



## Video 4 of 4: Ice Cubes

**Dr. Martha Tara Lee:** Hi, this is Dr. Martha Tara Lee of Eros Coaching and this is the fourth of four videos that I have for you regarding Tongue Twisters. And in this video I want to talk about ice cubes, the use of ice cubes. And you may have heard of how ice or the lay of temperature can really enhance on the experience doing love making. And previously when I was playing with ice cubes I would really be in pain. I would take the ice cube, put it in my mouth, and then my whole mouth would be numb and it took trial and error and I think I've probably read it somewhere, I can't remember where, how to properly use ice cubes. And the use of ice cubes actually involves using your tongue and this is why I want to share this in today's video.

Okay, so what you do is you have a bucket of ice cubes or some ice cubes. You get one ice cube it cannot be too big and you will know what I'm talking about because over time you will figure out for yourself what size ice cubes are the better ones for you. Okay, so what you do is you take the ice cube and you put it in your mouth and you let half of it melt. So you move it around your mouth and you let half of it melt. How do you know half of it? You just kind of gauge, okay? As long as you can still move the ice cube after you have melt it it's fine. So I'm going to explain the rest of this by explaining like how I would do it on a guy but if you're a guy you want to do it on a woman you just need to modify this practice.

Okay, so now that half of the ice cube has now been in my mouth my mouth will go down and actually go on to his penis giving him a blowjob. So my mouth will go down and what happens is my mouth is cold and I go down onto the penis and then the guy would maybe he will go (gasp) maybe he might gasp because it's cold. And this is the part where I don't freak out I just hold his penis in my mouth until his body starts to relax and you can feel it. So he starts to go cold and then he starts to relax. And once his body is relaxed what it's saying to me is that he's getting used to the temperature of the ice cube, I mean temperature of the coolness of my mouth. Okay, then once his body is a little bit more relaxed I start moving my mouth up and down the shaft of his penis.

As I do so is I believe a little bit warmer because in movement the warmth, the friction starts happening and he may even relax even further. This is when the ice cube is still in my mouth half of the ice cube is still in my mouth so I use my tongue and I use it to press against his penis.



So I just get it to touch, touch, touch, touch his penis and now what's going to happen is he has this juicy combination of cold but not that cold because he's getting used to it and cold because it's the ice cube and it can feel really nice. And after a while I'll cause the entire ice cube to melt and then I'll just swallow it because it's just water. So this is actually how you can play with ice in a way that it's not too cold, not being painful on you and also on your partner. So this is how you can play with ice cubes and for the men you may want to moderate it and do something similar with her nipples.

For instance have half the ice cubes melt go on do her nipple. Start moving your tongue around her nipple and then take the ice cube press it around her breast while the ice cube is still in your mouth and all kinds of juicy yummy sensations can be felt. Another thing that I really like with love making is I mentioned ice cubes but actually there's a different way you can play with ice because ice is water and ice actually molds and shapes to whatever container you put it in and I used to be able to get this in \*0:03:56 I don't know whether you still can where they have ice cubes that are long. So, you know, like in some pubs and nightclubs you can get ice cubes in the form of an ice stick so the tray is actually a long one and you can take the long one and you can actually play with this when you are with your partner so you can have your tongue tracing the outline of the water for instance.

So you draw on your partner and then you can lick up the water because it's like cold and warm at the same time. And there are many, many creative things you can do with props and with your tongue. I know people who like to play with sauces and chocolate fudge and with ice cream. I just want to do a little shout-out here that it actually is a lot more troublesome and a lot less sexy than it seems on paper.

Sometimes these syrups and hot chocolate or chocolate sticks to the body and is actually not that easy to lick off. With ice cream, with anything that has sugar you want to be very careful not to get it into the vagina because it can be really nasty it can cause bacterial infection and you just want to get it to stay away from her genitals however for men because the men has a shaft and the urethra is really long so one of the easy ways he can make sure he doesn't get bacterial infection is to just pee after sex.

So for the men you can play with his penis by having sauces or ice cream on his penis if that's what you want to try. And so I hope this video series has given you lots of ideas starting from very basic tongue exercises to moving on to using props and now with ice cubes.



So this has been Dr. Martha Tara Lee of Eros Coaching. I'd love to hear from you, your thoughts, your comments, your feedback, your stories, your experiences, and you have any other ideas of what else I can share with people regards to tongue twisters feel free drop me an email I love to hear from you and I hope you stay tune for your bonus video.

**Be sure to check out your bonus content for Tongue Twisters.**