



S NADINE PIAT'S SATISFACTION GUARANTEED



Lexi Love

A rare interview with EX porn star,



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HEALTHY YOU HEALTHY LOVE

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LEXI LOVE SATISFACTION GUARANTEED

 Nadine: Hi everybody! It's Nadine Piat here from healthyyou-healthylove.com, neverlosehim.com and Unlock His Heart. Today I have a fantastic guest; I'm very excited to be introducing her to you in a moment. Now Lexi Love is a former adult performer and the founder of Lexi Love Entertainment. She's the CEO at Exotic Interludes and she continues to host parties in the U.S. and makes appearances on radio shows and at conventions, while also operating a marketing company geared toward entrepreneurs. She now teaches women to understand men and understand their bodies and to have positive development with their sexual discovery.


In addition to that she also has a current project called, *Uncle Don's Exotic Interludes*. It's a fantastic board game that encourages individuals to explore their sexual behavior. As an adult film star Lexi recognized that there was a large impact that religion and culture had on people's morals and emotions that was associated with sex. This is the reason why Lexi got involved with *Uncle Don's Exotic Interludes* -it is a really fantastic, fun ice breaker to learn and explore your own sexuality with friends and lovers; so understanding yours and the person that you're maybe with or your friends and it can not only be great fun, it's also highly educational. So Lexi, welcome to the Love Room!


 Lexi: Thank you for having me!


 Nadine: Well it's wonderful to have you! Today we're going to be talking about 'Satisfaction Guaranteed'. This is about women understanding how they can have better sex, more satisfaction and more pleasure with men or the man in their life. So tell me a little bit about you and how you got into doing what you're doing now. Well actually you're not longer in the industry like you used to be – you're an ex-porn star. I'd just love to hear the story.

 Lexi: Well I was going to school for Engineering and decided to take a break from that and get into the adult industry. For


many years I had sex for a living and I got to go around and tour. I basically got paid to have a whole bunch of fun all through my twenties. And then now from that time I realized after getting out of porn that sex isn't as openly talked about as I really thought it was and that's kind of *where Uncle Don's Exotic Interludes* come into play. *Uncle Don's Exotic Interludes*, I did not invent this game but I definitely helped fine tune it over the last year and a half or so. So this game is like an ice breaker for people who may not feel as comfortable talking about sex and want to explore in different ways. You know if it's just a couple who maybe want to spice things up a little bit, or they think it would be fun to play "naughty Monopoly." It's a great way to learn something new about your romantic partner.

 Nadine: I think it sounds great, yeah.

 Lexi: Thank you! If you're looking to be a little more explorative and maybe you want to add some people to the exploration, it also sets up for 8 players so you can have 2 to 8 people with you. But we have "safety cards" like I call them where if you don't want to get naked or may not as feel comfortable as being as risky, you can go through the deck of cards and pull out the cards that you don't feel comfortable exploring and also other cards help you keep your clothing on. So you can play it like when we were doing research for it, I had some of my lawyer friends and stem-cell researchers, I mean we're all here like giggling and laughing and putting down the, "there's no way I'm taking my clothes off in front of you" card.

 Nadine: Yeah, sure, sure. I love that. So basically you can be as risky or as kind of conservative with it in a sense, but it's still fun either way you go with it?

 Lexi: Exactly.

 Nadine: And it's amazing, as you were talking then I was thinking about all the little things that we have fantasies about and the things that we've never done that we've wanted to do.

There's different and more adventurous sort of sex and then there's also the basic stuff with sex, where just actually having satisfying good sex on the most basic level is something that a lot of women don't even experience. With the porn industry some people are learning, you hear a lot of it, it's written a lot now and it's spoken about, that the way that with porn being so accessible so many younger people are learning to have sex with porn, which is not love-making, it's not a lot of things and so women sometimes are coming up short when it comes to actual satisfaction in the bedroom. Lexi, I'm sure you have a lot to say about that.

Lexi:

I've heard the same thing and even experienced some of it. It's like when you filming porn, there are different angles that producers and directors want—they need to get the right angle so just because it looks good and you can see everything doesn't mean it feels good. That just means there's room for the camera to get in there. A lot of the times really great and intimate sex is up-close and personal; not like wide spaces apart for everybody to see everything. So there is a huge difference between porn sex and the sex you have at home. There's also sex that's geared towards women that is more like "at-home-sex." You'll still be seeing it but you don't necessarily need to see as much of it, so to say. So yeah, it has been a problem for some people. I have heard of especially people in their late teens and early twenties who are starting to explore with sex. If they have no experience and learning from porn, then it's not necessarily going to be probably fun for either one of you a lot of the times.


