on your spouse's sternum--keep your fingers together. Press down near the neck where it begins for a few seconds. Then slowly repeat as you move down the chest.
- Play with your spouse's hair
- Rub your spouse's temples
- Palm pressure--place palm firmly on spots on your spouse's body to relieve stress (forehead, back of the head, back of the neck, the thigh, the calf, as examples)
- Nose rub--smooth the sinuses. Gently pinch the bridge of your spouse's nose between the thumb and forefinger and rub in a circular motion--then, move your fingers down from the nose under the eyes, then back.
- Jaw rub--use the same technique for temples but massage cheeks and the nodes behind your spouse's ears.
- Stimulate using fingertips very, very lightly to touch your spouse's bare skin.
- Secretly touch your spouse's hand as you pass.
- Inside of the thighs and pubic bone (non-sexual)
- Feet--washing, foot stretches, foot massage

Touch with your lips

- The scalp
- The temples
- Closed eyes
- Fullness of each cheek
- The lips--count to 10 or 20
- Ear lobe
- Opening to the ear
- The neck
- Shoulders
- Elbows
- Over your spouse's heart
- Middle of the sternum
- The hip bone

- The knee
- Behind the knee
- Instep
- Middle of the ball of the foot
- Top of the foot
- Small of the back
- Between the shoulder blades
- Back of the hand
- Palm of the hand

Touch with Arms

- Hugging
- Around the waist while walking
- Holding from behind
- Sitting by each other in a booth
- Snuggling

Touch with Objects

- Hairbrush--roll on your spouse's back
- Fabric
- Ice
- Sable paintbrush
- Tennis balls inside a sock for massaging
- Heating pad

Touch with your head

- Use your hair to touch your spouse's skin
- Forehead to forehead

Touch with your feet

- Play "footsie"

Touch with Your body

- Sit in one another's laps
- Spooning