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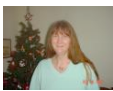
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Happy Ho Ho's Under the Mistletoe

The Nice & Naughty of Holiday Kissing Etiquette

By [Andrea Demirjian](#)

As there's a possibility to get a bit carried away when holiday festivities are high, here's a little ladies and gents kissing etiquette to keep in mind when the eggnog brings on lusty peppermint sensations where your lips have to do something more than nibble on a candy cane.

Kissing Under the Mistletoe – An Ancient Tradition

This fabulous, flirty custom began long ago in the Golden Age of Rome with the festival of Saturnalia – a holiday of feasting and gift giving which ran from Dec. 17th-23rd, and ended with a day where households servants switched roles with their masters. Kissing under the mistletoe was also popular with the Druids and Scandinavians who associated it with peace and fertility.

Classic mistletoe kissing etiquette back in the early days varied. Most common then, as is now, would be to kiss anyone who walked under it. Another custom required a man to pluck the berry when he kissed the woman, and if there were no more berries left on the sprig, there couldn't be anymore kissing. All universal codes of mistletoe kissing conduct say it's bad kissing karma to refuse a kiss!

A Time for Kisses & Good Cheer

Today, mistletoe kissing most often happens at a party – be it at a friend's home, the office shindig or a bar. If you're single or newly coupled, you're in luck. The holiday season is the ultimate "karpe kisseem" opportunity to show your affection for someone when the spirit moves you, and in a way that's perfectly acceptable. It's golden! And you might get just what you asked Santa for!

If there is someone you've had your eye on, use that mistletoe as a 007 "license to kiss". If you're worried about getting your intended under that magical berry sprig, carry your own – it's a very convenient way to ensure a kiss no matter where you are! The plastic ones are good if you plan on mistletoe cruising over the holiday stretch. It's also the perfect time when you've been dating someone new to break the ice in a fun, frisky way. Mistletoe gives you pleasurable permission for that first kiss, and can help relieve some of the nervousness of wondering when and where.

The Nice & Naughty of Mistletoe Kissing

Ladies: If there's a gentleman you want to kiss, don't hesitate. Any man would be delighted to receive an unexpected kiss from a lovely lady. It will make him feel good about himself. Just make sure to use your "randy radar" to tell whether to make it sweet and friendly, or go for something a wee bit naughty. Who knows, after you kiss him, he might kiss you right back!

And if a guy takes a chance and kisses you, always be polite, even if you don't particularly feel the vibe. It's the time for peace on earth, so



Kissing Under the Mistletoe

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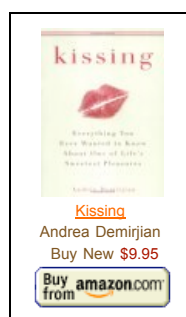
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Andréa Demirjian - About the Expert



Andréa Demirjian is a preeminent "kissing expert" and radio personality. Her book "Kissing – Everything You Ever Wanted to Know About One of Life's Sweetest Pleasures" (Penguin) is a sweet 'n sexy celebration of kissing and all things kissable.



Kissing
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show that goodwill towards men. After the kiss, smile, wish them a happy holiday, and politely excuse yourself on the pretense of needing to find your friend, or re-apply your lipstick.

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Gents: While mistletoe seems to be an open invitation, all gentlemen must remember not to get too carried away. Be careful not to turn into one of those party clichés. Keep your cool, and be gracious to the lady. A kiss on the cheek is always a good place to start, and if her eyes spark and twinkle, well then go for a little lip. Soft, brief and gentle wins all the time (best to leave the tongue behind), and could lead to something special!

Happy Holiday Kissing!



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