



FUN & SEXY  
FIRST DATES

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# Fun & Sexy First Dates

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# Introduction

Welcome to *Fun & Sexy First Dates*. Hopefully this guide will help you create some memorable and fun experiences, setting the stage for a real connection.

Each of these date ideas has been fully tested with young people in their late teens, people later in life (with children in their teens!) and people in between.

These ideas work well regardless of age and interests. Most can be adapted to your area, your budget and your level of physical ability.

After you read through these and experience some of them, hopefully, you will even be inspired to create your own ideas as you start to learn what works for you.

Like anything else, successful dating is a matter of learning and practice. And what could be more fun than practicing adventure and romance!





# *Farm to Table:*

## *Warm, Wonderful and Delicious!*

### The Date:

Take a ride to the local farmers market. Purchase some fresh, local produce. Bring it home and enjoy cooking and eating together.

### Value:

This is a great, bonding adventure for no more than the cost of a few groceries.

### Why It Works:

- ◆ Fresh food and flowers are sensuous. Smell things, taste things, let your senses come alive.
- ◆ Gathering and preparing food are basic human activities. Teaming up to do something that is so basic to survival brings out our primal side.
- ◆ The date plan offers plenty to do, but there is still plenty of opportunity to talk and get to know each other.
- ◆ You end up, naturally, at home... who knows!

### How to Prepare:

Do your homework. Go to the Farmers Market on your own a week or two before the date. Get an idea of the types of vendors there and what they sell. Talk to the various vendors to learn more. Most Farmer's Markets feature fresh, local produce. Some have baked goods and preserves, and some have fresh meats as well. Based on what is likely to be available, try to have a menu in mind, so that you can be sure to have other necessary items on hand.

To keep it simple, have some quality steaks or chicken breasts that you purchase before the date. You can grill the meat. The veggies you purchase at the Farmer's Market can be cut into chunks for kabob skewers on the grill or lightly sautéed in olive oil. You may also be able to

purchase fresh bread and preserves at the Farmer's Market. Just be sure to have olive oil, salt, pepper and maybe some basil and oregano on hand to season everything. Don't forget a nice bottle of wine, unless you can purchase that at the Farmer's Market as well.

If fresh flowers are available at the Farmer's Market, budget enough for them too, and make sure you have a vase, or at least a clean Mason jar at home. Some Farmer's Markets carry items like homemade candles and soaps, also a nice, romantic touch.

### On the Big Day:

Allow plenty of time. Savoring the colors, smells, sights and sounds of the market is part of the romantic adventure. As you wander from stall to stall in the market, ask her if the tomatoes feel ripe, or too soft or too hard. Touch her arm as you urge her to smell the strawberries. Tell her a funny story about the time your Mom made you eat okra. Touch her lightly on the back as you ask her which loaf of bread looks best. You get the idea. It's all about the senses and making a connection.

Once you bring everything home, cook together. It's all about togetherness. Don't leave her just sitting while you do everything, and don't let her do everything either. Keep building the connection.

### Romance Boosters:

- ◆ When the food is all ready, before you sit down to eat, insist that she close her eyes. Cut a small morsel of meat or perfectly cooked veggie and ask her to taste it as you feed it to her!
- ◆ Pour the wine and offer a toast, to a great day of togetherness.
- ◆ Let the conversation flow, but perhaps let it drop that broccoli (or something else on the menu) is an aphrodisiac. Who knew?
- ◆ After dinner, chocolate never hurts.

### How it Ends

That's up to the two of you. The great thing about this date is that it starts early, so there is plenty of time to see where things go.

As you clear away the dishes, gently lift her onto the table... you could give a whole new meaning to the term "farm to table!"

# *Home Run: Take Me Out to the Ball Game*

## The Date:

Attend a minor league baseball game. Minor league baseball offers the same excitement as the big leagues, but at a fraction of the price, and with a close-up view. Who knows, you could end up on the “kiss cam!”

