

# **Contents**

Foreword3
Reflection: From Prediction to Reality 4
<u> 1 Purposeful Pleasure5</u>
2 Analogue Dating7
3 Digital Threesomes9
4 Playful Pleasure11
<u>5 Generation (Se)X13</u>
6 Natural Highs14
7 Cosmic Pleasure15



Elisabeth Neumann, Head of User Research and Qualified Sexologist (MA)

# **Foreword**

'Sexuality' means more than just the act of sex itself; it is deeply interwoven into culture and identity and highly influenced by the world around us. Social, economic, and cultural changes all influence how we think about sex and in turn, our attitudes toward sex can shape those very changes.

In 2025, we saw significant external factors that influenced the way we express sexuality in Britain, including economic decline, political unrest, and socioeconomic shifts. We have witnessed a diversity of sexual behaviour become more normalised, while <u>sex toys</u> and other technological advancements like AI have become embedded into our daily lives and relationships.

Looking forward to 2026, we can expect to see a more purposeful and holistic approach to pleasure, as well as a more playful view of how we can express our sexuality within the bounds of what society deems 'acceptable'. The landscape of sexuality will continue to expand, encouraged by the gradual destigmatisation of sex and pleasure, paired with an everchanging society. As Al evolves and screen time reaches new heights, we will also continue to see shifts in how we meet and interact with our romantic partners.

Read on to uncover why 2026 is forecast as **"Twenty Twenty Sex:** The Year of Pleasure"



# 2025 Reflection: From Prediction to Reality

The cultural shifts we predicted for 2025 have landed and they are reshaping the way Britain loves. **Bodily autonomy, sexual empowerment,** and **holistic wellness** have moved from niche conversations to mainstream mantras.

**Fluid relationships** and **ethical non-monogamy** have also become more mainstream, fuelled by the boom in dating apps such as *Feeld*. The **politicisation of sex** is still unfolding, as debates around gender, consent and equality dominate newsfeeds and conversations.

These transformations in 2025 have paved the way for 2026: an era of **Purposeful Pleasure**. We might even witness **the death of the one-night stand**, as **Generation Z's Celiba-Z mindset** and the **cost of loving crisis** drive people toward more meaningful connections.

With dating apps in decline, we're seeing the return of analogue dating, from office romances to speed-dating nights. This trend could unfold in stark contrast to technological advancements, with technology itself seducing us through Al dating coaches, digital threesomes, and fantasy-fuelled escapism.

The future of sex and relationships isn't just digital. Even as we turn to AI – or astrology – for support, what drives us is deeply human: a desire for intimacy. Empowered with more knowledge about our bodies and less shame around pleasure than ever before, 2026 will see us searching for meaningful, satisfying connections. And, as astrologer Sade Jackson will show us, the stars are literally aligning to bring us a year full of desire. We are calling it **Twenty Twenty Sex**.



# 1 Purposeful Pleasure

The idea that Generation Z are having less sex, or that they don't enjoy sex as much, is a misnomer. The reality is far more nuanced. Whether through circumstance, will, or a broader cultural awakening, this generation is redefining intimacy through the lens of *purposeful pleasure*, seeking sex and connection on their own terms. While they may be having sex less than previous generations, when they do, it's more intentional, emotionally grounded, and meaningful. In short, Gen Z aren't having less sex, they're having sex that matters more.

#### Celiba-Z

Just over half (51%) of Gen Z are engaging in sexual activity at least once a week compared to 57% of millennials, which slightly dispels the myth that Gen Z are the celibate generation. However, further data suggests that Gen Z are more likely to attribute 'meaning' to a sexual encounters, particularly when compared to other generations.

On the topic of 'body count' (the number of previous sexual partners someone has had), Gen Z were by far the most likely generation to apply significance to this number. Asked simply, "Does body count bother you?", 41% of Gen Z respondents answered yes, compared to 31% of millennials, and

16% of older generations (Gen X and boomers<sup>2</sup> grouped together).

The implication is that the youngest generation of adults prescribes a higher importance to sex and sexual encounters than their predecessors.



