



HOW TO BE AN AMAZING KISSER



W O R K B O O K

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ABOUT KATIA LOISEL

Katia Loisel is an internationally recognised Dating, Relationship and Body Language Expert, Founder of The Love Destination and host of the new TV series French Kiss: The Art and Science of Kissing, airing in 2018. She is the co-author of How To Get The Man/Woman You Want and has conducted a widely published five-year global study into dating and mating patterns. Katia has also produced a "How To" series on dating and kissing that received over 12 million views on YouTube alone.

Katia's broad knowledge on relationships and nonverbal communication has made her a sought after a media commentator, brand spokesperson and host, who has been interviewed over 1,000 times by media outlets worldwide, with regular segments on TV, in print and on the radio. She has also analysed the body language of countless celebrities and politicians in Australia and overseas.

Katia is also dynamic speaker and trainer, delighting, engaging, motivating and educating audiences. She has designed and conducted over a hundred keynote speeches, workshops and seminars and worked with thousands of people, helping people to tap into their inner body language expert, transform their relationships and attract the love they deserve.

She loves what she does and it shows: her vibrant, vivacious, bubbly personality, spot on analysis, content and expertise making her a hit with the audiences and the media alike. Katia is passionate about love and is on a global mission to help conquer loneliness, and inspire and empower women through everything love.

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LESSON 1

THE POWER OF KISSING IN DATING

THE POWER OF KISSING IN DATING

Kissing is a sensual smorgasbord that activates all five of our senses and sends a direct signal to the emotional brain or Limbic sensual centres associated with love, lust and passion. This exchange of sensory information provides non-verbal clues about the other person, their genetics, compatibility and level of commitment.

The intertwining of lips and tongues also sends our neural networks into overdrive releasing a surge of neurotransmitters and hormones including dopamine, serotonin, oxytocin, phenylethylamine and norepinephrine. This chemical cocktail and in particular the rush of dopamine that triggers the dopamine system in the brain associated with pleasure, addiction and reward, sends us into a euphoric (and slightly obsessive) high.

LESSON 2

THE POWER OF KISSING IN RELATIONSHIPS



THE POWER OF KISSING IN RELATIONSHIPS

Research has found that kissing promotes connection and relaxation, improves perceived relationship satisfaction and self-esteem, reduces stress and anxiety, boosts the immune system and prevents tooth decay and cavities.

What's more, a passionate smooch increases your heart rate, reduces blood pressure and causes the blood vessels to dilate, delivering an oxygen boost and an almost instant state of relaxation.

In a study by researchers at Lafayette College, participants who kissed their partner for 15 minutes recorded lower levels of the stress hormone cortisol than those who talked or held hands for the same period.

Kissing is one of the most powerful and intimate forms of non-verbal communication, shown to dramatically increase intimacy and improve relationship satisfaction. Yet it is often the first thing to go in love-term relationships with research showing that one in five married couples kiss less than once a month and that for 40% of married couples, that kiss lasts a mere five seconds.



LESSON 3

**BEFORE THE KISS.
ARE THEY INTERESTED IN ME?**

BEFORE THE KISS. ARE THEY INTERESTED IN ME?

When it comes to the language of love, actions speak louder than words. The first step to understanding body language and knowing if someone is interested (or wants to kiss you) is to look for a cluster of at least three to five simultaneous signals that indicate interest and avoid analysing one body part in isolation.

Many body gestures can have multiple meanings so if you want to know if they're interested always look for a combination of increased proximity, eye contact and touch (including self-touch and preening). You should also consider the individual, situation, emotional intensity and timing of the sign when putting the body language puzzle together. And always test the waters before jumping in headfirst.

For more information on the body language of attraction take my Master the body language of Attraction course on Love Destination. It's free with your premium membership.



LESSON 4

THE TOP SIGNS THEY WANT TO KISS YOU

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1. LINGERING EYES

They say that eyes are windows to the soul, and for a good reason. Sticky eyes (that seemingly breathe you in) are a universal courtship signal indicating attraction, but that's not all that they reveal. Pay attention to where their eyes rest for clues about their intentions. If they keep looking at your mouth and let their eyes linger there, they're wondering what it would be like to kiss you.