Nadine:


And in porn, women aren't asking for what they want. Well they're doing what they're kind of being told to do, correct? And it's being directed on some level. So porn aside, just general sex and having a better connection with men, how can women start verbalizing and being more forward in actually experiencing the kind of pleasure that they want to experience? I mean what's the first step; is there a first step?


Lexi:

Well there can be a couple of different types of first steps. One if the guy is asking you what you like, tell him. Like, "I like when you do..." When you try to tell somebody, I like


to think of it the same way as I try to do my marketing. You have to compliment and then instruct. I really like the way you do it this way and if you do it this way a little bit more, or a little bit faster, a little bit slower, I think it will bring me to a better orgasm. You never want to hurt anybody's feelings especially when it comes to sex. Of course if someone is hurting you, you can say "I don't like that. That's painful, that's uncomfortable", that's one thing, but if you're trying to get what you want out of it, you need to be nice and not make the person feel bad about what they've already done because it's not going to help the situation I think; you have both people's egos to be mindful about.

 **Nadine:** And you used a very keyword there, you could have used the word "but" but you used the word "and" and that's a very important thing. That's a very NLP kind of process. And for the ladies listening can you share what that means - so why didn't you say "but" and why did you say "and?"


 **Lexi:** "But" is negative. It doesn't reinforce anything positive. When you say "and," it's a better conjunction so to say; "I like what you're doing **and** let's make more of it." "I like what you're doing **but** it sucks." Those are the two differences— that's what but means and why it's best to use and in these kinds of situations.


 **Nadine:** When you say 'BUT', basically you dismiss anything you've said before. So for any of the ladies listening, that's a really great tip is that you compliment first and you then want to lead into something else, you use the word "and" instead of "but." It will go down a lot better. A man will be far more receptive without bruising his ego.


Okay also, why don't women speak up and ask for what they want in the bedroom, and what stops them from saying, "Hey sweetie this would be really great to do this or try this" or "I'd love it if you could touch me like this." What stops them?

 **Lexi:** A lot of the times it's fear of being rejected by the person that they're with because if you bruise somebody's ego, they're not going to take it well and maybe the guy likes to being in

control and think he's Don Juan to women or Casanova. It can be very difficult to ask for what you want. Many women think... I don't know how I'm going to bring this up to him. I don't want to hurt his feelings. I don't want him to leave me. I think it's a lot of fear-based stuff when women aren't speaking up, or maybe they also don't know how to properly communicate themselves about what they want.

 Nadine: Actually that just makes me think about something. I actually wrote about this but I think it's a really important point - you said that some women don't even know what it is that they want, so how do women then find out what they want? Because for a woman to pleasure herself, they can do it without thinking because they know it, they can feel their body. But a guy can't feel what your body is experiencing so sometimes to articulate what it is that we actually like to another person is very different to knowing what we like. Or some women don't ever self-explore or don't know what they like so how do they start finding out what they like?

 Lexi: If you haven't explored with yourself, well that's going to be the first step. And also sometimes if you haven't explored it yourself, even reading like books on sex or articles on sex like the g-spot, the clitoris and different parts of your body and different stages of arousal... because sometimes it's not just all just physical; maybe it's mental. Sometimes also if you're not getting the most pleasure out of sex, it could be because maybe there's something bothering you that you haven't brought up yet and you need to talk about it and then after you've talked about this, you'll be able to move forward. That's a huge one because as a woman speaking for myself and probably most women, if there's something on my mind it may not even have to do with them. It could have to do with work or an experience that I had in a past relationship where I may not be able to be comfortable being able to reach climax with somebody. And so therefore if it's that then I need to let my partner know this because they also may be able to help me work through this.

 Nadine: So it could be something within the relationship or it could just be other things from the past. So it doesn't have to be

necessarily about the relationship. It could be that the two of you have an ongoing point of contention or it could be that something has happened in your past or you were taught as a young girl that maybe sex is bad, or whatever it is. Because as you said before about your board game about the moral and cultural challenges that some women have, which is all about mind work, that is something you may have that's associated with sex so that can definitely stand in the way of pleasure.