Lovehoney's Head of User Research and qualified Sexologist, Elisabeth Neumann (MA), says: "This generation has been brought up in a society that treats sexuality in a completely different way to their

parents. Gen Z have grown up chronically online, and this has shaped their sexuality, both positively and negatively.

They are also the most empowered and liberated generation, giving them the freedom and licence to choose whether they want to reject sexuality or embrace it. The prevalent accessibility of and exposure to porn, idealized bodies, and unrealistic content around sex and dating fuels insecurity and performance pressure.

Digital intimacy, from sexting to dating apps, can replace real-world experiences of touch and connection, which can leave us more disconnected. Yet for many, these same platforms also provide new spaces for exploration, education, and self-expression around identity and consent. The increased acceptance and normalisation of sexual wellbeing and the purposeful way that Gen Z approaches sex could be in direct response, or rebellion, to this."

#### The death of the one-night stand

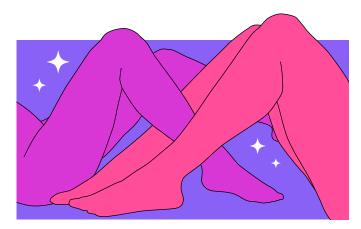
Once a rite of passage for many and a plotline in almost every romcom or sitcom, the one-night stand as we know it is in danger of going extinct

Fewer people from Gen Z have met a romantic or sexual partner at 'the club', compared to older generations; just 19% in fact, rising to 26% of millennials, 42% of Gen X, and 46% of boomers. This could be due to more clubs than ever closing their doors for good (more than a quarter of Britain's late-night venues have closed since 2020), as well as Gen Z taking a more balanced approach to alcohol.<sup>3</sup>

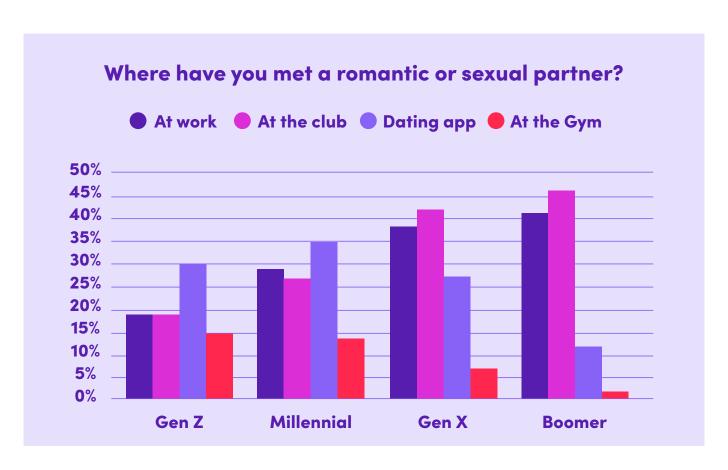
A previous Lovehoney survey revealed that 15% of 18–24-year-olds are tee total, and less than half (49%) have had a drunken sexual encounter, compared to 69% of 25–34-year-olds and 74% of 35–44-year-olds. Without the inhibition-lowering effects of alcohol or specific spaces where hooking up is socially sanctioned, it is no wonder that one-night stands are in decline. And that's not the only way the economic landscape is influencing young people's approach to sex.

#### Cost of loving crisis

The challenging economic situation and housing crisis in this country has led to 18% of people aged 25 to 34 needing to live at home with family – up by more than a third in just two decades.



Lovehoney's recent study uncovered that 41% of people that live at home say it has had a negative effect on their love life, while a further 77% admitted that they would not bring home a one-night stand if they lived with parents.<sup>5</sup> Living with parents is certainly a prohibitive factor when it comes to one night stands, but it may also present barriers to exploring longer-term romantic relationships too.



# 2 Analogue Dating

A decade after the boom of dating apps, swipe burnout and scepticism towards meeting people online is now the default narrative. With more employers mandating a return to in-person work and the disillusion of dating apps combined, traditional ways of meeting prospective partners might be back.

#### The return of the office romance

For a while it seemed that remote working was here to stay, but most companies have returned to at least a hybrid or fully in-person model, with global companies such as Amazon moving to a mandatory 5 days in the office in 2025. That means some Gen Zs may be experiencing office culture for the first time, while previously remote workers will be reintegrated and given a whole new social space to explore new connections.

