

A Performance Menu for Self-pleasure

Foreplay

Lemon, sugar, coconut oil

Cut a lemon into quarters. Take one of the pieces and trace it over your hand, taking your time to season every inch of flesh not forgetting in between your fingers. Play with pressure and delight in the coolness as it slides across your skin. Dab a small amount of coconut oil into your palm and let the heat of your skin melt it. Then sprinkle a little sugar into your palm and thoroughly massage your hands and fingers. Apply any spare 'scrub' to your lips. Tenderly lick off the excess.

Cracks

Lemon, Smoked salmon, Creme fraiche, Beetroot juice, Cracked black pepper, Caviar

Make a loose fist, turn your hand 90° so that your thumb is lying at the top of the fist. Admire the indentation running along the length of your thumb. Press a lemon quarter into the indentation letting the juices season your skin. Take a slither of smoked salmon and lay over the crevice adding more layers depending on your appetite. Gently push the salmon into the folds of your skin and massage. Finger out some creme fraiche and slide this carefully into the crevice. Drizzle over a few drops of beetroot juice, add a little cracked pepper and a dollop of caviar and devour.

Fingered

Sesame oil, Fresh Coriander, Cucumber ribbons, Soy sauce, Chilli flakes, Sesame seeds*

Point your finger and oil until sensuously slippery. Gently place coriander leaves along its length and stroke to adhere them to the oil. Wrap a cucumber ribbon around the finger, season a little with soy sauce and then sprinkle with sesame seeds and chilli flakes. Gobble.

* Easily made with a speed peeler, or box grater

Perspiration

Truffle Oil, Sea salt

Massage a drop of truffle oil into your palm. Sprinkle with a pinch of salt and lick clean.

Mound

Soft goats cheese, Runny honey, Fresh Thyme

Apply a two-fingered swipe of soft goats cheese to the back of your hand. Without cleaning your fingers dip them into some runny honey and then drizzle over the cheese. Sprinkle a few fresh thyme leaves on top and swallow..

Liptease

*Good quality chocolate spread, Spiced sugar**

Thrust your middle finger into chocolate spread as far as it will go. Withdraw. Dip into spiced sugar. Suck at a luxuriariously slow pace.

*Suggested spice mix - 1 tsp granulated sugar, pinch cinnamon, pinch nutmeg, tiny pinch of cayenne pepper - adjust to your taste.