



Written and compiled by Amy Roberts and Luke Daniels

“If you were to ask me for the thing I hold most dear, I would give you a kiss.”

Anon.

Welcome to 'First Kiss Magic', the prequel to our book 'First Date Magic', which you may already be lucky enough to own.

But we believe kissing needed its very own little book because nothing sets the tone for a wonderful romantic relationship than a fabulous first kiss.

But there's a lot more to be a great kisser than many people think...

And by the way if you don't already own ['First Date Magic'](#) the book that will help make true love appear for you, you can get it here in seconds.

The First Date is the gateway to true love and First Date Magic holds the key.

[Get First Date Magic now!](#)



A short history of kissing.

As you can imagine kissing has been around for a very, very long time.

In ancient times lovers believed a kiss would literally unite their souls, because the spirit was thought to be carried in one's breath.

But of course it was the French who made kissing really fashionable, and in the fifteenth century began turning it into the art it is today. Their theatrical displays brought kissing into the open and locking lips was soon all the rage throughout Europe.

Meanwhile the Pilgrims we're making their way to America to escape such scandalous behavior, but to their dismay found that kissing would not be left behind. The children of the founding fathers and mothers were soon smooching with the best of them.

Today the kiss is an integral part of society and is used in many ways; to say hello and goodbye, to demonstrate affection for a child, and of course to light the fires of the very wildest sensual pleasures.

And it's that sort of kiss we're going to talk about now in First Kiss Magic.

We're going to explore in every delicious detail the extraordinary event in everyone's lives that happens the first time they kiss someone new.

'Where one drop of blood drains a castle of life, so one kiss can bring it alive again.'

The Sleeping Beauty.

Why is the first kiss so important?

“The decision to kiss for the first time is the most crucial in any love story. It changes the relationship of two people much more strongly than even the final surrender; because this kiss already has that surrender within it.”

Emil Ludwig.

There is nothing quite as expressive as a kiss. Without a word we can communicate affection, friendship, and of course love, desire, and blazing passion. And no one knew that better than Scarlett O’Hara and Rhett Butler in ‘Gone With The Wind’.

“Her lips on his could tell him better than all her stumbling words.”

Margaret Mitchell.

The first kiss also tells us a lot about the nature of the other person. If we know our kisses properly, we can discover from the very first kiss whether they are passionate or cold, sensual or uptight?

It also brings them close to us so our other senses can come into play. We learn if we like how their body feels against ours, do we like the touch of their skin, and whether we like their scent.

In fact as we’ll see later a kiss is an extraordinary sensory experience in every possible way.

“The moment eternal - just that and no more - when ecstasy’s utmost we clutch at the core, while cheeks burn, arms open, eyes shut, and lips meet!”

Robert Browning.

But of course there is potential for disaster. But of course we’ll help you avoid that too.

From ‘Sweet Peril’ by George MacDonald.

Alas, how easily things go wrong!
A sigh too much, or a kiss too long,
And there follows a mist and a weeping rain,
And life is never the same again.

How to make your next kiss magical.

So let's start at the very beginning. Imagine you've been out on one or two dates, and things are going well.

You like him or her, and you really hope that they like you too. You're sitting together, bodies tantalizingly close. You look into their eyes, and they look back and...and...and nothing happens.

You freeze, your lips feel like blocks of wood, and the moment is gone.

But relax and don't worry, because we're here to help.

Kiss nerves goodbye.

"If you are ever in doubt as to whether or not to kiss a girl, always give her the benefit of the doubt."

Thomas Carlyle.

Nothing spoils a first kiss like an attack of nerves. But don't worry, you're not a freak, it's completely natural to be nervous before the first kiss because there can seem like there's so much riding on it. The person about to taste your sweet lips for the first time could turn out to be the love of your life! And will they think your kisses are nice?

Luckily the good thing is that you're not alone. There's a 99.9% chance the other person is just as nervous as you are.

So embrace your nervousness. It's all part of the fun, and sharpens your senses.

However there are a couple of things you can do to help yourself feel more relaxed, and enjoy the moment even more.

The first is likely to be something that you're doing at the time anyway – breathing heavily.

So what you want to do is keep those deep breaths going, but just try and slow them down, so you're filling up your lungs properly with each inhalation. Then breath out slowly too. You'll begin to feel a lot more relaxed after just few deep, slow breaths.

And it doesn't have to be obvious that you're trying to control your breathing, like you're trying to avoid an asthma attack. Just keep cool, and they won't notice a thing.