Lexi:

And I think with those things when it comes to metal, if it's as far as maybe something going on externally in your world, something with work or something like that, maybe masturbate before your lover comes over. Get that first orgasm out of the way so you're relaxed and warmed up already and ready for more; that can really help. I have done it before and it's not cheating the experience, if anything I think it's making it better because you're going to be more relaxed. Or exercise; exercise is a great way to prepare before sex. Take a shower. Also there are certain other things, such as, you can drink ginger which is going to make your heart and your blood flow a little bit better and that can also stimulate you as well. All those other body parts start getting excited.

And then if it does have to do with religion and something that's really hard off the grid to you, a lot of people can either seek life-coaching, sometimes therapy – people think of therapy as a bad thing but I think therapy is a great thing. Or you could also add it into role-playing because sometimes a little bit of guilt brought into role-playing can actually bring out a lot of pleasure, where you take where you're being naughty and that can also help you work through it.

Nadine:

So it almost makes humor of the guilt, is that what you're saying? So you have fun with it, like being a naughty girl and having a great time. I remember my own journey with sex and I remember my dad being really tough and saying some really interesting things about sex. I think he said these things to scare us from it and to keep away from boys [laughs]. I remember I started feeling – when I first became sexually involved, I used to get uncomfortable and be quite self-conscious. I did wait awhile for my first sexual experience. I waited until I was in a relationship and I loved

the guy and that kind of stuff, and then it was when I was in my mid-twenties that I really started getting comfortable with my body and really comfortable being more expressive. I was with a particular guy and it was his way of connecting with me that allowed that to happen. No one else had that effect on me and it was a turning point for me. So sometimes it is the kind of man that you're with. Maybe your partner doesn't know how to pleasure or doesn't want to pleasure. Some guys are selfish lovers. So how do you deal with a man who's a selfish lover and you've tried to ask him to help you or to work things out, or to do things differently and it's not happening. What do you do then?

Lexi:

Well it depends on like how selfish. You can possibly make him think that it's his idea then, like, "Oh do you want to try this? I read about this somewhere..." or "I saw this somewhere..." or "I was talking to one of my girlfriends and her boyfriend did this. Do you want to try it? I think it would really be fun." Especially if you throw in the "her boyfriend did this" because then it adds an element of competition. It's like, "Oh! Okay..." Because you don't want to hear about how great someone else's lover is right? So that's one way but then if it just really continues and they're not listening to you, then maybe that's not the best relationship for you to be in or maybe it should just be a booty call.

Nadine:

Well do you find that the way the people have sex is a representation of also that person, their personality and their character and who they are? Do you think that it's inter-related?

Lexi:

I would say no because I can come off as really, really shy and can also be quite aggressive in the bedroom for a woman. And I also know of some men that come off as extremely shy and reserved and really proper that are just complete animals. A lot of times I notice that it's the opposite for people, that is, to their demeanor. I think most of the time the more reserved the person is, the more sexual they are. Better let it out somewhere.

Nadine:

[Laughs] Yes, that's interesting. I love that; interesting. Okay I want to talk about orgasm for women for a moment. I think

that 1 in 3 women have regular orgasms during sex and up to something like 10 or 12% of women have never had an orgasm. So are there certain positions that are better for women to experience orgasm?

Lexi:

For me I get asked a lot like what's my favorite position? Like what position gets me off the most and the answer is that it depends on the shape of the guys penis for me. It depends on how it's shaped. There's a particular shape that I'm really fond of and I really like and then if the penis isn't that shape, I've still had really great experiences. So I noticed that it's more about exploring and knowing where your g-spot is yourself and knowing is it often a long penis with a mushroom head or is it really a short girthy penis that's more pointy, which will actually get you off the best. Everybody's shaped a little bit different and the same with inside as well. I've noticed for me personally I like missionary but I also like the feeling of a man pressed against me and on me and really just there. It's not to say that I'm not going to get off during doggy or spoon or from oral sex. Not every time when I'm in missionary am I going to orgasm. A lot of it though is mainly dependent on the shape of the penis for me.

Nadine:

And the way the man moves as well and this is something – I don't know if this relates to you or whether this is accurate but some men are very good at moving in and out of the woman's body and they don't necessarily move close to the body which allows for more of the clitoral stimulation, is that correct?

Lexi:

Right.


Nadine:

So some guys think – I think maybe is it because of porn that they see these guys doing that and think that's what a woman wants?