2. THEY HAVE DROOPY BEDROOM EYES

Droopy bedroom eyes are an indication of "rest and digest"- a parasympathetic response that induces a relaxed state and gets our body ready for a sexual encounter.

3 THE POWER OF KISSING IN DATING

Sexual attraction and desire can temporarily block brain impulses that control the lower jaw, causing the jaw to drop and lips to part.

4. THEY LEAN IN TO YOU

The forward lean is a primitive subconscious response controlled by the orientating reflex (OR). The OR kicks in automatically when you see someone you like, causing our muscles to contract to bring us closer to kiss.

5. THEY MOVE THEIR HEAD CLOSER TO YOURS

This move into your intimate space is a sure-fire signal that they're keen to kiss you. If you're not sure, brush your lips on their cheek. If they move their face towards yours you've been given the green light.

6. THEY TOUCH YOUR FACE

Touching the face is a very intimate gesture and suggests that they'd like to get closer to you emotionally and physically (and can be an indicator of relationship potential and commitment). If their hand or fingers touch or linger on your lips, no further signals are required.

7. THEY LICK TOUCH OR BITE THEIR LIPS WHILST LOOKING AT YOU

Constant autoerotic touching of the lips is a tell-tale sign that their lips are tingling with excitement and that they may be wondering what it would be like to kiss you. Attraction causes our lips to engorge with blood making them ultra-sensitive to touch. Watch their stroke style for clues on how they'd like to be kissed. If their touch is light and feathery, gently caress their lips with yours to leave them begging for more.

A word of caution: lip biting can communicate both negative emotion and arousal; however, trust your instincts, as we are pre-wired to 'feel' the difference. Other clues include their level of eye contact and the shape of their mouth. During arousal, a lip bite is normally accompanied with flirty eye contact and upturned lips.

8. THEY TILT THEIR HEAD

The head tilt and baring of the neck is primitive sign that indicates interest and vulnerability and gives you the non-verbal green light to approach (or get a little closer).

9. THEY FACE YOU WITH THEIR FOOT BETWEEN YOUR LEGS

Where the feet go the heart follows. The legs and feet give us invaluable information about what someone is really feeling because they are one of the last body parts that we subconsciously control. Look for where their feet are point for vital clues about how they really fee.

Positioning their foot between your legs is an indication of comfort and attraction and may be a ploy to get into your intimate space. How close they'd like to get depends on how close your respective groins are. If they've positioned their front foot between your legs, so that both your groins are touching, they're already thinking about what it would be like to be physically intimate with you.

10. THEY BEGIN BLINKING... A LOT

A rapid blink rate suggests that they're psychologically aroused (or excited) and you've got their attention. When we see something we like (or are thinking about that kiss) a surge of dopamine is released into our vision centres causing our blink rate to increase, sometimes up to seven times the normal rate. So if their blink rate suddenly increases as you get closer, keep a look out for the other green light signals that reveal they might want to kiss you.

Many gestures and expressions can have multiple meanings so if you want to know if they're interested (and want to kiss you), always look for a combination of increased proximity, eye contact and touch.

Last but (definitely) not least, always test the waters before jumping in for that first kiss.



LESSON 5

HOW TO OVERCOME FIRST DATE NERVES

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Relax and avoid having high expectations: A good kiss stimulates the parasympathetic system, lowers cortisol levels reducing stress and helps us to relax. However, if you're expectations are too high or you're so nervous that you can barely say your own name, a kiss can have the opposite effect. That first kiss can be nerve wracking, but taking the time to breathe, connect, touch gently and have fun help you to connect and reduce performance anxiety.

Set the mood: Researches at Lafayette College found that where you kiss can have a powerful effect on how you rate the smooch and your partner. The study found that kissing in a sterile environment decreased the level of the bonding hormone oxytocin and reduced the level of intimacy women felt with their partner. The more comfortable you will feel, and the better the kiss so pick your location well.