Our data shows that the number of people that have met a romantic or sexual partner at work has waned, decreasing from 41% of boomers to 19% of Gen Z, but the return to offices might change that.<sup>6</sup> The likelihood of having a meet-cute in a club may be decreasing, but the odds of meeting someone in the workplace are about to exponentially increase.

It's not just workplace dynamics that are changing; the return of the office as a physical space is also reviving post–work socialising among colleagues, friends, and acquaintances. As more of the UK's workforce heads back into offices, this "halo effect" could spark a rise in real-life connections and relationships.

However, increased commuting time leaves people with less personal time in the evenings to relax or spend with partners. Everyday tasks that were once handled during work-from-home days, like laundry or errands, are now being pushed to the weekend. This shift feeds into the growing trend of *purposeful pleasure*: with less free time, younger people are becoming more selective about how they spend it, prioritising meaningful experiences over casual or uncertain ones, like a date with someone they may never see again.

#### Dating apps in decline

Dating apps are now so commonplace that it's easy to forget that there are alternative ways of meeting people. Despite their prevalence in pop culture, dating app usage is declining; down by nearly 16% in November 2024, according to Ofcom. On top of that, there are fewer places for Gen Z to meet potential partners, whether because of their living or employment situation, or the general erosion of traditional 'third places'.

While three in ten Gen Z (30%) are still meeting romantic or sexual partners through dating apps, this number is declining when compared to millennials (35%).<sup>7</sup> This reflects the wider decrease in dating app usage, fuelled by swipe fatigue and general mistrust in the dating scene.

Indeed, a 2025 Forbes Health survey suggests that 78% of dating app users are reporting burnout. Fear about being catfished by someone using Al to craft messages is also preventing people from using apps or meeting up with matches in person.

Those getting the most out of dating apps are the ones using them openly and honestly for temporary liaisons. The popularity of kink-friendly dating app, Feeld, demonstrates the increasing desire for open communication and fulfilling sexual encounters, indicating that romance-focused apps are not delivering.



Lovehoney's sex and relationship expert, Annabelle Knight, comments: "From a psychological perspective, face-to-face encounters activate non-verbal cues we've lost online. With body language accounting

for around 50% of our overall communication, it's easy to see why people want more... eye contact, body positioning, scent, and the general 'vibe' of a person all help to build attraction more authentically than any algorithm can. It's about rediscovering spontaneity, the thrill of the unexpected, and building positive anticipation from getting to know someone IRL rather than through curated profiles."

# The speed dating resurgence and digital detox dating

All signs point towards a yearning for real, inperson experiences, which is exactly what the 2026 dating scene will thrive on. The rise of events put on by the likes of BODA (Bored of Dating Apps) in 2025 are testament to this, with Gen Z and millennials preferring to meet a potential partner in person rather than through a screen.

Combined with the macro trend of nostalgia for Y2K fashion, vinyl and analogue cameras, wired headphones and even rollerblading, a throwback to good old fashioned speed dating is on the cards. With supper clubs, 'read dating', singles mixers, and 'bring a single friend' parties all rising in popularity, this trend is set to continue to boom. Running clubs have been cited as the new dating apps, so much so, there are now running clubs that are dedicated to meeting other singletons.

Alongside the desire for in-person experiences comes a rejection of screen time during intimate moments. Our research shows that 54% of people (as well as 79% of Gen Z and 71% of millennials) are prone to using their phones during dinner and, even more surprisingly, a further 10% (18% of Gen Z and millennials) are using them during sex.8

The result is a complete disconnect between romantic partners, with 12% of couples stating phone use as the biggest cause of arguments in the relationship; again, this is even more common among Gen Z (18%) and millennials (18%).<sup>9</sup>

To counter this, we expect to see a rise in digital detox dating, where dates will purposely be chosen in a screen-free environment. Whether this means simply putting phones in a lockbox at the start of a dinner, or intentionally choosing an activity where you can't use a phone – like a run, for example – these dates will ditch the digital distraction and allow full focus on one another.

