

## 6 STEPS THAT WILL MAKE YOU

# *Irresistible, Alluring, & Downright Powerful*

Ladies! I love that you decided to learn a little something about being irresistible! Now, I don't necessarily mean attracting a partner but attracting anything in life. *It's all about energy, the energy you embody.*

Knowing the power we have in our sensuality and sexuality is the first step to being alluring. Owning that power is even more intoxicating. Here we go, enjoy the ride!

### *1. Foods*

Eat your way to a heightened libido, try these tonight:

**Pomegranate:** sprinkle these over salads, roast with vegetables, or even add to a cosmo/your favorite martini.

**Healthy fats:** Your body needs healthy fats for healthy hormone levels. Start incorporating avocados into your meals. My favorites are adding a scoop of chicken salad into a ½ avocado sprinkle with seasonings or smearing it on toast. Try making your own salad dressing with olive or avocado oils.

**Oysters:** (yes it's true!) The biggest reason this works is due to the high levels of zinc. Zinc boosts testosterone like no other! If you don't eat oysters, try Zinc 15-30mg per day.

On a date? With a new partner? **Feed each other.** I love desserts, think ice cream with chocolate syrup. You could have your partner feed you a cherry by holding up in the air. So seductively and slowly, swirl your tongue around the cherry, suck on it and have it come in and out of your mouth a couple of times. Then slowly tear it off the stem while looking at them in the eyes. Or close your eyes with your head back, and enjoy every bite.

### *2. Boost Libido*

Owning our sensuality is our right. A gift. It is one of the things I just love about being a woman. Our sensuality can make any man fall to their knees. **It's the elixir that we embody.** And so deeply powerful.

Have you been experiencing low libido and missing those days of having a raging sex drive? It's time to **get your adrenals and hormone levels checked.** At times of high stress, the adrenals get taxed and so does your libido. Birth control pills can also cause your libido to plummet. And not to mention, as we age our hormones naturally decrease. So if you are missing that delicious libido and it needs some reviving, get a full female hormone panel.

Feel like your orgasms aren't strong enough, check out **the O'Shot for a highly increased orgasmic intensity** that can last up to 1 year! [Click here for more info.](#)

### 3. Essential Oils

Never thought of using natural oils to feel a little frisky? Well here are a couple that will get your libido revved up. First up is [clary sage](#), rub this into your inner thighs and below your navel for a heightened friskiness!

Another one is [cypress](#), which enhances blood flow and circulation exactly where you want it, rub into inner thighs and below navel. You don't need a partner to use these oils. Set aside some play time ( see #6!), indulge and see how these oils can truly enhance the intensity of your orgasms.

PS: Make sure your neighbors aren't home.

### 4. Feminine Sensual Movement

About to go on a date? Out with the ladies? Or just to a coffee shop and are single? [Create a short playlist, even 1-2 songs, and get that body moving.](#) I can't say enough about this. I created my podcast for women to connect to their innate feminine, sensual self. And for me, this looks like sensual dance. I typically do this alone. Watch yourself in the mirror - I promise you, you will seduce yourself.

This can be done at any time of the day. Maybe it's first thing in the morning with slow, hip circles. Sometimes it's during a midday break in between clients or writing. But my favorite is at the end of the day and before a date, it drops me back into my delicious, feminine self rather than remaining in my masculine energy.

If you don't think you have the moves to be seductive, try a lap dance class or a pole dancing class. Don't be shy.

Here are a few songs I love to listen to: [Glory Box by Portishead](#), [Drive by Melissa Ferrick](#), and [Close by Nick Jonas](#). I know your body will love moving to the beat.

Find your nearest pole dance class at [Sfactor.com](#)

### 5. Confidence

Walking into a space (restaurant, bar, party, Grand Central, a presentation) and [owning the room](#) is by far the sexiest thing for any man (or woman) can witness. You can literally feel the energy, am I right?

One of the things I learned while attending the School for the Womanly Arts in NYC was creating a [womantra](#). A mantra just for you to be said and repeated seductively to yourself while you are walking into a bar, café, restaurant, before a date, literally anywhere, and trust me, just watch the men turn to see who is walking in.

A Womantra that I use: [I am a sultry and sexy goddess](#). It doesn't have to be long and feel free to be as X rated as you want!

This seriously works! Try it and report back.

### 6. Self-pleasure

This really should be number 1, but I'm adding here at the end as the cherry on top. How often, you ask? Daily. Before a date. Before an interview. When you feel stressed out. In the morning before work. Sex toy not necessary but welcome.

Starting your day this way can not only make the rest of your day more grounded and capable of handling it all, but [the energy that you give off](#) -- while at meetings, on line at Starbucks, or even the gym -- will sure turn heads.

You can also try using a [jade egg](#). This powerful little egg shaped crystal has the potency to heal and enhance vaginal lubrication. Listen to [this episode with Amber Lietz](#) to find out more.