Kiss sober: Drinking or taking drugs releases the same chemical cocktail as kissing and can make the kiss better (or much worse) depending on how you're feeling and the effect that alcohol has on you. Whilst a glass of bubbles can lower your inhibitions, if you want to get an accurate impression of whether you're suited, keep your wits about you and stay sober.

Focus on them: Nerves can really get in the way of attraction and making a fabulous first impression. Luckily there are ways to reduce those first kiss nerves. are to blame for that flunking that all-important first kiss, simply change your focus and turn your spotlight on them. You'll take some pressure off yourself, reduce your stress levels and may actually enjoy it.

Change your body language: Our emotions and body language, facial expressions and breathing are directly linked. While emotional changes directly affect our respiration, facial expressions and body language, changes to our physiology also directly impact our emotions.

You can quite literally change how you feel, just by changing your body language.

Do a mental checklist of your body language, uncross your arms and legs, relax your hands and feet, stand tall, lift your chin slightly, make eye contact and smile. You'll instantly feel and look more confident.



LESSON 6

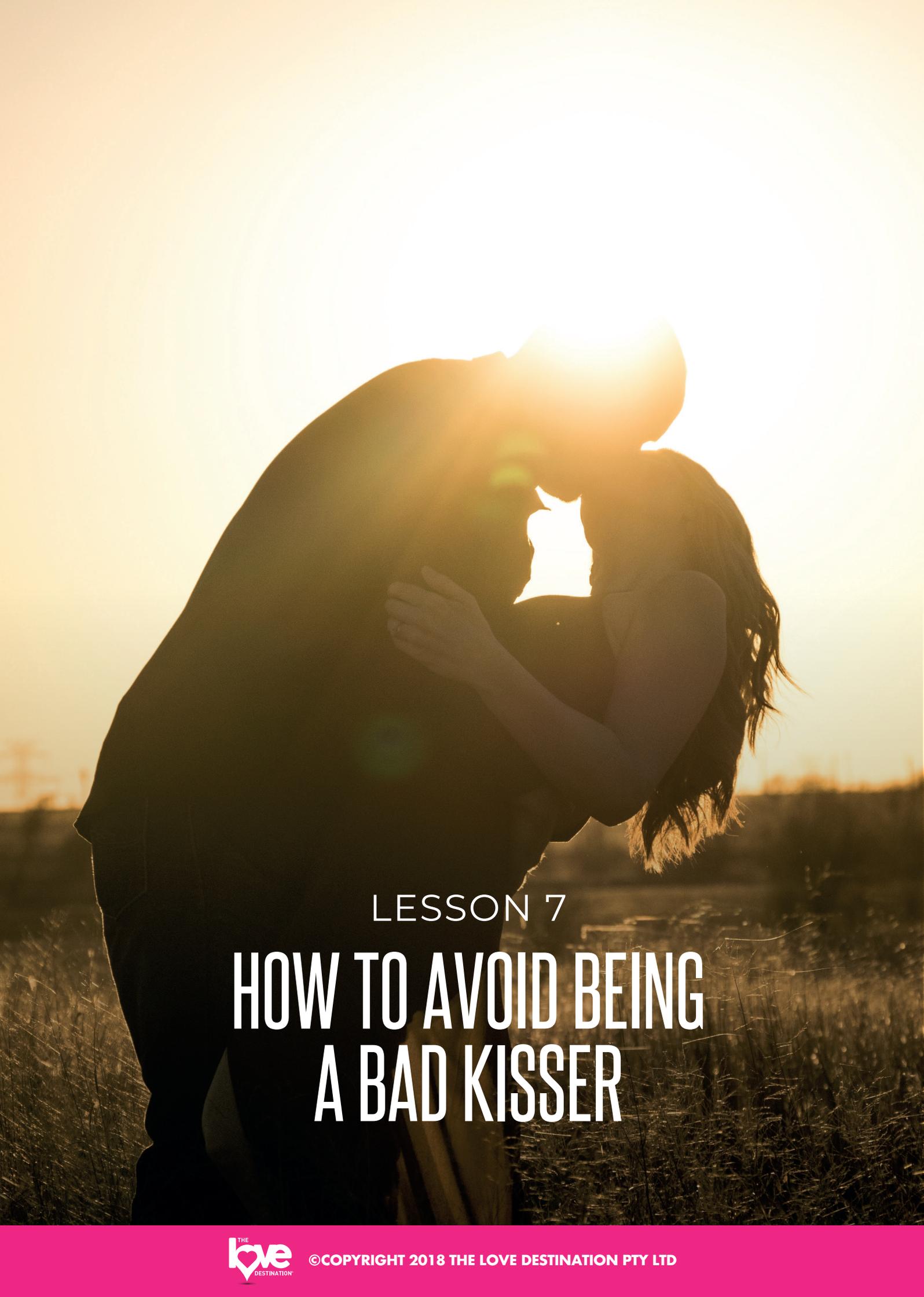
THE FIRST KISS

THE FIRST KISS

It's totally normal to feel nervous before a kiss. For most people their very first kiss is an emotionally intensive experience; a heady combination of nerves, anxiety, uncertainty, anticipation and excitement.

Novel experiences can heighten emotion and stimulate the dopamine center of our brain associated with pleasure and reward, making the experience especially memorable. However, studies show that engaging in novel and unfamiliar sexual experiences, such as your first kiss can also heighten anxiety.

Research into emotional reactions to first sexual experiences suggest that the person on the receiving end of the kiss, which in most cases is the woman, is more likely to experience negative emotions such as anxiety.



LESSON 7

HOW TO AVOID BEING A BAD KISSER

HOW TO AVOID BEING A BAD KISSER

Kissing turn-offs can also be a major turn-on depending on who you're with. If your date is a sloppy kisser they'll like a hot sloppy kiss, while someone who likes to French Kiss may wonder what's wrong if you don't tongue them back. So, to make an unforgettable impression, start slowing and take their lead and avoid jumping straight in unless you're sure that's what they like.