"In a world where so much of our interaction happens through a screen, it's hardly surprising that people are now craving genuine human connection again," adds Annabelle. "Analogue dating is a bit of rebellion against digital fatigue".





# 3 Digital Threesomes

Mobile phones and social media are already a huge distraction from intimacy, as well as the root of many arguments between couples. But lately, a new digital element has started to influence our relationships: Artificial Intelligence

#### Al as a sex therapist

The UK has made progress when it comes to normalising sexual wellness, but it's still not something we are entirely comfortable talking about, even with a friend, partner, or healthcare professional.

Where UK people get sex advice

60%

50%

40%

30%

20%

10%

A.I. Friends Partners

Although just over two thirds of people in the UK (68%) feel comfortable talking to a partner about sex, when asked exactly what they speak about, only 43% talk openly and seriously about sex and relationships, compared to 55% that talk about it in a joking or playful manner.<sup>10</sup> What's more, one in ten (10%) say they only open up to their partner after a few drinks. Even fewer people talk to their friends (46%) or even healthcare professionals (32%) about sex.

Enter stage left: Al. Despite a relatively small amount of the general population currently talking to Al about sex (15%), a further 10% have stated that they would like to, representing a quarter of the UK in total.

If you look on a more granular level, 25% of Gen Z and 26% of millennials have spoken to Al about sex, and a further 14% of each respectively would like to, which means nearly half are open to the idea. Digging even deeper, you'll find that young men are more likely to have spoken to Al about sex (30% of Gen Z men and 34% of millennial men to be precise).

More significant than the amount of people that have talked to Al about sex, is the way they are talking to it. Over half (52%) are asking it for advice, which is more than the number of people asking friends (32%), and more than double the amount of people asking their partners (22%). This number is only going to grow as Al evolves and, without proper safeguards or verified sources, the advice it gives might not be trustworthy.

#### Al as a dating coach

As well as turning to AI for advice about sex, many people are becoming reliant on it to give advice and feedback on current, or budding, relationships.

Where you may once have agonised over a text back-and-forth or analysed it with friends, you can now get instantaneous feedback from Al. You can ask it to explain the deeper context of a reply and even ask it the best way to respond. In 2026, it's highly possible that the talking stages of some relationships will be largely carried out by Al.

Dating has also fallen victim to Al, with dating apps themselves becoming infested with artificially assisted profiles, prompts, and even matchmakers. The phenomenon of being unknowingly chatted up by Al has become so widespread it has even prompted a new term to be born: 'chatfishing'. With trust in dating apps and online dating at an all-time low, this could be the final nail in the coffin that swipes singles away from dating apps forever.

#### Al as a romantic partner

There are already plenty of examples of people in romantic relationships with AI, which fuels concerns that technology could replace romantic connections rather than enhance them. Global spending on AI companion apps increased by more than 200% in the first half of 2025, and is predicted to continue rising.

Publicly available large language models (LLMs) like ChatGPT can be used in this way too. What's more, OpenAl announced this year that verified adult users will soon be able to use ChatGPT to generate erotica, which means romantic relationships with the tool may begin to offer a sexual component.

As regulators and governments rush to play catch up with AI companions, more people than ever will be entering into romantic relationships with them, at a time when young men in particular are already feeling lonely and preferring the artificial world to the real world (53% of teenagers).

Together, these trends raise serious concerns. Declining interest and trust in dating real people combined with dependency on AI companions may distort people's perceptions of intimacy and ability to build interpersonal connections. Not only that, but the lack of regulation raises concerns about the safety and privacy of users.

Whichever way you look at AI, it is here to stay and will, most likely, form the third (or second) wheel in relationships of all stages. Phones, too, are becoming unwanted third wheels in romantic and sexual relationships, with 10% of Brits (and 18% of Gen Z) admitting to using their mobiles during sex.<sup>11</sup>



# **4 Playful Pleasure**

In 2025, Labubus, Sonny Angel Dolls, and other cute collectibles took the world by storm. We expect to see a similar trend boom for sex toys too. Both novelty and fantasy sex toys are rising in popularity already. Meanwhile, talking about pleasure feels less and less taboo, which offers fun new ways to express our sexuality.