The second important thing to do to help reduce nervousness is to make sure you have nice fresh breath. Having a few breath freshener mints in your pocket, is the perfect cure. Just don't use mints that are too strong. You want to freshen your breath, not mask your natural scent or fry their lips off.

A dry mouth can also give you bad breath, so make sure you've been drinking plenty of water. What you've eaten recently makes a difference too – so steer well clear of garlic and stinky cheese when you're on the date where you think the first kiss might happen.

And he's one particularly for the guys. Beer breath is just not sexy. But if you have to have a few cold ones on the big night, get a big drink of water before you get down to business.

So sort out your breathing and your breath, and kiss with confidence.

The anatomy of a perfect First Kiss.

The location.

“...then I did the simplest thing in the world. I leaned down... and kissed him. And the world cracked open.”

Agnes de Mille.

The main thing to worry about is that it's on the lips, otherwise your first kiss can happen pretty much anywhere.

But since it's the first time the two of you become truly intimate it's best to choose a private place where you won't get interrupted, disturbed or distracted.

You want to be able to focus completely on the instant when the whole world shrinks to the size of two pairs of lips.

It could be in a park, at the beach, on the end of a jetty, in the movies, in your car, or on your couch – it really doesn't matter as long as the two of you can concentrate wholeheartedly on the task at hand.

Some people think the setting is all-important. They say you should be somewhere very romantic or memorable. But we think that the most memorable thing should be the kiss itself, not where you happened to be at the time.

“Kissing is a means of getting two people so close together that they can't see anything wrong with each other.”

Rene Yasenek.

Getting the mood right.

Don't try and go in cold. While we're not saying a first kiss can't be spontaneous. In fact the very best kisses can come completely out of the blue, but you still want the mood to be rich with anticipation and desire for you both.

For that reason we wouldn't class a stolen kiss on the lips as you jump out of the car after your first date as 'a first kiss'.

We define a proper first kiss as a lingering, unhurried kiss on the lips where you both feel the sparks fly.

So the first thing is that you need to be physically close to each other in a comfortable position. Sitting or reclining is best, because if the first kiss is magical enough it might make you want to collapse at the knees. If you're sitting or lying down you don't have so far to fall.

Barry White music and low mood lighting are optional, but might actually work against you. You don't want to put the pressure on. Pressure to be intimate or passionate, can kill the moment stone dead, before it's even started.

A nice way to go is to enjoy a little conversation first, and soak each other up as you wait for the moment when words seem superfluous. Then look into their eyes and let your lips be drawn together.

Remember timing is everything.

You can't force a kiss. You both have to be into it.

So relax as much as you can, and take it slowwwww. The first touch of your lips together should feel like the caress of a snowflake.

Be nice to be near.

The first thing is to make sure that you are reasonably clean and don't have smelly clothes or stale, sweaty arm pits.

And to repeat what we mentioned earlier fresh breath is essential too. So it's good to have some mints handy.

And if the situation allows it, a subtle dab of perfume or aftershave might be wise too, as a very wise woman advises here:

"Where should one use perfume? Wherever one wants to be kissed."

Coco Chanel.

Now it's time to pucker Up.

OK, so now you feel that the moment to kiss has finally arrived. Here's how to make it magical in four easy steps:

1. Moisten your lips

Run your tongue over your lips to moisten them little. A little lipstick can help girls, but make sure it's the kissable type, or not too thick or it will go everywhere (and spoil your own sweet flavor).

Moist lips make it easier to move your lips over your partner's and gives both you and your partner a more pleasant experience.

2. Tilt your head.

You don't want to bang noses, so tilt your heads slightly in the opposite direction to your partner's.

3. Close your eyes

The usual thing to do is to close your eyes as your lips meet. Some people prefer to leave their eyes open when they're kissing, but that can be a bit freaky if you're not prepared for it. So for the first time, it's best to be on the safe side and kiss with your eyes closed.

What's more having closed eyes, lets you concentrate on all the other delicious senses that kissing stimulates.

4. Part your Lips

Open your lips slightly and touch your lips to your partner's. Do not hold your breath, or you might faint! Breathe through your nose.

Move your lips slowly in a tiny circle, gradually widening and closing the gap between your lips. If you're both feeling particularly passionate you might even caress their lips with the very tip of your tongue – just don't drill it into their mouth.

There's plenty of time for French Kissing later.

“A kiss is a lovely trick designed by nature to stop speech when words become superfluous. “

Ingrid Bergman.

Let your senses overwhelm you.

Kissing is much more than just pressing your lips together and tangling tongues.

Kissing stimulates four senses: touch, taste, smell and sound.

Let's take them one by one.

