@sexwithemily

February Solo Sex Challenge ♡

sex W/ EMILY

For this month, your challenge is to have solo sex every day! But each day is a little different, with its own special twist. By the end, you'll have gained a ton of knowledge about your body and unique arousal patterns, your turn ons and of course...your orgasms.

SUN	MON	TUE	WED	THU	FRI	SAT
Week 1 (Feb 1-7): Explore Your Body Week 2 (Feb 8-14): Explore Your Turn Ons Week 3 (Feb 15-21): Engage Your Senses Week 4 (Feb 22-29): New Ways to Masturbate				1 Mindful Masturbation	2 Love Your Inner Thighs	3 Tease Your Nipples
4 Find Your Perineum	5 Play With Touch	6 Make it a Vibe	7 Moan Loudly	8 Fantasize Freely	9 Watch Sexy Media	10 Try Audio Erotica
11 Restrain Yourself	12 Switch Up Your Position	13 Remember Your Hottest Sex	14 Wear Something Hot	15 Light Candles	16 Try Sensation Play	17 Just Add Water
18 Use Suction	19 Ice Play	20 Feel (A Little) Pain	21 Record Yourself	22 Try Edging	23 Do it in Public	24 Incorporate Anal
25 Massage the Prostate	26 Massage the G-Spot	27 Try Dual Stimulation	28 Use Your Toy (In a New Way)	29 Rest & Reflect	*After each week, take time to rest & reflect. What was your favorite activity? How did you feel? Tell us how you did with the hashtag #solosexchallenge and come find me on Instagram or TikTok @sexwithemily to share your favorites!*	