Lexi:


Well they have to have room for the camera and for me my clitoris has to be simulated for me to have an orgasm and so for me I need that up-close and that consuming feeling. So in porn you're not going to see that because if you see that,


then you're not seeing anything else. So it does. It's being up-close and personal definitely, normally helps everybody because it also bridges connections. Sometimes in porn you also don't see a lot of kissing; because kissing during sex brings the whole body into play. The more parts that are being touched and caressed and felt definitely help with the overall stimulation and experience. It's like you're taking a shower with a shower cap on. You don't get the "Ahh..." feeling of like washing all your hair. You get that, "Oh man I'd really like to take this shower cap off and wash my whole body."

 Nadine: It's the same thing for swimming in the ocean; it's the same kind of thing. If you're going to go for a swim and you're not going to wet your hair, it's not just the same thing at all. And girls with their hair they're like, "Oh I don't want to get my hair wet." They don't want to blow dry it.


Okay now, so let's talk about multiple orgasms for a minute. Now I for years didn't even know what multiple orgasms were and I think that that can mean different things for different people. So what are multiple orgasms?


 Lexi: For example once you have your first orgasm, some people are done. They just fall asleep; their body completely just shuts down. Other people like myself, I start to shut down but if you keep going, I'm going to be right there with you and continue to orgasm with them, and they keep getting stronger and faster and I'll continue to do that as long as we keep going. That's what it is, it's a continuous orgasm. It's just kind of like one really amazing roller coaster as I describe it.

 Nadine: I think some women think it's kind of like a special kind of sex or something that happens that creates this crescendo... like they've finished having sex and then after the fact they keep having orgasms, it just keeps happening naturally. But generally speaking, you still have to keep going and it tends to be an orgasm after each other that's built upon and so you might need external stimulation to do that, correct?


 Lexi: Right. They just keep building but you have to continue having sex. I mean I've stopped having sex after multiple orgasms


and then my body can sometimes still continue to shake and I call them like little tremors, like after earthquakes. I get these continued rises and spikes, my body actually feels like it's experiencing a small orgasm even after we've stopped but I don't know how many people are like that. But multiple orgasms are real, they do exist but you do have to keep going to make them happen after you get that first big O out.


 **Nadine:** Okay well that's something for the ladies listening to aspire to. Just keep going girls and see if you can work with your guy and just keep building and building and see if you can actually experience it. Because yes some women's bodies do say, "Okay I've had one orgasm and I just can't handle anymore." Or the kind that actually have to have – well some women almost feel they need to stop having sex because their body is just too sensitive; it changes. One thing that I would like to talk about is something you and I spoke about before the interview - you were talking about how a woman shouldn't ask girly questions or speak "girly". Like don't ask what you want in a girly kind of way. So with what you said previously about being assertive and asking for what you would like with your partner, how does a woman be assertive without doing "girly"? So what does that mean?


 **Lexi:** Some girls have code talk where we expect the guy to understand what we're saying when we're not really fully saying what we need to say. Like little hints that he may not understand, this is not clear and effective communication. I mean you can be shy and cute about it and be feminine about it but you still need to communicate clearly. And most guys don't know girl talk and when I say girl talk, I mean like they're not going to pick up on these subtle hints. Like if you get your haircut and your guy doesn't notice, it's kind of the same thing unless you do something drastic. It's like sometimes you have to spell it out a little bit more for them and there's lots of ways to do it like you could leave cute little sexual notes around. It depends on if you live with them or not live with them of course. Like how many different things you can do or guide them are also really great ways to ask them what they like and what you can do to enhance the situation and most likely, they're going to return the question. That would be a really awkward one-sided conversation I


believe. And then if they don't, then you have to egg them on a little bit and use the whole "and" and "but." But you still need to be direct and not just leave little hints where they're not going to understand what you're saying.


 Nadine: Well that's very interesting because I did a male survey and I interviewed men about one of the biggest challenges that they have with women around communication and the underlying or the most obvious should I say issue was that typically men said that women were not clear about what they wanted and how they expected men to just get it and understand without being told clearly; that they wanted men to be mind readers. And so in the physical, sexual aspect of the relationship this is no different. So if 1 in 3 women are orgasming during sex and a lot of women aren't speaking up, then something's got to change because every woman is entitled to great sex.

 Lexi: I think everybody should be having orgasms.


 Nadine: Yeah or more of them in some cases. One of the biggest challenges is that women aren't taking responsibility for their orgasms and are being too shy and so therefore as you said before, you can still be kind and nice and sweet about what you want but you've got to be specific about what you want.

 Lexi: And also good ways as well, like if you don't know your own body to be able to be specific about this, buy a Kama sutra book, buy sex cards, buy exotic inner beads. Pick up something, read an article that will help you have the right vocabulary, the right articulation to be able to express to your lover what you want. If you can't tell yourself what you want, then you're definitely not going to be able to tell them. It's frustrating for everybody.