1. Touch.

The first touch should be delicate, and then your lips should meet more firmly. You can then start to gently suck and caress their lower lip, opening your mouth a fraction. Concentrate on the warmth and softness of their skin. Feel how they tremble slightly with pleasure.

And don't forget your hands – they can be in on the action too – but not anywhere too private. Restrict your hands to their back, arms, shoulders, waist, or above the neck.

Hug each other as you kiss, or tenderly stroke their arms, or cheeks with your fingertips, or gently cup their face in both hands. That's a delightful extra to add even more First Kiss Magic.

2. Taste.

Let the sweet, salty taste of their skin play across your lips and tongue. Let the flavor of their lips encourage you to open your mouth little more.

3. Smell.

While your lips are locked you don't need to worry about suffocation because you can still get oxygen through your nose. And as you inhale enjoy the fragrance of their skin and the hot smell of their breath.

(And while we're in the area let's take a quick detour to the neck. The neck is one of the places where our natural pheromones are at their seductive best. A lovely path to take to first kiss heaven starts at a hug where you nuzzle into their neck and hair and breathe their scent deeply.)

4. Sound.

Listen to the rhythm of their breathing, and hear how it intensifies as your kiss becomes firmer and more passionate.

When you abandon yourself to all the wonderful sensations that come with kissing, the rest of the world will cease to exist for a few magical moments – time will stand still and life will never be the same again. Well that's the idea anyway.

But seriously, a good first kiss is like nothing else on earth. And we're not the only ones to think that ...

“Kissing, and I mean, yummy, smacking kissing - is the most delicious, most beautiful and passionate thing that two people can do, bar none. Better than sex, hands down.”

Drew Barrymore.

Tres bon! Now for 'French Kissing'.

If the very first kiss goes well, you might like to move on to something a little more passionate – the fabulous French Kiss, where your tongues stroke, caress, suck, wrestle and probe each other's lips and tongue.

Your tongue is an extremely sensitive part of your body, and the sensation of touching tongues can be absolutely exquisite.

How to 'French Kiss' like Brigit Bardot.

1. Start with normal kissing, as above slowly then lightly draw your tongue across the other person's lips.

2. All going to plan, they will respond by parting their lips.
3. Slowly explore the other person's tongue in a light licking motion.
4. Gradually begin to include other parts of their mouth, especially the roof of the mouth which is very sensitive to light touches. Lightly lick, or tickle the area with your tongue.
5. But whatever you do, don't bite, or swirl you tongue around like an egg-beater, or thrust your tongue in like a dagger.

Great French Kissing, just like normal kissing is slow, gentle and sensuous.

Now you know how to kiss like an expert, all you need is a little practice.

Practice makes perfect.

"I have found men who didn't know how to kiss. But I've always found the time to teach them."

Mae West.

Like anything you can get better at kissing – all it takes is a little practice – which fortunately you can even do alone!

The best way to practice kissing is using the back of your hand or the inside of your wrist, which are soft just like lips. The added benefit is that you get an idea of what your kisses will feel like to someone else at the same time.

Another great thing to do is study how the real experts do it – movie stars! So watch romantic movies and pay close attention to the kissing.

With lots of study you'll be able to kiss anyone with confidence.

Mind you, sometimes you might not want to be kissed. But there's a very good way to deal with that situation without having to be mean, or embarrass anyone.

Avoiding an unwanted kiss.

OK so let's imagine you're standing there after your first date with someone you don't think you're ever going to be attracted to in 'that way'. But on the other hand, they think you're the best thing to ever happen to them, and they want to seal the deal with a big old smoocheroo right on the lips.

Don't panic!

Here's how to handle this potential sticky situation sweetly, but firmly.

At the last second just swivel your head and give them your cheek to kiss and bring your hands up onto the front of their shoulders. This allows you to steer them and give them a gently push back if they don't immediately take the hint.

If they try to dodge the cheek and go for the lips instead, just turn your head so that they kiss the other cheek. Then gently press them away, with a kind smile, and change the subject. Mentioning a recent natural disaster or heinous crime is always a sure way to spoil the mood.

But what happens if you're in the same situation, but you haven't made up your mind about them - maybe they're a keeper, maybe not.

How to kiss someone you might like (but aren't quite sure yet)

Sometimes you'll like someone with your head, but your heart might still need a bit more persuasion. A kiss is a great way to see if sparks will fly if you get together.

A test kiss should be short and sweet, but with a tempting hint of passion. About 10 or 15 seconds should give you a pretty good idea if you want to go back for more another time.

So subtly moisten your lips with a flick of your tongue, part your lips slightly so your mouth feels soft and sensual, close your eyes, and away you go.