LESSON 8
KISSING TURN-OFFS

KISSING TURN-OFFS

BAD BREATH AND TEETH:

The number one turn off – nothing kills the passion faster than having bad breath, so remember to brush, floss and gargle regularly, and avoid eating onion or garlic before going for a pash. According to researchers from University of New York, women rated the taste and smell of a man's breath as a major factor in deciding whether or not to keep kissing or pursue a relationship. The study also reported that unhealthy looking teeth turned women off.

THE SLOPPY KISS

There's a reason that it's generally guys that go for the full on sloppy kiss. A big wet open-mouthed kiss releases testosterone, which when mixed with her saliva may help get her in the mood. But swallowing a litre of saliva might be a little too much too soon.

THE TONGUE DOWN THE THROAT

You might not be able to take your hands off them, but don't turn kissing into a competition to see how long they can hold their breath.

THE DARTING TONGUE

They might be hot but darting your tongue in and out of their mouth like a snake isn't likely to get you a second date. Studies show that guys rate tongue kissing higher than girls, so spice things up by alternating between a hot and heavy pash and a more sensual kiss. Of course if they go for the French pash go for it, just don't overdo it.

THE HARD KISS

Avoid plunging into the hard kiss, usually accompanied by a grab of the hair or pushing up against a hard surface, unless you've tested the waters. Of course if they lunge at your first or they're into it, then it's all systems go!

STUBBLE

While stubble can be oh so sexy, it can also act as a non-verbal deterrent to kissing and can affect arousal. To avoid pash rash alternate between hot and heavy, and gentle and soft kisses, gently nibbling on their lips and caressing their lips, cheeks, nose and eyelids with yours

THE DEAD FISH

Nothing's going to turn someone off faster than the dead fish. Kissing is a game best played with two – so if you're into them, don't just sit there. Either show some enthusiasm and them know that you're into the kiss as well or, if you're not interested or feel pressured into the kiss, remember that it is always okay to say no.

EXERCISE

How would you rate yourself in the kissing stakes? (On a scale of 1 to 10)

Do you rush in or do you take time to connect?

