

How To Take Your Woman On 'The Perfect Date' And Guarantee That It Ends With Red-Hot Sex

By Adam Armstrong
Author of *Outrageous Orgasms*

Introduction

If there's one thing women *really* love that most men just don't seem very capable of making happen – it's a perfect 'date night'.

It doesn't matter whether you've been dating your woman for two weeks or married to her for ten years or more – she wants you to take her out and show her a good time and she wants you to do it often.

That's why I recommend that you take your woman out on at least one date a week where it's just you and her.

The reason why I say that is because in the modern world that we live in, we tend to be very busy and have very little free time. And if you and your woman both work and maybe have kids to look after – you can easily end up in a situation where you have very little or no '1 on 1' quality time with your woman in a given week.

The 'date night' solves that problem.

You get a babysitter, you forget about work and you simply show your woman a good time. A good time that's virtually guaranteed to end up in the bedroom.

What could be better!

The only trouble is most men don't have a clue how to plan and execute a great date.

Now you may be wondering:

"Why's it all on me? Why can't my woman plan the date?"

And the truth is that she can, and she might; *occasionally*.

But most of the time, things work better if the man steps up and acts like a REAL MAN and that means planning the date and simply 'letting your woman come along for the ride'.

And that's why I've written this e-book... to give you not just 1 or 2, but 10 great ideas for taking your woman on the perfect date and making sure the date ends with red-hot sex.

After-all, that's what the world needs more of – RED-HOT SEX.

Call me a crazy fool, but I truly believe that if more couples had more RED-HOT SEX and spent less time watching the gloom and doom on the news and worrying about a bunch of other crap that they have no control over – there'd be a lot more happy couples around.

So as you read on, please keep these things in mind:

- At least one date night a week with your woman
- More red-hot sex

Date Night Idea #1. Take Her Out For Dinner

The 'dinner date' might be a bit of a cliché, but it's in this book because it works. And when something works (no matter how obvious it might be) it's good to use it.

Here's how to take your woman out for dinner and make it a night to remember...

First of all, choose a night. It doesn't really matter when, although I have a preference for Friday or Saturday evenings. The reason being that you don't have to go to work the next day – so when the night's events turn to the 'bedroom'... there's no danger of things being cut short because you have to get up early the next day.

You might call me sneaky, but I prefer to say that "I just think things through properly" ;)

So once you've chosen your night, your next job is to have a chat with your woman (or call, text or email her) and check she can be free on the night you have chosen and at an appropriate time.

Do not miss this step out!

If you do miss it out and she comes home on Friday night and has planned to go out with her girlfriends at the same time you planned to take her out to dinner – you are going to have problems.

Always plan ahead.

Once you've checked she is free, you can then book the restaurant. Don't tell her where you are taking her because every woman loves a good surprise; the key word being 'good'.

Don't mess up the choice of restaurant.

Here are some good ideas for choosing a winning restaurant for your date:

- If your woman has mentioned somewhere she'd really like to try, that she's never been too before... that's a good place to take her

- If there's a new place opened up in town that is getting good reviews... that'd be a safe bet too
- If in doubt, go somewhere you've been before that you know she really likes

IMPORTANT NOTE: If you are picking a *new* restaurant, make sure the cuisine it serves is to your woman's liking. In other words, even if it serves the best Chinese in town (according to all the reviews) – don't take your woman there if you know she can't stand Chinese food.

That'd just be silly, *right?* (Yet I have plenty of friends who've made that mistake).

When you book the table, I suggest ringing the restaurant instead of using an online booking form. The reason for this is so that you can ask for the best table possible. I'd avoid tables in the middle of the restaurant and go for something quieter and more intimate. This will make it feel more like a 'date'.

Okay, so now you're all set to go.

On your date, behave like the perfect gentlemen. It doesn't matter if you've been with your woman for 30 years or more, the following things still matter to women...

- Hold the car door open for her when she gets in
- Walk on the side of the sidewalk nearest the road (so she's protected from cars)
- Open the restaurant door for her
- Pull her chair out for her when she sits down at the table

TIP: If possible, sit next to your woman and not opposite from her. Sitting next to her automatically sets a better 'romantic tone' to the evening, whereas sitting opposite feels like a business meeting. When you sit next to your woman it's also a lot easier to touch her hand, play footsy (and slip your hand under her skirt and give her an orgasm - *if that's your thing in public*).

- Find out what she wants to eat and then place her order with the waiter/waitress

Now for the most important bit...

Make the conversation good.

Seriously, I see so many couples sat in restaurants barely saying two words to each other and I just know there are no fireworks in the bedroom between them.

You see, for a woman – the conversation with her man is really just foreplay. The better you make it, the more she'll want to go to bed with you and 'get it on' at the end of the night.

So make her laugh.

