

ORANGE

01

Kisses over underwear

≈ 3 min

Kiss your partner through or around their underwear, on their hips, stomach and thighs. Keep it light and teasing.

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02

Chest focus

≈ 4 min

Kiss and stroke your partner's breasts or chest. Start with a flat hand and soft kisses, and ask whether they would like more pressure or intensity.

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03

Vibrator over underwear

≈ 3 min

Use a vibrator over your partner's underwear. Start on a low setting and let them decide whether to increase it.

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04

Focus on her, gently

≈ 4 min

Now it is her turn. Let her take your hand and place it where she wants to be touched over or around her underwear. Follow the place, pressure and pace she shows, without taking over.

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05

Focus on him, gently

≈ 4 min

Now it is his turn. Kiss his stomach, hips and inner thighs, slowly moving towards the area around his underwear. Keep it playful and unhurried.

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06

Relaxing massage

≈ 5 min

Let your partner lie on their back with their eyes closed, preferably blindfolded. Use intimate massage oil. With a flat hand, make slow circles from the ribcage over the stomach and thighs to the calves. Rest a little at the groin and inner thighs, then stroke back gently and finish with soft kisses on the stomach.

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07

Blindfold

≈ 4 min



Ask whether your partner would like to use a blindfold. Gently kiss their stomach, chest, thighs and hips. If they want to, finish with a few gentle kisses near or over their underwear.

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08

Warm water

≈ 3 min



Take a warm shower together. Wash each other's shoulders, back, stomach, legs and feet. Let the person receiving guide what feels good.

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09

Find the rhythm

≈ 4 min

Try the same soft kiss in three places: neck, chest and inner thigh. Ask which place felt best, then stay there with the same rhythm for at least one minute.



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O10

Bottom and thighs

≈ 4 min

Massage your partner's bottom and thighs. Use oil or lubricant on external skin if that feels right.

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O11

Only lips

≈ 3 min

Use only lips, cheeks and breath on your partner's neck, chest, stomach and thighs for one minute. Keep your hands behind your back, then gently place them on their hips and finish with a small kiss.

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O12

Her turn

≈ 4 min

Stimulate her clitoral area over her underwear with your fingertips in slow, even circles. Keep the pressure light and steady, and let her adjust with 'more' or 'less'.

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O13

Body to body

≈ 4 min

Rub your body slowly against your partner's, skin to skin, with the weight on hips and thighs. Use lubricant on external skin if friction becomes uncomfortable.

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O14

Two minutes each

≈ 4 min

Explore your partner's underwear with your hands for your own curiosity — feel the texture, warmth and shape. Be brief on the chest and intimate areas, etc. The partner only says "stop" if something is uncomfortable. Switch roles when two minutes have passed.

ORANGE

O15

Say it before you do it

≈ 4 min

Whisper in your partner's ear exactly what you are going to do: "Now I'm going to kiss you on the bottom of your stomach." Wait three calm breaths, then do exactly what you said—never again. Repeat with new places around the underwear. The promise kept is half the fun.

ORANGE

O16

Ebb and flow

≈ 4 min

Gently stroke your partner's stomach, hips and thighs. Stay by the edge of your partner's underwear for just two seconds and slide on to a quieter spot. Turn back a little further each round, like a tide. The partner says "stay" when you have to stop there.

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O17

Let it simmer

≈ 4 min

Kiss your partner intensely for two minutes — hands in hair, body close to body in underwear. Then stop completely, by agreement, and lie next to each other for one minute without touching. Know how much happens in the body when nothing happens. One of you says "continue" when the minute is up.

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O18

The partner sets the pace

≈ 4 min

The man lies on his back. The woman sits over your hip in her underwear and moves towards you at her own pace and angle. The man can keep his hands calmly on his partner's hips without directing. The woman says "hold" for a firmer grip and "let go" for freedom — and decides when enough is enough.



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O19

Swing against the hand

≈ 4 min

Rest a flat, still hand over your partner's underwear with even, firm pressure — no movement from you. The partner rocks their hips against the hand in their own rhythm. Your job is to keep the pressure steady, like a wall to face. The partner adjusts with "heavier" or "lighter".

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O20

Quiet mouth with quiet kisses

≈ 4 min

Lower your lips silently to your partner over their underwear, and let warmth and breath work for half a minute. Kiss four gentle kisses through the fabric. Do not remove it unless your partner clearly wants that. Afterwards, they choose between more lingering kisses or moving on to the next card.

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O21

Touch on exhalation

≈ 4 min

Find your partner's breath with a flat hand on your sternum. Then stroke down the chest, abdomen and thighs only on your partner's exhalation, and rest your hand completely still on the inhale. Meet the gaze when it feels natural. Let your partner's breath set the pace.

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O22

Briefly, so on

≈ 4 min

Stroke him over his underwear in short visits: a few seconds over his penis, then on to his stomach and thighs, and back. Let your fingertips also briefly touch the scrotum and the root of the penis. It is the exchange that builds. Don't stay anywhere until he says "stay there."

ORANGE

O23

Warm oil on the breasts

≈ 4 min

Warm intimate massage oil between the palms - if you don't have it, use lubricant. Never pour directly onto the skin. Massage her breasts in large, slow circles from the outside in, saving the nipples for the very end, just barely. She rules with "more" and "easier".

ORANGE

O24

The partner meets the vibrator

≈ 4 min

Hold the vibrator on low power completely still against your partner's underwear, with a firm hand. The partner moves his hips against it and finds space and pressure himself — the fabric cushions, and that's the point. Only move it when your partner says "move".

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O25

Four kisses, one thigh

≈ 4 min

Give your partner four kisses on the inside of the thigh, one of each kind: completely light, with soft pressure, with the lips catching a bit of the skin, and with the tip of the tongue. The partner chooses the winner with a single "den". Repeat the winning kiss slowly along the edge of your partner's underwear.



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