

# Men's Sexual Wellness Roadmap

YOUR JOURNEY BEGINS HERE

With Dr. Angela Tan

YOUR GUIDE TO  
POWER UP  
SEX APPEAL



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Sex has been a taboo topic for as long as we can remember.

Men are deemed to be the more dominant gender when it comes to sex, it is therefore assumed that men should always lead the way. But, for most men, porn has been the only sex education they received. Pornography, unfortunately, **depicts sex in a distorted manner.**

Women are portrayed as sex objects and require aggression to feel pleasure. Also, a man's ability to be good in sex is strongly tied to the size of the penis and how long he can last.

This **skewed perception** often led men to feel anxious about their performance resulting in common sexual dysfunction such as erectile dysfunction and premature ejaculation. Connection in the bedroom also diminishes significantly when "**performance**" became the **key to the sexual act.**

In this roadmap to sexual wellness, I would like to help you, achieve what it means to be a **good lover.** One who **brings pleasure** to your lady and knows what will drive her to the skies.

**It will have to start with re-shaping what you think sex is.**  
Scroll on and enjoy the ride.

*With loads of love,*



*Dr. Angela Tan*

Intimacy & Relationship Coach



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## KNOWING YOUR DESIRES

What turns you on? What are some of your fantasies? Knowing your desires marks the start of your sexuality journey.



1



2

## GETTING ACQUAINTED

Many men who masturbates often think that their genitals are the only sensual zones. What if there are other sensual zones on other body parts? Take a systematic approach and find them all. Surprise yourself and your partner.

3

## UNCOVERING BARRIERS

What could be in the way of pleasure? Are there thoughts of sex being dirty and sinful? Are you afraid of not being able to satisfy your partner? Uncovering these barriers will bring you closer to experiencing the pleasure.



4

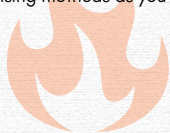
## OVERCOMING BARRIERS

Having identified the barriers, now it's time to come up with strategies to overcome them. Get tips and advice through our resource page to navigate through them. Or get customised advice from our Intimacy Coach, Dr. Angela.

5

## IGNITING YOUR AROUSAL

Most crucial step of all. Practice the art of pleasure either with your partner or by yourself. Practice makes perfect. Refine your self pleasuring methods as you go along!



Best Orgasm  
Ever



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## TIP #1

# Know Your Desires

What turns you on? What are some of your fantasies?

Knowledge is *power*.

Knowing your own desires marks the start of your sexual wellness journey and your ability to *attract your desired partners*.

For a start, make a list of what turns you on. It can be based on movies, books or any other resources.

Categories you can look at:

- attractive characteristics of the partner
- actions that you would like your partner to perform on you
- activities that you would like to do together
- environment/ ambience

Some examples include sexy lingerie, moaning from my partner, blowjobs etc.

If you would like to explore what does *emotional intimacy* means to you, pen down a few things about what you hope to get out from the sexual interaction. Eg, connection, security, feeling of being desired etc.



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## TIP #2

# Getting Acquainted

**How do your genitals look like? How do you like to be touched?**

Having a systematic approach to know your body helps unleash your sexual attraction.

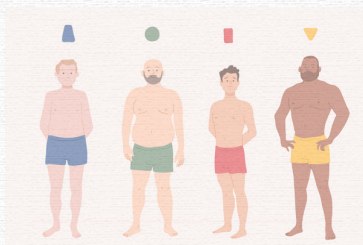
And now, we dive deeper into the knowing.

First, do you know **how your body looks like?** Perhaps it's time to take a good look at it. In a private setting, stand in front of a full-length mirror preferably.

Ensure there is adequate exposure. **Look at different parts.** Make notes on **how you feel** about each part, either positive, negative or neutral. A hand mirror will be very useful for you to examine your genitals, especially the perineum area.