What feedback (both verbal and non-verbal)have you received about your kissing?



LESSON 9

THE SECRET TO BECOMING AN AMAZING KISSER

THE SECRET TO BECOMING AN AMAZING KISSER

Want to know the secret to becoming an amazing kisser? Simply kiss them the way that they're kissing you as that's how they would most like to be kissed.

BUILD THE ANTICIPATION

Whether it's your first kiss or you've been together forever, take it slow and build the anticipation so that they're dying to kiss you. Touch, tease and kiss your way around their face until they can't take it anymore.

HARNESS THE POWER OF TOUCH

Touch releases the cuddle hormone oxytocin – shown to help us connect and bond – and like most good things, the more you get, the more you want. When it comes to pleasure, a gentle kiss or caress that's as soft as a feather wins hands down. A light touch activates the brain's emotional orbitofrontal cortex and is picked up by pleasure detecting nerves called C-fibbers.

ACTIVATE THE RIGHT HEMISPHERE OF THEIR BRAIN

To maximize pleasure and strengthen your emotional connection, focus your attention on your partners left-hand side. For right-handers, the left side of the body is connected to the right brain associated with feelings, senses and memories, making your attention even more powerful.

ZERO IN ON THEIR EROGENOUS ZONES

Our lips are one of our body's most powerful erogenous zones. Brimming with nerve endings, the lips have a disproportionately large amount of neural space devoted to them, making them incredibly sensitive to touch. Other pleasure hot spots include the ears, eyelids, neck, inner thighs, back of legs, palms, feet and buttocks (a touch to which stimulates the pudendal nerve, directly activating the sexual organs).

Stimulation of the earlobes through kissing, licking, blowing and touch can be particularly arousing as it stimulates three cranial nerves at once.

TAKE IT SLOW AND FOLLOW THEIR LEAD

To make an unforgettable impression, start slow, take their lead and don't jump straight in unless you're sure that's what they like. To activate the C-fiber nerves and increase pleasure, start with soft, sensual kisses before building to a hot, deep pash. Gently brush your lips against theirs before opening your mouth slightly. If they open their mouth and gently prod the inside of yours with their tongue, follow their lead, letting your tongues entwine. Be responsive and use their kiss as a guide to how they'd like to be kissed.

SET THE MOOD

Researches at Lafayette College found that where you kiss can have a powerful effect on how you rate the pash and your partner. The study found that kissing in a sterile environment decreased the level of the bonding hormone oxytocin in the women and reduces the level of intimacy women felt with their partner.

INCREASE EYE CONTACT

Prolonged eye contact heightens attraction, sends a subconscious signal to their brain that you're interested and a shot of the adrenaline like substance phenylethylamine (released when we're in love or lust rushing through their veins)

TAKE THE TIME TO CONNECT AND FOCUS ON YOUR BREATHING

Our breathing and emotions are linked. Deep breathing stimulates the parasympathetic system which aids lubrication and blood flow and lulls us into a state of deep relaxation. Focusing on your partner and breathing in unison can also help to increase intimacy and deepen your emotional connection.

WHAT MEN WANT

A study by Gallup found that men preferred the wet, open mouthed French kiss and were more likely to initiate a tongue kiss than women. Scientists suggest that over time the small amounts of testosterone exchanged during a hot and heavy pash may increase testosterone levels in the female, increasing her libido and helping to get her in the mood.

So what do men want? Studies reveal that guys want more tongue kissing and for girls to let go, up the ante and take the initiative.

WHAT WOMEN WANT

Numerous studies have shown that women place more importance on kissing than men, using kissing as a form of mate selection and a way to initiate, maintain and evaluate the health of their relationship. A study in the journal Evolutionary Psychology investigating gender differences in kissing found that 86% of women wouldn't have sex with someone they hadn't kissed, whereas the same couldn't be said for men. It also found that women were more likely to want to pucker up before, during and after sex.

So what do women want? Studies reveal that women want kissing and a lot more of it! They also crave variety, preferring men who aren't stuck on one speed but alternate between fast and slow, hot and soft and open and closed mouth kisses.