## Value:

With an average ticket price of \$7-\$8 and about the same for a hot dog and a beer, factor in a few dollars for parking and an extra beer or two, and you can have a fun-filled evening for two at less than \$50.00.

## Why It Works:

Sporting events create excitement. Have a beer, stand up and yell, cheer for your team and reach for that fly ball!

## How to Prepare:

Do your homework. Find out about parking ahead of time and have a “Plan B” in case of rain, such as a nearby sports bar.

If you’re not already a fan of the local team, make a point of learning a little about them. Who are the stars and what are the stats? What about favorite cheers or a mascot? Be ready to play coach to your new girl and help her get into the game!

## On the Big Day:

Don’t stress. Be on time, but keep in mind that baseball is relaxed. You can show up, when you show up.

Laugh and have fun. If you happen to be a huge fan, don't get upset if the game doesn't go your way. An angry fan is not definitely not sexy.

### Romance Boosters:

A hug after the home team scores is definitely called for. Start making the connection in the first inning, not after the game is over.

Feeling the excitement of the moment? Exclaim "kiss cam!" and go for it, even if you're not on camera.

A friendly bet can set the stage for after the game... "If we lose (or win... whichever you think is likely to happen), beer is on me at my house!"

### How it Ends:

Home run? Maybe... just make it clear the you are on her team!

# *Special of the Day: With a Side of Excitement*

## The Date:

Introduce her to a favorite restaurant, but with a twist... she's blindfolded! At least, while you are on the way, and walking in, she will rely on you. You will get to read items on the menu, and you will feed her the first bites. Then, she gets to take off the blindfold and be delighted by her surroundings.

## Value:

Dinner for two becomes a sensuous adventure, possibly with some laughs thrown in, at no extra cost.

## Why It Works:

Blindfolded dates are a new trend and there are endless varieties. But the basic idea is that one or both people wear a blindfold for some or all of the evening. This requires a level of trust and heightens awareness of touch, taste and smell.

## How to Prepare:

There are three essentials to guarantee success.

1. Build trust first! No, you can't expect someone to put on a blindfold and let you lead the way if they do not trust you. Spend time texting or talking. Stop by her office, favorite study spot or wherever you see her. Chat and let her get to know you before the date.
2. Find the perfect restaurant. A good view or a cozy spot with candles are nice choices. It would be nice if it is not a place where she has been before, so it is a delightful surprise when the blindfold comes off. Mention it casually in conversation to make sure it is a place where she has never been. Be sure to make reservations and ask for a table in a quiet corner.

3. Last but not least, get a blindfold. A silk handkerchief that is large enough to tie around her head is nice, or a satin sleep mask are good choices.

Once you are ready, ask if she remembers that restaurant you mentioned and tell her you would like to take her on a blind date. She will most likely point out to you that you already know each other, so technically, it isn't a blind date. At this point, fill her in on some of your plans. Let her know that you want to make it a special surprise, so it will be a "blind" date.

### On the Big Day:

Pick up your date and have the blindfold ready. Assure her that she will have a great time. Put the blindfold on her before going to the car. This way, you will have to escort her -and she will have to depend on you- to get to the car. Be sure to keep the convo going as you drive so she doesn't get lonely -or worse, freaked out - behind the blindfold. Escort her from the car to the restaurant. You will be the one who looks at the menu. Describe items in delectable, tantalizing terms. You don't have to read everything, just get an idea of what she might enjoy and offer a few choices. Consider getting a few items to share.

Once the food arrives. Feed her the first few bites and help her get a sip of the wine. Then, remove the blindfold so that she can enjoy her surroundings.

### Romance Boosters:

If all goes well, put the blindfold back on to head out to the car. Thank her for trusting you and reward her with a kiss. Once you get to her place, naturally, you will have to escort your blindfolded sweetie into the house...

### How it Ends:

Surprise her senses with an unexpected kiss on the neck or a caress of her back... As long as the blindfold is on, your every move is a surprise...