 Nadine: Yeah and some men are really good at helping women to get to that stage and are interested in finding out what you want.


 Lexi: And somemen are not good at that. Some men are just scared and sex can be extremely intimidating like especially if you're just new for the first time, trying to date somebody.

If you live in a big city like New York, sometimes people are impatient if the sex isn't good on the first run, you might not get another chance and that's also where there can be like a lot of intimidation. People might just be afraid as well. Now it's okay to do a little directing and asking and telling, be sexy about it or be shy. You can still be shy. Shy can still be very, very sexy.

 **Nadine:** Yes. It's just the way that you deliver it. You're not saying, "Oh you must touch me like this. If you touch me like this I'm going to..." It's just more like, "I'd love to try..." Okay I understand what you're saying. You don't have to be a completely different person. It's just learning how to articulate it in your way, but in a way that a man understands which is obviously in a more clear fashion.


 **Lexi:** You actually have to talk about bits and pieces [laughs].


 **Nadine:** And for women that have negative thoughts and beliefs around sex, or they've had a really challenging experience with their last partner and they're single at the moment and they're looking to date, looking to be in a relationship, is there anything for those women who are a little bit scared or those that have had not great experiences in their life to help them overcome their challenges and their fears around their sexual past?


 **Lexi:** I think this is going to sound a little silly, I don't know if it's everywhere but one is speed dating or internet dating, because that way you can kind of get to know more people on a broader level and there's not commitment because you're just talking over the internet or for a little bit of a time so you get all the practice and getting to feel comfortable with people again. But don't build worlds in your head around these people because internet can do that. A lot of people will build up worlds in their head about how they think someone is.


Take it slower. There's no end of the finish line here. If you feel uncomfortable or have had problems in the past, take it slower and get to know the person a little bit more. There is


nothing wrong with foreplay and a hand-job. Or yeah exactly, there's nothing wrong with taking things slow and talking to the person about it. Because if you don't take the time to work on your issue wherever they may lie, then it's not going to get any better and it may just get worse with the next one.

 Nadine: I supposed for the single ladies that are looking for love and looking for a great sexual relationship, I think you can tell a lot even in the initial – as you're building up to sex. It could take you quite a few weeks to get to the actual sex stage and as you're leading up to that because normally different stages normally not always lead to that, that you do actually therefore get to know if there is any connection there. Alright so what are the main things that you like the women to take away with them today?

 Lexi: Don't be afraid to ask for what you want. It's okay. Even if you have to have them think that it's there idea, that's fine because you're only cheating yourself if you're not getting an orgasm from your sexual experiences.

 Nadine: And just before we go, so you've got your Website which is lexilove.com and you also got the exoticinterludes.com – that's the board game for everyone who's listening. So it's exoticinterludes.com and [lexilove](http://lexilove.com) is where you have a lot of other information as well. You've got products as well that you sell on there, is that correct?

 Lexi: Yes I have articles of clothing from the movies I've been in, like shoes and underwear. I also have my art work which is all my original paintings. I also have the game and shot glasses and if I find something cool and fun like around, then I'll put it in there too. And then I have my blog on it. I just rebuilt the site last week so I'm still re-importing blogs but there's some cool blogs on there.

 Nadine: Okay and what I'd like to say as well is that sex is such an important part of a relationship and even though you may have not experienced the kind of sexual connection that you would like with your partner, there's no reason why it can't get

better. I personally have been in a relationship that was really not a great sexual experience and we went to a sort of sex therapist actually and we were able to - even in one session, the experience or the ability to connect a more physical level or better or more satisfying level was drastically changed after that one session. It's really important that the women listening learn to articulate and be honest and real as you said with yourselves because sometimes just the littlest change can make a world of difference and ultimately most men do want to please you. There are some men out there that just want to have sex and get off and that's more like a hook up kind of thing normally but if you're in a loving, connected relationship. If you're with a guy who's just having sex with you and you're not actually having a sexual connection together, then as you said before it may be time to move elsewhere. And for those in a relationship who really have a loving relationship with a guy, go and seek support. Get support. Go and watch videos and things like that because there's definitely ways to make love and have great physical connections and it doesn't have to be so hard.

So Lexi thank you so much for being here and hopefully the women listening are a little bit more inspired and feeling more confident and believing in themselves that they're deserving of great love and great sex and thank you for being here again.



Lexi: Thank you for having me. I appreciate it.