

Adult Gifts for the Naughty List (For Her)

The holiday season can be a stressful time for couples, given all of the additional responsibilities and expectations that tend to come with the season. It can also be an opportunity for couples to buy each other a gift that will help to bring them closer together. This month and next month, I'm sharing with you some "intimate" gift giving ideas for your partner this holiday season. Find a moment when you can grab some alone time, as you will probably want to give these gifts in private. In this month's edition, I'm going to focus on gifts for her and next month I will focus on gifts for him. Of course, there will be some gifts that work for either him or her, and I will include these as well. Enjoy!

The Gift of Lingerie

Lingerie as a gift is not a new idea. Lots and lots of men buy lingerie for their partners...and many times it is disastrous. In my experience in working with couples, it is disastrous for one of two reasons (or both!). **First**, it is the wrong size. Many women struggle with loving their bodies, just as they are, making this a very sensitive area when it comes to receiving clothes as gifts. Buying a size too big may make her feel like you see her as larger than she is; which may hurt her feelings. Buying a size too small may embarrass her because she won't fit into it or she may think you want her to lose weight. My suggestion to the size issue? When she's not home, spend some time doing reconnaissance in her clothes hamper and closet. Look at the size labels that are on her clothes—particularly the ones in the hamper, as this will ensure it is a size that currently fits her. Now that you've written down her bra size, panty size, pant size and shirt size; you're ready to start shopping! Many designers will have a size chart to help you once you've obtained the necessary information. For example, it may say chest size 34-36" and pants size 10/12, buy Medium. If you're struggling with a size chart, or there is no size chart, have a store associate help you. If you give them the sizes and measurements, they should be able to help you pick out something that will fit perfectly.

Second, it is not her *style*. When I'm talking about "style" in this context, it is about whether or not the lingerie is something she would be comfortable wearing. You may love the idea of a French maid outfit with crotch-less panties, but if that's not something she'd be comfortable wearing, you've chosen something that's not her style and it will likely sit in the closet and collect dust. My advice for you is this: chose something that may be a little bit racier than what she already has, but not too far outside of her comfort zone. For example, if she doesn't like thongs/g-string panties, I wouldn't purchase those. Instead, find a pair that has full bum coverage, but is made of silk, lace, or a sheer sexy material. Another example may be if she tends to always wear a t-shirt to bed, find a sexy nightgown that's made of cotton. A nice example of this is the Calvin Klein Lace Essentials Chemise S1324 (See Figure 1).

Figure 1: The Calvin Klein Lace Essentials Chemise S1324



Pay attention to which parts of her body she tends to conceal, and which she tends to show off, and buy something that highlights the part(s) of herself that she loves. For example, if she loves her chest and legs, but not her belly, don't buy lingerie in separates (a bra top and panties). Instead, buy something that is a once piece, like the aforementioned Calvin Klein example.

On the other hand, if you have a partner that loves to play dress-up, and is pretty open-minded to wearing anything, you may want to push the envelope and buy something more exciting—just make sure you follow the suggestions for purchasing the right size. Also note that clothes purchased in Adult Shops tend to run a bit small. When in doubt, double check with the salesperson.

Finally, if you're not comfortable purchasing lingerie from a store, don't worry! Most stores now have options to purchase online. Unless you are looking for a specific label, I would try Amazon.com, due to their discreet packing, and their wonderful return policies, which usually give you 90 days. Most importantly, remember that this is a gift for HER. Be sure that you are choosing something she'll love, not just something you would love to see her wearing.

Adult Toys

When it comes to toys for women, there are a few “best sellers.” What you chose to buy greatly depends on what she already has, or doesn't have. If the two of you have never used toys before, I suggest starting off with a toy that is basic, but well-loved. The Hitachi Magic Wand (Fig. 2) has been a best seller for many, many years and I think it's great for beginners. While there are many massagers out there that may

look similar, the Hitachi brand continues to be at the top of its class. It's also a great choice for beginners, as it has attachments (sold separately) that can be purchased later, if/when you're both feeling more comfortable with using toys.