#### Feeling the fantasy

For the past couple of years, we have enjoyed a growing obsession with the 'Romantasy' genre; a fusion of hot steamy romance novels with fantasy fiction. "There's comfort in turning towards fantasy as it allows people to explore power, desire, and curiosity safely, without fear of judgement" – Annabelle Knight.

This attraction to the otherworldly has paved the way for a playful exploration of fantasy sex toys, with a 244% year on year increase in Fantasy Toy sales on the Lovehoney website. 12 Alongside this, searches for 'Fantasy Toys' (in relation to sex toys) are up by more than +700% YoY. 13 According to Annabelle, "fantasy toys, with their cute designs and mythical vibes reflect a new kind of sexual confidence, one rooted in self-expression and authenticity rather than secrecy. People aren't just exploring pleasure... they're personalising it."

In the UK, 53% of people have read and enjoyed a book with explicit sexual content in it.14 This suggests that what we are seeing is no passing fad, and it is likely that romantic and erotic fiction will become even more mainstream. A prime example of this is the knock-on effect of the popularity of Jilly Cooper's Rivals TV show, which led to a 3,000% increase in Cooper's bookstore sales since the launch of the show, suggesting that the 'bonkbuster' is becoming a more central part of popular culture.

#### **Novelty pleasure**

It's not just dragons and monsters that are having a moment, as all kinds of novelty toys are showing signs of popularity as we enter 2026. This year, premium pleasure brand Womanizer launched their first cute novelty sex toy, the <u>Peach</u>, to much acclaim from fans and critics.

Meanwhile, Lovehoney launched our smallest-ever clitoral suction toy in the shape of an earphone – the <u>Passion Pod</u> – as well as a mushroom–shaped clitoral vibrator that doubles up as a night light – the <u>Date Light</u>.

They might seem quirky design choices, but there has been a huge appetite among customers for more aesthetic, fun, and 'cute' sex toys. So much so that searches for 'cute' sex toys have tripled year-on-year, with the number expected



to continue rising apace.<sup>15</sup> Seemingly out of nowhere, the <u>Clone-A-Willy</u> range of toys has also boomed in popularity this year, allowing couples to immortalise a beloved penis in dildo form. That's further proof that we are having more fun with our pleasure in 2026!

Elisabeth Neumann puts this trend down to the normalisation of sexual wellbeing and pleasure. "As sexual taboos continue to be broken down, the idea of 'owning a sex toy' becomes less of a big deal, or a big moment in one's life," says Elisabeth. "Rather than being something that defines someone (think of the stigma around owning a sex toy in the era of Sex and the City) it has become so mainstream that it's seen as entirely normal. The knock-on effect of this is that people feel freer to experiment with their sex toy collection: if they want to buy a dragon dildo, they will."

For the consumer, this trend may be a byproduct of a more sex positive society, but it's a different story for brands. It's a way to fight back against the crackdown on sexual wellness content by the likes of Google and Meta. Lovehoney, like many other retailers and sex positive accounts, has suffered multiple Instagram bans without a satisfying explanation – sometimes for weeks at a time.



It's not just a ban on sex toys either, as posts informing users about sexual health – in particular female sexual health topics like endometriosis – put accounts at risk of being penalised. Sex educators and wellness advocates have to censor words like 'orgasm' or 'clitoris' to avoid shadowbanning.

It's no coincidence that the increase in the popularity of cute and novelty sex toys has coincided with a period where sex-positive brands are facing a crackdown on certain platforms; when consumers can only see sex toys shaped like flowers or fruit in their social media feeds, they are more likely to gravitate towards them.



### 5 Generation (Se)X

We hear a lot about the sex and dating lives of Gen Z and, to some extent, millennials, but what about the only generation not currently in a sex recession? Gen X are living their best (sex) lives, and have it all to look forward to in 2026.

#### Age gap romance

From Bridget Jones to Babygirl, film and TV has been absolutely awash with age gap romances featuring an older woman and a younger man, subverting the more traditional stereotype of age gap relationships.

