

Sexual Wellness Roadmap

YOUR JOURNEY BEGINS HERE

With Dr. Angela Tan

YOUR GUIDE TO
POWER UP SEX APPEAL



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Why are topics on sex often a taboo and especially so for ladies like you and me?

It has always been more challenging for women in the domain of sex. Talking too much about it may get us **labelled** as immoral; our virginity is **priced much more** than our male counterparts; women's self-pleasure may even be seen as **guilt ridden**.

Yet, at the same time we are expected to **know everything about sex** and be the perfect lovers! While schools avoid the topic, our parents shy away from it and with tons of unreliable external resources, many of us enter sexual relationships with a skewed idea of what sex is and fumble along the way. The outcome? Most of us becomes **passive followers** in our sexual relationship.

Ownership becomes critical to make things better. Sexual wellness, alike physical and mental wellness needs to be taken seriously. When a part of us is not well, we can't quite expect our whole self to function at its best, can we?

This roadmap will introduce and start your journey on your sexual wellness. With better understanding of ourselves and our sexuality, we can **fully embrace who we are** as women and shine as who we deserved to be.

If you have any questions, be sure to ask me on my Facebook @AcademyRnS! I'm always here for you!

With loads of love,



Dr. Angela Tan

Intimacy & Relationship Coach



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1 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

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.

3

3 UNCOVERING BARRIERS

What stops you from feeling sexy? How you look? Embarrassment around sex? Uncovering these barriers will bring you closer to embrace your sexual self.



4

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

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.



Attract your desired partner



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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. Imagine a little, based on movies, romantic novels, what could be a few things that will make you excited about sex? Eg. romantic music, partner kissing your neck, dirty talking etc.

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

Don't be shy, pen down something, including fantasies too!

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?** In a private setting, stand in front of a full-length mirror preferably and take a good look.

Under adequate exposure, look at **different parts in detail** and see how you feel about them. (positive, neutral, negative) Make some notes. Things may be uncomfortable as you approach your genitals. A hand mirror will be very useful for you to examine your genitals. Remember to part your labia and see how your vagina looks like!

Next, after you are **aware of how you feel** about yourself, are you able to map out how each body part likes to be touched? Eg hair likes to be stroked; waist does not like tickling.

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

(P.S: This exercise can also be done with your partner if so desired.)



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TIP #3

Uncovering Barriers

What stops you from feeling sexy? Looks? Shy around sex?

Uncover these barriers will bring you closer to embrace your sexual self.

Based on the exercise in Tip#1 and #2, I do believe that there will be barriers that **prevents you from embracing your sexuality** that has shown up. Jot them down.

Be it the desires that you are uncomfortable in sharing or body parts that you are embarrassed about. Uncovering your barriers is the **first step** to know what needs to be embraced. Also, what are some negative thoughts that you may have about sex and sexuality? Eg. sex is sinful.

Go ahead, make a list of **all the barriers**.

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!***

Are there some bits that are more easily worked on?
For eg. I would want to learn pole dance to be sexier.

There might be bits that are ***more difficult to work on*** by yourself?
E.g. Sex is just too scary, I just can't imagine inserting anything into my vagina.

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 sex appeal is to **get into action**. Sexual activity with yourself or your partner will **enhance your expression** of your sexuality.

If you are new to masturbation, here are a few tips:

- Go slow.
- Ensure privacy
- Masturbation does not mean orgasm all the time. Experience what heightens your arousal.
- There is no need for penetration if you don't want to.
- Always go for high-quality sex toys if you are using them.
- Definitely have a lubricant with you.

If you prefer to have sexual activity with your partner, **sharing** on some of your desires is a start. See what is their response like. Get them to explore erogenous zones with you if they are willing to go further.

Unleash each other's sexual desire!



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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



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~JUST FOR YOU~

If you like what you read, be sure to check out our free resources on our [Facebook Group](#)!

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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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