LESSON 10

THE FIRST KISS WAS A DISASTER.
NOW WHAT?

THE FIRST KISS WAS A DISASTER. NOW WHAT?

Here's the thing, no matter who you are, nerves can get in the way of a great kiss. When we go into fight or flight the saliva in our mouth dries up, we go into limbic arousal so find it hard to think straight this can really get in the way of kissing. So, if you really like someone and the first kiss is terrible, or if you feel like you've blown it, it's worth giving it another chance. Perhaps take the pressure off them and you and take your time showing them in a playful way how you like to be kissed. With a little positive feedback and you'll be surprised how fast they learn.

While a bad first kiss can be a deal breaker, it needn't be the kiss of death for your relationship.

HERE'S HOW TO GET ANOTHER DATE IF THE FIRST DATE WAS A DISASTER

Before you go for another date, trust your instincts: So, before you jump into round two ask yourself the question, was the kiss bad or just plain awkward? This is where it pays to trust your instincts and take note of what his body was telling you. Sexual Attraction causes our lips to engorge with blood making them warm, tingly and irresistible to touch. It can also temporarily block brain impulses that control the lower jaw, causing the jaw to drop and lips to part. So, if his lips were cold, hard and pressed together mid snog, he probably wasn't into it.

Relax, most men will give it another shot: Numerous studies have shown that women place more importance on kissing than men. Whereas women use kissing as a form of mate selection and a way to initiate, maintain and evaluate the health of their relationship, for men kissing is predominately a precursor to sex. A study in the journal *Evolutionary Psychology* investigating gender differences in kissing found that 86% of women wouldn't have sex with someone they hadn't kissed, whereas men were far more likely to have sex without kissing.

Address the issue in a fun, lighthearted way: Rather than pretending that didn't happen, avoiding his calls or going missing in action, address the issue in a playful, flirty and lighthearted way. Talking releases the 'cuddle hormone' oxytocin, which reduces stress and helps you to bond, and chances are it's probably not as bad as you thought.

Laugh it off: A bit of humor can go a long way after a bad date. Making your first kiss a mutual joke and having a laugh will lighten the mood and release feel good endorphins that reduce stress, creating the ideal environment for the perfect date and kiss.

Take the initiative and plan the perfect invite: Dating is daunting for both sexes, so it should come as no surprise that the majority of men prefer a woman who takes the initiative. However, men and women have different ideas about what constitutes the perfect date. Women bond by talking; men bond by doing things together so for the ultimate invite find out what he's passionate about. For an added boost, chose an activity that involves touch (perhaps he can show you how to play pool, or touch rugby) and to heighten attraction, try an activity with an adrenalin hit. It will get your blood pumping and release phenethylamine, which will heighten the attraction between you



LESSON 11

KISSING UNDER THE INFLUENCE

KISSING UNDER THE INFLUENCE

Research by eHarmony found that one in five people need a little drink before kissing but kissing under the influence can actually interfere with how you interpret a kiss. Both kissing and alcohol release dopamine and activate the dopamine area of the brain, so if you're kissing under the influence you don't know if it's the kiss or what you've had to drink that's making you feel good.



LESSON 12

WHAT THEIR KISS REALLY MEANS

WHAT THEIR KISS REALLY MEANS

There's more to the humble kiss than most people think. Kissing reveals vital non-verbal clues about your kissing partner's overall health, genetics, and immunity, but his kissing style and how he chooses to kiss you also reveals tell-tale information about his interest, attraction and level of commitment.

While there's no doubt that the French Kiss is the most passionate and arousing of all kisses, it's the combination of passion and displays of tenderness, nurturing and protectiveness, (communicated through kisses such as the butterfly, forehead, earlobe, head and eskimo kiss), that reveal your true level of physical and emotional intimacy and tell you that you've got a keeper.