While Gen Z are railing against the hypersexualised culture they have been brought up in, Gen X, particularly Gen X women, are also shaking off the chains of their own upbringing and embracing sexual liberation. Unlike younger generations who are growing tired of dating apps, Gen X are using them to meet new people like never before. With potential partners just a tap away, nearly 30% of Gen X women have met a partner through a dating app.<sup>16</sup>

For Gen X women, dating a younger man goes beyond status or pleasure, and may be scientifically beneficial to them. According to a study conducted by the London Metropolitan University, sponsored by **Womanizer**, women in age-gap relationships (with a partner at least 7 years their junior) reported 84% higher sexual functioning scores, and 54% fewer menopausal-related local/sexual symptoms.<sup>17</sup> Meanwhile, those in a consensual-non-monogamous relationship also reported lower levels of menopausal symptoms and higher orgasm scores than their monogamous peers.



Sarah Mulindwa, Lovehoney's sexual health expert and practicing sexual health nurse, comments: "Age gap dating is becoming more accepted because people are realising that emotional compatibility, not just age, is what

sustains attraction. It's not about chasing youth; it's about embracing a new kind of confidence."

#### **Grey divorce**

'Grey divorces' – divorces after the age of 50 – have more than doubled in recent years. Far from causing a sex crisis among women of a certain age, it seems to be having the opposite effect: Gen X are having more sex than ever.

Indeed, Lovehoney research suggests they are having sex almost twice as often (62 times per year) as their Gen Z counterparts (36 times). While on the surface it might be surprising, our research suggests that you worry less about sex as you get older; 33% of boomers and 17% of Gen X say that they have no worries about sex, compared to just 12% of millennials or 8% of Gen Z. That might suggest that a lack of inhibitions is helping older generations enjoy sex more freely.

Sarah Mulindwa adds that "sex isn't something that fades with age, it evolves. For Generation X, intimacy often becomes more meaningful, confident, and connected because there's less performance pressure and more self-awareness."

#### M-powerment

In 2026, Gen X will be aged between 46 and 61, meaning that many will be experiencing perimenopause or entering menopause.

Menopause is finally more widely understood and spoken about openly, with brands such as Gen M encouraging these conversations. The link between menopause and pleasure was also highlighted in Womanizer's study in the US, which found that 36% of menopausal women experienced symptom relief from masturbation; a message the brand wants to spread.<sup>18</sup>

"Millennial – and indeed Gen X – women that grew up through the popfeminism of the 2010s are now confidently applying these learnings to their own aging process," says **Elisabeth Neumann**.

# **6 Natural Highs**

Whether it's Lion's Mane mushroom in your tea or a natural aphrodisiac in your chocolate, we are living through a revolution of natural highs, and sexual wellness is not exempt. With unprecedented popularity in libido boosters and more interest in the concept of sexual wellness, 2026 is the year for the most natural high of all: sex.

#### Holistic sexual wellness

For most, sex and self-pleasure is still all about exactly that: pleasure. But more people are realising that sexual wellbeing sits within the ecosystem of your general health and wellness, and this will be embraced as we head into 2026.

Searches for 'sexual wellness' as a term have increased by more than 25% year on year, showing that the term itself is becoming more widely known and people are actively seeking information.<sup>19</sup> We also know that people have sex for a myriad different reasons, and not all are about pleasure: 60% of people have had sex to help themselves sleep better, while 65% have done so to relieve stress.<sup>20</sup>

Nearly one in five women (18%) have even had sex to help with period pain, and this number is much higher among younger generations: 37% of Gen Z and 21% of millennials. These numbers are increasing every year and will continue to rise as self-pleasure becomes further destigmatised.

"It's encouraging to see that our understanding of sexuality is expanding, and people increasingly recognising how deeply connected sexual wellbeing is to mental health, stress regulation, and overall quality of life," says Elisabeth Neumann.

"At the same time, pleasure itself is a fundamental aspect of our wellbeing, rather than just another goal. It's a valuable source of joy and vitality. Whether you explore pleasure as a means of relaxation, connection, curiosity, or pure enjoyment, any reason to express your sexuality with selfawareness and care is a good one."



