

The Midlife Intimacy Menu™

Choose the kind of connection that fits your comfort, energy and interest today.



Intimacy can be affectionate, sensual, sexual or simply emotionally close.
There is no required order and no single activity that defines a satisfying connection.

What Sounds Good Today?



1 EMOTIONAL CONNECTION

- ☐ Talk without phones or distractions
- ☐ Share something you appreciate
- ☐ Sit together with a warm drink
- ☐ Ask, "How are you feeling today?"



2 AFFECTION

- ☐ Hold hands
- ☐ Hug for a little longer
- ☐ Cuddle or rest together
- ☐ Offer a kiss without expecting more



3 RELAXING TOUCH

- ☐ Hand, foot or shoulder massage
- ☐ Brush or play with hair
- ☐ Apply lotion to hands or feet
- ☐ Lie close while breathing slowly



4 SENSUAL CONNECTION

- ☐ Slow kissing
- ☐ Caressing over or under clothing
- ☐ Take a bath or shower together
- ☐ Explore touch without a destination



5 SEXUAL PLEASURE WITHOUT PENETRATION

- ☐ Mutual touch or masturbation
- ☐ Oral sex, if mutually comfortable
- ☐ Use a vibrator or another preferred device
- ☐ Focus on pleasure rather than orgasm



6 PENETRATION, IF COMFORTABLE

- ☐ Allow plenty of time for arousal
- ☐ Use generous lubricant
- ☐ Choose a position with control over depth and pace
- ☐ Pause or stop at the first sign of discomfort

Choose by What You Need



LOW ENERGY

Cuddling, conversation or a gentle massage.



MORE CONNECTION

Eye contact, appreciation or unrushed touch.



MORE COMFORT

More time, lubricant, pillows or a nonpenetrative option.



MORE PLAYFULNESS

Music, humor, a new setting or choosing from the menu together.

My Choices Today

I am interested in: _____

I am not interested in: _____

What would help me feel comfortable: _____



Consent is specific and ongoing. Saying yes to one kind of touch does not mean saying yes to another.



Gentle Reminder

Desire and comfort can change from day to day.
Connection works best when both people can be clear, curious and free to pause.



Martine's Midlife Wellness Tip

Choose one option that feels genuinely appealing, even if it is simply a hug or quiet conversation.
Intimacy does not need to prove anything.



Persistent pain, burning, bleeding or urinary symptoms deserve medical evaluation.
Stop any activity that causes pain or feels unwanted.