**Secrets to Re-igniting Sexual Desire in a Marriage**

Hollywood would have you think that everyone has amazing sex all the time and if you are not having amazing sex then you are inadequate. Rest assured that most people don't have amazing sex all of the time, or even most of the time, but there are way that you can spice up your marriage. Some couples lose the “spark” after a few months, while others never had much of a spark to begin with. The first step to reigniting sexual desire in a marriage is simply to start communicating with each other, learning how to turn your spouse on, and learning to ignore what everyone else may or may not be doing.

How to spice up your marriage?

* Address anxiety - many people have some level of anxiety surrounding sex which can get worse if sex is avoided or infrequent for a long period of time until there is a real problem with a lack of sexual desire. Both men and women suffer from sexual anxiety, but anxiety is a leading cause of low sexual desire in women. If anxiety is the cause of one partner's lack of desire, trying new positions and props is likely to cause more anxiety rather than solve the problem. Couples therapists can suggest "sensate-focus" exercises that can help to reduce anxiety and reignite sexual desire.
* Communicate – The easiest way to find out how to turn your spouse on is to ask them. Just because some people like sexy underwear, vibrators, and handcuffs doesn't mean that you and your spouse have to like them too. Perhaps the key to spicing up your relationship is something as simple as setting aside a regular time to have sex. Maybe you just need a few candles and some massage oil rather than a love dungeon - talk it over together and don't worry if your tastes are too tame for toys.
* Dress it up - many men love to see their wives in lingerie and many women feel sexy wearing it. Wives: if you don't usually wear lingerie why not give it a try; buy something that fits well and that makes you feel confident and sexy. Husbands: if you want your wife to wear lingerie, suggest it in an appealing and flattering way; say something like "you know you have such a beautiful body, I would love for you to show it off for me."
* Sex toys – if you are intimidated by sex toys – and there are lots out there – why not start with a simple vibrator. Most women need a little extra help reaching orgasm, and a small, discreet vibrator works well in lots of sex positions. If you want to try out some of the more adventurous toys, make sure your partner is on board.
* Positions - it is easy to get stuck in a rut, and stuck in the same sex position. Trying new positions doesn’t have to be complicated and you can have fun with it – it is okay to laugh if something doesn’t work. The woman-on-top position is great for couples who usually stick to missionary, or for women looking to increase their sexual desire. Some women feel uncomfortable with this position, but the key is to do what feels good to you - including using a vibrator if you want to. Husbands: let your wife know if you like what she's doing; tell her how sexy she is and boost her confidence and she is more likely to want to try it again.
* Slow it down - take time over sex. Slow down your movements and try to focus on each sensation. Doing so will make you more aware of your partner's touch, and can be a great way to re-ignite desire, especially if sex has become routine.
* Vocalize - talking dirty is sexy and even saying something as simple as "you look so hot," or "I love feeling you inside me," can take lovemaking to a new level. Don't be afraid to vocalize during sex; tell each other if something feels good. Vocalizing your desire – including moaning in pleasure - can make you feel more turned on because you let go of the inhibitions that can stop you from enjoying sex.

The best way to reignite sexual desire in a marriage is to do it together. Talk about the problem in a loving and supportive way and then have fun exploring new ways to turn each other on.