#### Libido boosters

In 2025, Lovehoney launched its first ever aphrodisiac chocolates in collaboration with Playmate, and they were so wildly popular that they sold out within the first two weeks of launch. Aphrodisiac chocolates, and other natural libidoboosting foods, have seen a surge in popularity, which again can be attributed to the continued interest in sexual wellbeing.

With data suggesting that two in five Gen Z are switching out morning coffees for a more natural, holistic alternative, it's a logical next step to discover more natural ways to enhance sexual wellbeing too: watch this space! We have already noticed a trend around natural libido-boosters, and we are also seeing growing interest in products like pheromone sprays, which may encourage attraction from potential partners.

**Sarah Mulindwa** encourages a holistic approach to enhancing your sex drive. "The best aphrodisiac is good health, quality sleep, balanced hormones, low stress, and feeling connected to your body," she says.

"Certain foods and natural supplements like maca, ginseng, or cacao can support libido by improving energy, blood flow, and mood. Think of them as enhancers, not fixes; if you're looking to boost your sex drive naturally, start with lifestyle. Regular exercise improves blood flow, meditation lowers cortisol, and certain adaptogens like ashwagandha can help balance hormones. Sexual wellness really does start from within."

#### 7 Cosmic Pleasure

As trust in traditional dating methods wane, Gen Z will leave their love lives in the hands of fate in 2026. For the year of pleasure, they're looking to the stars for answers.

#### Star-crossed loving

According to Tinder, 30% of younger daters admit to checking a match's star sign before going on a date. Meanwhile, astrology TikTok is booming; there are more than 950,000 videos under the #astrologytiktok hashtag, and more than 5.6m posts with the 'Astrology' tag.

With sentiment towards the dating pool (particularly for straight women) at an all-time low, the phrase 'heterofatalism' has emerged to describe the feeling in the room: emotional exhaustion from navigating straight relationships.

Placing faith in the cosmos to guide your love life removes some of the pressure and makes it easier to navigate the environment of modern dating. Consulting astrology or tarot can be both playful and comforting, perhaps even helping us reject the pessimism of heterofatalism and maintain some hope for our love lives.

# Twenty Twenty Sex: The Year of Pleasure



Leading astrologer Sade Jackson explains that 2026 is set to be a particularly erotic year according to the cosmos. On the 20th February, Saturn and Neptune conjoin in Aries, which she describes is a "rare"

and potent merging of discipline and dream, form and fantasy."

"In erotic terms, Aries is about self-discovery through instinct. For some, it may manifest as a bolder embrace of kinks or unfiltered sexual expression, for others it's about taking responsibility for their erotic needs, understanding that fantasy can be a form of sacred architecture."

On the 26th April, Uranus officially enters Gemini, "electrifying communication and curiosity,

encouraging people to voice what they once only thought. Conversations about orientation, gender, and relational fluidity become even more inventive, clever, and experimental."

In mid-June, comes a "season of somatic reckoning and healing through touch, taste, sound, and slowness" as Chiron moves into Taurus – the sign of the body and the senses. Sade explains that the "Wounded Healer asks: how have you numbed your pleasure to survive?" She continues to say that "what was once anesthetised begins to awaken, and with it, the capacity for deeper presence in both sex and life."

On the 30th June, Jupiter is set to move into Leo, adding erotic play into the mix, especially for those that have been taking their sex lives too seriously. By the 26th July, the Nodes of Destiny shift into Aquarius and Leo; this, Sade explains, "invites a new cycle of creative eroticism – Aquarius liberates (experiments and breaks taboos) while Leo performs, dramatises, and embodies passion. Together, they ask us to craft art from arousal, to see sex not just as a private act but as performance, play, and power. Expect a collective hunger to merge spectacle with sincerity, performance, and vulnerability."

Rounding off the year of pleasure and eroticism, Venus retrogrades in Scorpio on the 3rd October, "summoning the ghosts of old desires." Sade explains that this retrograde "digs beneath the surface of repression," evoking a primal hunger. "The wild woman, the untamed lover, the sensual mystic, all ask to be re-embodied."