It's probably wise to avoid a full-on 'French Kiss' at this stage. It might give them the idea that you are totally into them, which might cause you a few problems down the track, if you change your mind.

Also, make sure that there is a bit of body contact – so you can check if you like the way they feel at the same time. A simple hug will do nicely.

Never stop kissing.

“Kissing is like drinking sea water - you drink and your thirst increases”

Chinese Proverb.

No matter what our best intentions are, it's easy to let our busy lives get in the way of doing enough kissing – and that's just terrible! Regular, frequent kissing is absolutely vital to a healthy romance. Underestimate its importance at your peril.

So it's a great idea is to have a kiss for every occasion, and any old excuse. Here is a list of 25 kisses - for fun and to keep the romantic fires burning.

1. Ice Kiss

Celebrate the first day of winter with an ice kiss. Put an ice cube in your mouth until your mouth becomes cold, and plant a kiss that will produce instant chills and thrills!

2. Electric-Shock Kiss.

The two of you scuff your feet vigorously on synthetic carpet for 5 seconds. When you both have an electric charge, lean over and slowly move towards each other's lips. When your lips are about one inch apart, move in even slower until a spark jumps between the two of you. Instantly after this happens, kiss ... until sparks of passion begin to fly.

3. Camping Kiss.

On a beautiful cool night at home, crawl together into a sleeping bag outside. Cuddle and kiss in a cocoon of love.

4. Post-It Kiss.

Use 3M Post-It notes to make a trail through your house that leads to your lips. Put a lipstick print or lip symbol on each note with an arrow pointing to the next note. Of course you are at the end of the trail with a Post-It note stuck over your lips, which says 'lift for a kiss'.

5. Kissing in the rain.

The next time it rains, grab an umbrella and go outside and kiss in the rain. As the spirit of the kiss heats you up, lower the umbrella and kiss 'till the two of you are soaked.

6. Toll Kiss.

Next time you are driving your love somewhere, stop the car before crossing a bridge or going through a tunnel, and say the toll must be paid before you can go any further. Of course, the toll price is one kiss.

7. Morse Code Kiss.

If you know Morse Code, great, if not, this is a very pleasurable way to learn. Find a Morse Code chart on Google, then using long and short kisses, send a message and get your lover to try and decipher it.

8. Thyme Kiss.

According to the Greeks, thyme has magical properties – it makes you irresistibly kissable. Prepare a meal for your lover using the herb. Moments after the first bite, rush to your love's lips with a passionate kiss. Come up for air, announce the Greeks were right then rush back with another passionate kiss.

9. Shopping List Kisses

Turn your shopping list into a scorecard the next time the two of you go shopping. The one who finds the item gets scored one kiss. Kisses are collected either on delivery of the item to the grocery cart, or later at home.

10. Bad Habit Kiss

Offer to stop a bad habit if your love will pay you kisses. For instance, a kiss for each cigarette not smoked, putting the toilet seat down, and/or every phone call kept under three minutes. Not only do you improve yourself and become nicer to be with, you also get to enjoy kisses all day long.

11. Rendezvous Kiss

With a note or phone call, tell your love to meet you at a certain place and time (e.g. park bench, street corner, ice cream stand) for a present. When your lover arrives, have a bow stuck to your lips.

12. Wet kiss

Surprise your lover with a kiss while they are showering or in the tub. (Be prepared to get very wet too)

13. Machine Gun Kiss

In rapid succession, plant 12 quick ones on your lover's lips.

14. Kiss-a-thon

Passionately kiss your lover for at least five minutes longer than usual.

15. Pink Panther Kiss

Humming the theme to the 'Pink Panther' prowl towards your partner. Then suddenly you pounce! How about doing it wearing only pink.

16. Thirst Quenching Kiss

For no reason, stare at your lover's mouth while licking your lips as though dying of thirst. In a moment or two they will ask what you're doing. To which you answer: I want them! I have to have them! I yearn to drink from them! Then ask for a kiss to quench your thirst!

17. Anticipation Kiss.

Inform your lover one morning that they'll soon be receiving a fabulous kiss. Later call or text your lover with a reminder. When next you see them, let the delicious anticipation build a little more then pull out all the stops and plant a long, hot, passionate kiss.

18. Double-take Goodbye Kiss

Send off your lover in the morning with a quick kiss. Then as they turn to leave, pull him or her back for a second, fabulously passionate kiss

19. Out of the Blue Kiss

When the two of you are doing nothing in particular, lean over and give your lover a sweet kiss on the cheek for no special reason and whisper ... I LOVE YOU!