Talk to her about interesting things... and when I say 'interesting things', I mean things that are interesting to you and her, not just you.

Many men have a very limited range of subjects that they talk about; usually something along the lines of football, cars, beer and 'tits'. Believe me when I tell you that such a limited range of talking points is costing these guys a lot of sex.

Seriously, what woman would be attracted to *that*?

So stimulate your woman's mind over dinner, avoid talking about things that are known to be confrontational (religion and politics spring to mind) and the RED-HOT SEX will seem like the most natural thing in the world to do after you leave the restaurant.

Date Night Idea #2. Cook For Her At Home

Cooking for your woman is a really great date – provided you don't mess up the food.

But here's the thing...

You don't have to be a professional chef to cook a good dinner. Just get a decent cook book and follow the recipe. If you want to be really perfect, have a practice run where you make the food and eat it with your mates (this way you know nothing will go wrong on the night when you cook for your woman).

Here's how to cook for your woman in style...

As soon as your woman gets through the front door, let her relax. Pour her a glass of wine and tell her to take it easy because you're doing all the hard work this evening.

NOTE: leading your woman like this is very powerful because it shows her that you are a real man; a man who can take control – just like she wants you to do in the bedroom.

Once she's sat down relaxing, you simply get to work and cook the meal.

Set the table correctly (if you don't know how, look it up online), light some candles and put some very quiet, relaxing background music on.

Now you're all set for a romantic evening that is bound to end up in the bedroom.

TIP: Don't cook really heavy food that's going to make both of you feel tired because then you won't have the energy to 'get naughty' in the bedroom afterwards. If in doubt – go for a starter and a main course *or* a main course and a dessert. Three courses is simply a recipe for feeling TIRED and lethargic once the meal is over.

Date Night Idea #3. Stay At A Hotel

Okay, so this one is more of a date night and morning, but it is one of the best dates possible – so it had to be on the list.

There's just something about going to a nice hotel that always seems to increase a couple's libido and cause them to have more sex than usual.

If you want to make this as good as possible, plan things properly so that you make the most of your time.

Let's say you are going to a hotel on Friday night (after work) and have to come back on Saturday morning.

Here's what you'd do...

- Book a table in the hotel's restaurant for an hour after you arrive
- Then have dinner and relax in the hotel's lounge for an hour afterwards
- Then go up to bed and you've got all night to spend with your woman
- In the morning order breakfast in bed and you've got until checkout time to spend with her and her alone – a *perfect date*

Date Night Idea #4. Take Her On A Romantic Walk And Have A Picnic

Here's one for when the weather's good.

Going on a romantic walk out in the country and having a picnic is a great date, especially if you and your woman spend a lot of time in towns and cities... the change of scenery is always nice.

Obviously for the walk and picnic to be a success it pays to check the weather forecast and take an umbrella just in case it does end up raining.

Other than that, just choose an attractive area to walk in and a great spot for the picnic... an area high up with a great view or something overlooking water is always a good choice.

Then just lay out the blanket to sit on, open your picnic hamper and enjoy your woman's company and some good food.

And who knows – if the weather's warm and there's nobody around... you might end up having red-hot sex in the great outdoors, after you've eaten.

Date Night Idea #5. Plan A Very Sexy Night In

This is one of my favourite ways to entertain *any* woman and it's FREE. If you plan it well – it's more fun than anything involving food.

Here's what you do...

As soon as the date begins (so when your woman gets in from work) – you let her know that tonight is all about her. Tell her that all she has to do is follow your lead and enjoy herself.

Start off by running her a hot bubble bath. Depending on the size of your tub, you may or may not join her.

Let her relax in there (with candle light of course) and have a warm towel and dressing gown waiting for her on the radiator for when she gets out.

Once she's out, lead her through to your bedroom and give her a massage.

Before she gets to the bedroom, you need to set it up for the massage. All you need to do is this...

- Turn off the lights and light 3 or 4 candles
- Have some very quiet, relaxing music playing in the background
- Put some towels on the bed (to protect the sheets from the oil)
- Get some massage oil ready
- Have a small, thin pillow to hand

Then lead her to the bedroom and tell her to lay on her front on the bed, with the pillow under her stomach. (The pillow makes it more comfortable for her).

Now give her a massage.

If you're not a massage expert, don't worry – it isn't that difficult to make your woman feel good with your hands. Follow these simple tips and you'll be golden:

- Start off by massaging her back with long, soft strokes
- After a couple of minutes, switch to deeper strokes and find a pressure your woman likes
- Massage her back for several minutes
- Next, massage her legs, making sure to do the same movements on both sides
- Then massage her butt (you can be really quite firm when massaging her butt and “YES”, she *will* be very wet and turned on at this point)
- Next, tell her to turn over and massage her legs from the front
- When you absolutely, positively know she is dripping wet and desperate to feel more – go straight into oral sex

There you go – that’s how to give your woman a very sexy night in that’s guaranteed to lead to sex.