# *After Hours: Wine and Tapas*

## **The Date:**

Meet after work to unwind with a bottle of wine and enjoy sharing a variety of flavors. Tapas are a Spanish tradition: small portions of savory food, served hot or cold. Your city may have tapas bars, or you can do something similar by choosing a bar with a good selection of appetizers. However, strictly speaking, tapas are not meant to be an appetizer, but more of a small meal to tide you over to the next meal, or to prevent getting a hangover as you drink.

Tapas can include simple nibbles, like olives and cheese. Or, they can be somewhat more substantial, such as rice and meat dishes or ham and cheese on toast.

## **Value:**

A few bites and a drink after work is a small price to pay to get to know that special girl a little better. You can “come as you are” after work, and then let the evening unfold as you both relax.

## **Why It Works:**

Everybody needs to eat and unwind after work, right? Make it a special opportunity to connect and share the problems or celebrate the victories of the work day. Because tapas are ordered and served as a number of different small plates, sharing is automatically involved.

## **How to Prepare:**

If you don't have a favorite spot already, go online or ask friends about local tapas bars. Try to pick one where the atmosphere is quiet enough for conversation. Have a look at menus and think about wine pairings. She will be impressed if you know your stuff!

## On the Big Day:

When you get ready for work in the morning, remember that you are preparing for the evening date as well. Bring whatever you need to freshen up or dress down and be comfortable. (Or impress her by showing up with suit and tie!)



## Romance Boosters:

Feed her a bite or two as you encourage her to try the different tapas. Listen to how her day went and show a real interest. Touch, laugh, smile. Establish togetherness with a few “couple” selfies.

## How it Ends:

That is up to you, but don't wait until you get back to her place to see if you can turn up the heat. Hold her hand as you head back to the car. The best place for that first real kiss: right on the street corner as you wait to cross.

# Bowling: The Perfect Strike

## The Date:

Take your date to a bowling alley, preferably one that serves food and beer. You don't have to have a bowling ball or shoes. Most alleys provide these things for you for a reasonable fee.

## Value:

There isn't much more cost involved than going to a bar, but you plenty of have opportunities to talk, compete, touch and connect.

## Why It Works:

Bowling has kind of a retro vibe, which always adds an element of fun. One game doesn't take too long, so if you aren't into it, you can end the date or move on, but you can play more games if you are having fun. Competition heightens the excitement, and a little "coaching" offers the opportunity to get up close and personal as you help her adjust her moves.

## How to Prepare:

Find a bowling alley and know where you are going and what it will cost. You don't really need any other preparation. If you are already an expert bowler, great! If not, no worries. This is a relaxed game and the main goal is fun.

Try to know a few terms:

- > Delivery – The action of rolling the ball to try and knock down pins.
- > Strike - When all 10 pins are knocked down with one delivery.
- > Spare - All 10 pins are knocked down with 2 consecutive balls.
- > Game - A game consists of 10 frames per person.
- > Frame - A frame is a new set of pins, and the bowler may make up to two deliveries.
- > Foul Line - This is the black line at the start of the lane. It separates the approach (where the bowler physically delivers the ball) from the lane where the balls travels on its way to the pin deck.
- > Gutter - This is the section either side of the lane where the ball ends up should it come off the lane. No pins fall if the ball goes into the gutter.

### On the Big Day:

Wear something comfortable that you can move in easily. Be ready to laugh, relax and enjoy! If nothing else, those goofy bowling shoes should put a smile on your face and hers!

### Romance Boosters:

An arm around the waist as you offer guidance on her next shot. A kiss is a great reward for a perfect strike, or even something close.

### How it Ends:

Can you work up a sweat bowling? Need to wash those feet after wearing rental bowling shoes? If things go well, a tandem post-bowling shower could be in order! Or at least, you've made a bet for who buys beer on the next date.