Figure 2. Hitachi Magic Wand



If you're both already comfortable with toys, and you're looking for something to add to her toy box, I recommend The Rabbit (Fig. 3). Again, this is a toy that has a lot of imitators, but I strongly suggest you purchase the Rabbit brand (rabbitvibratortoy.com). The picture here shows their original; however, they have since added a wide variety of options to choose from, each with some subtle differences.

Figure 3. The Original Classic Pearl Rabbit



If you're not already using a good lubricant, I suggest you include one when giving a toy. My recommendation is Pjur Eros Original Bodyglide, because it feels natural and doesn't leave a sticky feeling afterward. And don't forget, if you're buying toys to buy batteries!

Jewelry

Right now, you might be thinking, “jewelry? What’s *naughty* about jewelry?” Well my friends, there happens to be some very naughty jewelry out there. The company Incoqnito is known for making “intimate jewelry with dual functions.” One of my favorite examples of their work is The Incoqnito Droplet Necklace (see Figure 4). The necklace includes a “pair of discreet nipple vibrators on a 43” stainless steel chain fashioned from fine metals.” It may not have the glamour of diamonds, but I think this necklace is sure to please!

Figure 4. The Incoqnito Droplet Necklace



Games

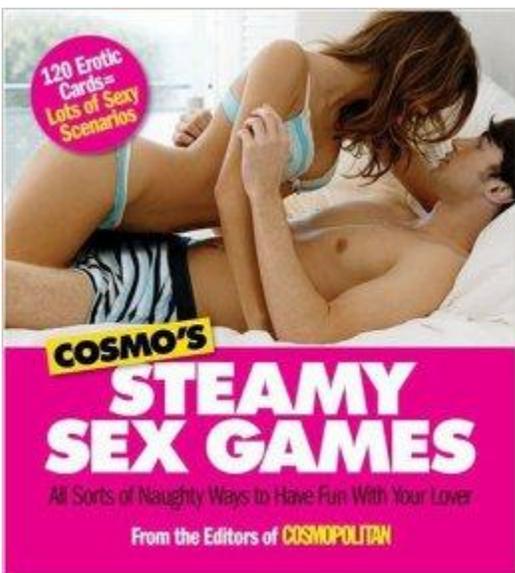
These can really be given to him or her. A very popular and inexpensive gift is a set of “Sex Dice.” These are a set of dice in which one has action words on each of the sides and the other has body parts. (See Figure 5 for example). You can find these online, at Adult Stores, and even at the mall! That’s right, check out Spencer’s Gifts in the Mall for these and lots of other wonderful adult gifts.

Figure 5. Sex Dice



Another game suggestion is Cosmo's Steamy Sex Games. This is a deck of 120 cards, each with sensual suggestions. It's a fun way to change up your normal routine in the bedroom. Product description: "Ranging from Sexy Scavenger Hunt to Dirty Truth or Dare, these games are all printed on clever tear-out cards and are sure to fire up your love life." See Figure 6.

Figure 6. Cosmo's Steamy Sex Games



I hope I've given you some creative ideas for a sexy holiday gift that your partner can really get *excited* about. Until next month, happy shopping!

Copyright © 2013 Dianna Palimere, PhD, LCSW

Dr. Dianna Palimere is a Psychosexual Therapist and Licensed Clinical Social Worker. She has been in the field of mental health for the past 12 years, dedicating the past seven years to specializing in clinical sexuality. She holds a Bachelors degree in Psychology, a Masters degree in Social Work, a Masters degree in Human Sexuality Education, and a PhD in Clinical Human Sexuality. Utilizing a holistic approach to therapy, she incorporates a variety of clinical interventions in her work with individuals, couples, and families. She is devoted to helping people achieve sexual health and healing through her work as a psychotherapist in her private practice in Pike Creek, DE; as well as in her work with local nonprofit organizations. To learn more about her or to schedule an appointment, visit her website:

www.SexTherapyInDelaware.com or email her directly at: dr.palimere@sextherapyindelaware.com

Join her on **Facebook**, keywords: Sex Therapy in Delaware.