Lots of candle light.

Soft, relaxing music.

A bubble bath and warm towels.

A killer massage to follow.

It works *every* time and it sure as hell beats watching television.

Date Night Idea #6. Go To A Quiet Bar

Choosing the right bar to take your woman too for a date can be tricky because many bars do not have the right atmosphere – but if you can find the right bar... a date at a bar can work very well.

Avoid bars that play very loud music and avoid bars that attract large groups of guys who are out to drink as much alcohol as they can. It is pointless to take your woman to such a place.

However, if you want to sit down with your woman and enjoy a couple of drinks and some great conversation (before going home for red-hot sex) a bar can be the perfect location.

Try to find one that has a relaxed atmosphere and go when it's not too busy.

HINT: Saturday night is probably not the best time to take your woman to a bar. Mid-week is probably a much better bet.

Where I live, I've found the best bars to take my girlfriend too are in up market hotels. Such bars tend to have the quieter, more relaxed bar vibe you want when taking your woman on a date.

Date Night Idea #7. Get In The Car And Drive

This is a perfect lazy Sunday afternoon kind of a date.

Load up your iPod (or other audio device) with some of your favorite music and go on a mini-road trip. Don't tell your woman exactly where you are going, but do have a destination in mind.

With the hectic lifestyles that so many people live these days – every day can very often end up just blending into the next and it can feel like we are just doing the same things over and over again, day in and day out.

A mini-road trip is a great way to break up that monotony, spend some quality time with your woman and explore a few new places.

The 'Driving Date' is one of my favorites... give it a try and see how it works for you.

By the way – if you are looking for a little added excitement in the sex department... you don't have to go home to have sex at the end of the night. If it's dark enough and there's nobody around, you can do it in the car.

It's naughty and the risk of getting caught is likely to prove very exciting for your woman.

Date Night Idea #8. Do Something Physical

There are lots of physical dates you can take your woman on. Just make sure that you can still interact with her during whatever you do.

For example, you could go karting or paintballing, but you wouldn't be able to talk to her very much; which kind of defeats the object.

In contrast, here are some 'physical dates' that work beautifully:

- Go for a jog or bike ride together
- Go to the gym together
- Go to a theme park together

Personally, I have a strong preference for the 'gym date'. If you train regularly (like I do), it's a perfect opportunity to take your woman by the hand and lead her through the training session.

Of course, you'll want her to do all the exercises with perfect technique – so it's a great excuse for lots of touching (as you teach her perfect form). She's also likely to be wearing sexy workout clothing and you're both likely to get hot and sweaty.

Oh and of course the gym is likely to be full of mirrors, which somehow makes it more exciting.

When all said and done – the gym date is a great date. If your gym has a pool and steam room, you can pay those two areas a visit after your gym session; or you might just want to go straight home, rip each other's clothes off and get nasty.

It'll be your call.

Date Night Idea #9. Make Her Breakfast In Bed

All of the dates so far involve interacting with your woman and then, if all goes to plan – you should end up enjoying each other in bed afterwards.

However, this date doesn't involve ever leaving bed! What could be more perfect?

This is great for a Saturday or Sunday morning, when hopefully you are not in a rush to go anywhere.

All you do is make your woman breakfast in bed, share it with her – browse the newspaper, watch a little television and then 'get it on'.

What could be easier?

Not much.

Sometimes the simplest things really are the most enjoyable. Breakfast in bed *absolutely rules* when it comes to 'taking your woman on a date'.

Date Night Idea #10. Take Her Shopping

Okay, so taking your woman shopping might seem like your worst nightmare (and every other guy's on the planet).

However, what if you told your woman that you'd love to take her shopping for new underwear and high heels... do you think she'd be excited?

You bet she will.

And might you be somewhat excited to have her model the new underwear and high heels for you when you get home?

I'm willing to bet you would be.

So with that thought in mind, you take her to her favorite underwear and shoe shops, you get her some new lingerie and high heels (without having to worry about buying the wrong sizes) and then you take her home and she puts on a fashion show for you.

Think it'll end with red-hot sex?

There's no question.

It's a tried and tested date my friend ;)

The Perfect Date: Summary

- Take your woman on at least one 'date' a week
- **Plan the date and let your woman follow your lead (although if occasionally she wants to take you on a date, you should be cool with that too)**
- Wherever you take your woman on a date, remember to make the conversation stimulating – that means making her laugh and talking about things that are of interest to her
- **Whenever possible, make the date a surprise because every woman loves a good surprise**
- Remember that it's worth putting in a little effort to make the date a good one because a good date is virtually guaranteed to end in RED-HOT SEX