# *Smooth and Sweet and a Sky Full of Diamonds*

## **The Date:**

Coffee or a drink? That's been done, hasn't it? For about the same amount of money and effort, you can create way more romance and excitement. Make a date to get ice cream and take a walk outdoors at night, somewhere not too close to bright city lights. You want to be able to see the stars! An ideal location would be a walk along the beach ending at a small beach town ice cream parlor.

## **Value:**

Romance for less than ten dollars is a great value. And, ice cream brings back innocent childhood memories. This sweet gesture should set you apart from every other guy who just wants to buy her a drink and see what happens.

## **Why It Works:**

You have her undivided attention as you walk along, star-gazing. You have some built-in topics of conversation: stars, constellations, dreams, ice cream, favorite flavors and childhood memories!

## **How to Prepare:**

Know where you are going and check out the walking route ahead of time. It also would not hurt to know a few interesting facts to share. Can you identify the North Star and the big dipper? Do you know anything about the pistachios in pistachio ice cream? Homework can be fun when it leads to a connection with a beautiful woman!

## On the Big Day:

Dress down and wear comfortable walking shoes. You may want to bring an extra sweater or sweatshirt in case she gets cold. It's hard not to love a guy who is caring and protective.

## Romance Boosters:

If you have read the other date ideas in this book, by now you get the idea. Touching and kissing can happen before the question of "going back to my place or yours" ever comes up. Establishing the connection early makes it more likely to continue later into the evening.

And for this particular date, as long as you are star gazing, just mention how the stars look like diamonds, so beautiful. No promises, but that word, diamonds, is usually an attention-getter.

## How it Ends:

Sharing sweet creamy deliciousness can get messy! You may have to lick her fingers or have her lick yours. And as long as you are sharing ...

# *A Walk in the Woods*

## *with a Gourmet Twist*

### The Date:

Plan a hike in a nearby state or national park that has good hiking trails with great views, forests or flowery meadows, and streams or waterfalls. Pack a gourmet picnic in a day pack.

### Value:

For the price of a picnic, you can show off your rugged side and your sophisticated side.

### Why It Works:

Great views and good food... what's not to love? After roughing it for a few hours, she will be delightfully surprised to find out that the day pack contains wine and really great food.

### How to Prepare:

You will need to plan the hike and the food.

#### *The Hike*

If you aren't already a hiker, look online for state or national parks in your area. Most park websites have lots of good info about their trails, including whether the hikes are easy, moderate or difficult, how long they take and what you can expect to see along the way. Many parks have designated picnic areas with tables, but these may be crowded with extended families and all of their assorted coolers, grocery bags and campers.

A nicer atmosphere is generally somewhere along the trail or at the top of a mountain. Many trails follow a loop, so you end up back where you started, near your car. Others require coordinating how you will get back to where you started. Of course, you can always simply hike a portion of the trail and then return to the start.

Plan your time, so you won't be on the trail after dark. Getting lost, even in an established park, can be a serious problem. In some areas, you may not have cellular service. In any case some basic supplies should include a flashlight, band-aids, a wrap (in case of a sprain), drinking water, a few snack bars, pocket knife and matches. Except for the water, you probably won't need these things, but it is good to be prepared.

When you pick the trail, consider your date and yourself, taking into account the level of hiking experience, physical condition and health. Also, consider your footwear. Good quality sneakers are fine for many trails, but more advanced hikes are best done in hiking boots that can protect your feet and ankles. Even if you think you might want to make hiking a permanent hobby and you want to invest in boots, breaking in new boots on an extended hike is not a good idea. For this hike, use what you have and plan accordingly.

### *The Food*

You want the food to be a lovely surprise, but also something that will travel well in heat or cold. You might want to ask for suggestions at your local gourmet grocer, but here are some ideas:

- > Red wine, normally served at room temperature, so it does not need to be chilled.
- > Good quality cheeses. Havarti with dill, or a soft swiss cheese are good choices.
- > Summer sausage, or another fully cured cooked sausage.
- > Fresh apples
- > Trail mix with M & Ms. This gives you a little taste of chocolate, without risking a melted chocolate bar in your pack.
- > Gourmet fresh baked bread, such as a nice sourdough, multigrain or cheese bread.
- > Pickles or a mix of pickled veggies. This gives you a salad-like component that won't wilt or spoil.