20. Knock-knock Kiss

Ask your lover to ask you a Knock-Knock question. They say Knock-knock, who's there? You say: Kiss. They ask: Kiss who? You say: Me, of course! And give them one right on the lips.

21. Toothpaste Kiss.

Brush your teeth with your lover. When your mouths are all nice and sudsy, plant a big wet one on the lips.

22. 30 Kisses.

Inform your love that since it's the 30th of the month, you will kiss them 30 times during the day! This game can be played any day, but the 30th or 31st is the most fun

23. Football Kiss.

After a pass, or when points are scored during a football game, kiss your lover.

24. Sleeping Beauty Kiss

Get rid of the alarm clock and wake your lover from their slumber with a tender kiss on the lips!

25. Zero-calorie Kiss

After dinner, give your lover a deliciously zero-calorie desert...your sweet lips.

Kissing Records.

Some people love kissing so much they don't need any excuses. Here are a few people whose daring exploits with their lips have earned them proud places in the 'Guinness Book of Records.'

1. 8001 people kissed non-stop.

At the Minnesota Renaissance Festival on 15 September 1990, Alfred Wolfram from New Brighton kissed 8001 people in 8 hours, which is a rate of over sixteen people a minute.

2. 130 hour kiss-athon.

Bobbi Sherlock and Ray Blazina smooched for 130 hours and 2 minutes between the first and the sixth of May 1978.

3. First movie kiss.

John Rice kissed May Irwin in 1896, and became the first couple to be recorded kissing in the film called quite appropriately 'The Kiss.'

4. Longest movie kisses.

The longest kiss in cinema history was between Jane Wyman and Regis Tommey in the 1941 film, 'You're in the Army Now.' The kiss lasted 3 minutes and 5 seconds, or 1/25th of the total running time.

'Kids In America' broke that record with a kiss lasting over 6 minutes - but the kiss is during the end credits.

Poems about kissing.

There's nothing quite as expressive as a kiss, and there's nothing anywhere near as romantic as reciting poetry about kissing – even if it's just a few short lines, or a fragment of a longer poem.

It will make you seem fabulously sexy and very brainy all at the same time!

Here is a small selection of beautiful poems you can learn in a few minutes (or have in your pocket ready to pull out and read), which could earn you a lifetime of love.

From 'Love's Philosophy' by Percy Bysshe Shelley.

'See! The mountains kiss high heaven,
And the waves clasp one another;
No sister flower would be forgiven if disdained its brother;
And the sunlight clasps the earth, And the moonbeams kiss the sea:
What are all these kissings worth,
If thou kiss not me?'

From 'You Kissed Me' by Josephine Slocum Hunt.

'You kissed me! My head drooped low on your breast,
With a feeling of shelter and infinite rest,
While the holy emotions my tongue dared not speak,
Flashed up as in flame, from my heart to my cheek;
Your arms held me fast; oh! your arms were so bold
Heart beat against heart in their passionate fold.
Your glances seemed drawing my soul through mine eyes,
As the sun draws the mist from the sea to the skies.
Your lips clung to mine till I prayed in my bliss
They might never unclasp from the rapturous kiss.'

From 'Creed' by Mary Ashley Townsend.

'I believe if I should die,
And you should kiss my eyelids when I lie
Cold, dead, and dumb to all the world contains,
The folded orbs would open at thy breath,
And, from its exile in the isles of death,
Life would come gladly back along my veins.'

From 'I Love You' by Ella Wheeler Wilcox.

I love your lips when they're wet with wine,
And red with a wild desire;
I love your eyes when the love-light lies,
Lit with a passionate fire.
I love your arms when the warm white flesh
Touches mine in a fond embrace;
I love your hair when the strands enmesh
Your kisses against my face.

First Date Magic.

So now that you know all about kissing, here's the perfect way to use your new found knowledge – on the love your life.

If you haven't already got our unique book about having fabulous first dates and making true love appear for you, then you need to do yourself a favor and get it now. 'First Date Magic' is 146 pages of everything you need to know from the best way to find the right person to date, to how to know when you've finally found true love.

If you've ever asked yourself, "Will I ever find the right one for me?" you need ['First Date Magic.'](#)

But of course First Date magic is not just a book. You also get FREE updates for life, FREE MP3 audio downloads of the whole book, PLUS FREE Private Coaching – one on one with Luke and Amy.

It truly is an amazing package – whether your are 18 or 78 you owe it to yourself to try First Date Magic now.

[Click here to find out how you can make 'First Date Magic' work wonders in your love life.](#)