Next, it will be worthwhile if you can **explore** how each body part likes or do not like to be felt. You can do this on your own or with a partner. Example: Chest, enjoys stroking and licks. Butt: enjoys slap. Neck: dislike stroking, likes deep kissing.

This will be a very **useful map** to create so as to guide your current/future partner in enhancing your sexual pleasure.



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## TIP #3

# Uncovering Barriers

**What stops you from enjoying sex? Fear of unable to satisfy your partner? Concern about your penis size? Uncovering these barriers will bring you closer to embrace your sexual self.**

Based on the exercise in #1 and #2, I do believe that there are some barriers that **prevent you from embracing your sexuality** that has shown up. There might be some fantasies that you are not comfortable with sharing for example.

In this segment, we are going to **make a list** of all the things that you are uncomfortable with when it comes to sex. Be it **fearing not able to perform**, don't know how your partner will respond to you, feeling clumsy when it comes to sex etc. Make a list of all of them.

Should you encounter resistance and major discomfort, feel free to take a pause. Take a moment to **reflect** on what about it that makes you feel uncomfortable. If things are pretty stuck, fret not, drop us a mail and we are here to guide you along.



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## TIP #4

### Overcoming Barriers

Having identified the barriers, now it's time to come up with strategies to overcome them. Get tips and advice through our resource page to navigate through them. Or get customised advice from our Intimacy Coach, Dr. Angela.

This is where the light at the end of the tunnel begins. Having identified some of the prominent barriers, ***it's time to work on them!***

There are some things that are easier to work on. For example, I do not know where the clitoris is.

There are some that are more difficult to work on by yourself, eg, I can't seem to have an erection at all, my performance anxiety overwhelms me every time.

If that is the case, do drop us an email or a text and let's work out feasible strategies with you.



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## TIP #5

# Igniting Your Arousal

**The most crucial step of all. Use our tested methodology to ignite the arousal in you. This is where you truly bloom into your sensual self.**

This is where the fun begins! The best way to increase your sexual ability is to **get into action**. Here are a few tips for you to have a different sexual experience.

For a different masturbation experience, try this:

- Go slow.
- Omit porn for once if masturbating
- Bring yourself close to orgasm point and slow down, let things cool down before you go at it again. Repeat a couple of times and see how this orgasm feels like
- If you are with a partner, focus on her first. Get her aroused before bringing the attention to yourself.

If you are working with a partner, sharing some of what both of you desire is a start. Explore each other erogenous zones. Unleash each other's sexual desire!

Same thing, if there's anywhere that you hit a wall and can't get through, drop us a mail or a text and we are here to work things out with you.





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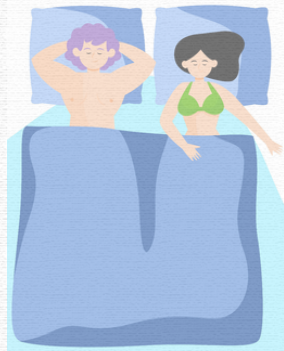
## HERE'S THE TRUTH!

### Sex is more than just an act!

Sex has been over romanticised, and orgasm overemphasized.

To me, my team here and ARAS, we believe that sex is more than just an act. It is a **connection**, it is a **vessel of love**, it is an **act of vulnerability**. It is also where we can **dive deeper into our souls** and have an out-of-the-world experience.

However, expression of our sexuality can only happen **after** we get past our barriers. Some laid on by society and some by ourselves. Hope this guide served as a good introduction to your journey of sexual wellness. We look forward to seeing you on the other side of the rainbow.



Ready to start on your sexual wellness journey?  
Email us at [emily@academyrns.com](mailto:emily@academyrns.com)



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And to thank you for enjoying this roadmap, here's a **10% discount \*\*** for private coaching with me to help you in your journey to maximise your sex appeal!

**ARAS10%**

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Ready to start on your sexual wellness journey?

Email us at [emily@academyrns.com](mailto:emily@academyrns.com)

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