Wine classes are a nice touch, but you may want to opt for plastic, or tin hiking cups. You don't want to end up with a pack full of broken glass. No need for plates, you can spread everything out on a linen kitchen towel. You may want to bring a few napkins, or use bandanas.

Remember, everything you bring onto the trail, you must carry out with you, including trash. Also, food smells can attract animals, so be aware if you are heading into an area with large wildlife, such as bears.

## On the Big Day:

Dress for the outdoors and wear layers. The temperature may heat up as the day wears on, or become cooler closer to sunset or at higher altitudes. You may become warmer as you hike. A t-shirt is a good first layer, with a sweatshirt or Henley over it and finally, for colder climates, a good jacket. If it is going to be cold, don't forget a hat and gloves. Pants that you can move in easily are a must and should be something that you don't mind getting dirty. Socks should be thick, good quality cotton or wool, to absorb sweat and cushion your feet as you walk.

## Romance Boosters:

Stop along the way to appreciate the sights, smells and sounds. Make sure your date gets to rest as needed and has plenty of water. Being "in the wild" is a good opportunity to show your manly, protective side. Grab her hand as you help her cross a stream, or lightly touch her back as you point out that squirrel's nest in the tree.

## How it Ends:

Driving to the hiking area, the hike itself and the picnic make this an extended day. Even with the picnic, the two of you may be hungry again as you head home. This could be the perfect opportunity to mention the chili waiting in your crockpot or the steaks you thawed out yesterday to throw on the grill. You survived the wild together, so maybe a little wild celebration is in order!





# *Up in the Air: The Sky is the Limit*

## The Date:

Fly to a nearby city for dinner and then fly home... she'll be very impressed, and no, it won't cost thousands, not even one thousand!

## Value:

Okay though. This one isn't as inexpensive as the other date ideas in this book, but you don't have to be a billionaire. Although private jet charters easily run into the tens of thousands of dollars, you can charter a small plane for around \$120 an hour. Rule of thumb: a small plan will get you there in about a third of the time it takes to drive.

## Why It Works:

Well, wow. It's fun. It's amazing. And chances are good that it will beat any other first date she's ever had.

## How to Prepare:

Start by thinking about where you want to go and looking into what is available. If you want to check out a cool restaurant in a fun city that an hour and a half away by car, you can fly there in about half an hour.

See if there is a small airport near you, not a major international jetport. Small airports are a good place to meet flying aficionados or flight instructors looking for an extra gig who may be willing to help you. Or, check out the Flying Club of North America at [myfbo.org](http://myfbo.org).

Coordinate the flight and the restaurant reservations carefully, since you may be paying the pilot for down time while you eat. Make sure that a taxi or ride service is available at your destination airport. You will probably not be able to use your cell phone while you are in the air.

### On the Big Day:

Be relaxed and have fun. The downside to an expensive and well-planned date is that it can put pressure on everyone concerned, so try to keep it light.

### Romance Boosters:

Remember to establish the connection with touch. You'll want to take her hand to help her climb in and out of the plane. Since this is a real fantasy type of date, it wouldn't hurt to fantasize about other things. What's on her bucket list? Hmmmm... any other fantasies?

### How it Ends:

...speaking of fantasies...

As the date ends, clearly you will have already done a lot for her, but... is there anything else you can do? Massage, maybe?

# Conclusion

I hope you have enjoyed reading *Fun & Sexy First Dates*.

Best of luck on your mission to win hearts, establish great romantic connections and enjoy life!

Remember:

- > Be creative
- > Plan
- > Relax
- > Touch
- > Laugh
- > Kiss early and often
- > Don't wait until the date is over to establish the next move