THE CLOSED MOUTH KISS

In the early stages of courtship a closed mouth kiss is used to test the waters and indicates that he's still respectfully cautious and not quite comfortable getting up close and personal. A gentle closed mouth kiss, that's more a brush of the lips also stimulates the pleasure seeking nerves called C-fibres, heightening emotion and attraction and opening the door the door to some serious romance.

However, closed mouthed kisses in long term relationships can be a sign that the relationship has lost some of its intimacy and needs work. Sexual attraction and desire can temporarily block brain impulses that control the lower jaw, causing the jaw to drop and lips to part.

THE FOREHEAD KISS

This tender and romantic kiss says, "I care about you, put your trust in me." This gesture allows your partner to nestle you close as you dip your head and close your eyes as a sign of trust and vulnerability.

A tender forehead kiss or caress can be at the same time nurturing and arousing, as touch-messages received from trigeminal nerves in your forehead are processed by your brain. Look for other nonverbal signs such as the closeness of their heart window and groin. A forehead kiss where your torso and groins touch communicates protectiveness and lust, whereas distance between your torsos and groin may indicate a more platonic brotherly sisterly kiss.

THE EARLOBE KISS

The earlobe kiss is a sensual kiss that often indicates a greater degree of physical and emotional intimacy. Stimulation of the earlobes through kissing, licking, blowing and touch can be particularly arousing as it stimulates three cranial nerves; (the vagal, glossopharyngeal and facial nerves) simultaneously.

THE BUTTERFLY KISS

The butterfly kiss indicates trust, tenderness and a close physical and emotional intimacy as you flutter your eyelashes against your partner's or bring your faces and eyelashes together until your eyelashes flutter together.

A KISS ON THE NOSE

Within a couple, kissing on the nose is an intimate and affectionate gesture that says, "You're beautiful."

If you haven't yet had your first kiss, it's a flirty way of saying "I really want to kiss you on the lips but I'm playing it safe." If you want him to kiss you on the lips return his nose kiss and let the On The Hair or Head

A KISS ON THE HAIR OR HEAD

Kissing on the head or hair is a nurturing and intimate gesture that shows affection and protectiveness and indicates a close emotional bond. It says, "I'm here for you."

A KISS ON THE SHOULDER

A kiss on the shoulder is a sign of both emotional and physical intimacy. "It says I'm here for you and I want to be close to you."

THE CHEEK KISS

Often seen as an affectionate platonic greeting, a peck on the cheek can have multiple meanings and is a sign of affection. A quick peck on the cheek can serve numerous purposes and have multiple meanings. It can be a platonic greeting or "hello", a kiss that says, "I like you as a friend", or a method of getting into your intimate zone, receiving nonverbal olfactory cues about your health and testing the waters.

If their lips linger there and they seem to breathe you in they're showing interest in a shy way that respects your personal space. This kiss says "I really like and respect you and want to kiss you, but I'm not sure how to proceed."

A KISS ON THE LIPS

A closed kiss on the lips reveals that they really like you and are respectfully cautious. It's says, "I'm really into you and I respect you and I will follow your lead." An open mouthed kiss on the lips says, "I'm so attracted to you and dying to kiss you!" Attraction and desire can temporarily block brain impulses that control the lower jaw, causing the jaw to drop and lips to part

THE FRENCH KISS

The French Kiss is without a doubt the most passionate and arousing of all the kisses, as we explore each other's mouths, tongues and lips. But the French Kiss does more than just tell us whether someone is a great kisser. Kissing is a sensual smorgasbord that activates all five of our senses and sends a direct signal to the emotional brain or Limbic sensual centres associated with love, lust and passion. This exchange of sensory information provides non-verbal clues about the other person, their genetics, compatibility and level of commitment. Kissing also releases semiochemicals in the mouth which mixed with our own saliva provide information about help to tell if we're suited.

However, be warned, if he's always going straight for the French Kiss or smooch with little tenderness or nurturing touch, chances are it's just a casual fling he's after.

EXERCISE

What does your kissing styles reveal about your relationship? Does your relationship need work and if so in what areas? Making a conscious commitment to increasing the level of emotional and physical intimacy in your relationship can completely transform your relationships.