

So the honeymoon is well and truly over and you and your partner are lucky to find five minutes on a Sunday morning for some between-the-sheets action, and even then you have to lock the door in case the kids come in.

If only we could bottle the wonder of those first few months when your whole body comes alive just at the sound of their voice, when your tummy flips a double dip when they walk in the room, and when it seems your body is a magnet and his hands are steel.

Touch is so important to us primates and when we're not getting enough of it we can end up depressed, out of sorts, uptight and in need of some good loving.

From birth we humans need the feel of another person's skin on ours. If babies are separated too quickly from their mother's body,

MELTING MOMENTS

Embrace your primal urges and reacquaint yourself with touching

when first born, will have more difficulty breastfeeding. Whereas an hour of skin-on-skin contact will have them crawling towards the breast for more.

Baby monkeys have been given fake soft-cloth mothers and prickly wire mothers to choose from. The prickly wire mothers had food with them and the soft to touch mums didn't. Where did the baby monkeys huddle? With the cloth mummy.

So what do you do when you're not getting any?... Touch, that is. Touching yourself just doesn't have the same impact. And if you've got a partner who has lost his touch then best you guys get practising again.

Sensitise the skin again. Start wearing satin and silk, invest in some soft sheets to slip under come bedtime. Book a massage course and do it together. It's not where the touch leads to that is important, although that is often the icing on the cake, it's the contact with another person's skin that will lift your spirits.

In periods of my life when I have been alone, I have saved on the groceries just so I could have a massage. Having someone's hands on my body keeps me alive and keeps me from snapping at my mates.

But touch is difficult for many of us. If you come from a non-tactile family then reaching out and touching friends and partners may be difficult, but like all things the more you do it the better you get. Psychiatric patients respond well to daily touch. Senior citizens use pet therapy to lift their spirits.

We are all born alone into this world and we all leave alone. We spend most of our days trying to ensure we're not alone, on the phone, on e-mail, on the internet, but we tend to forget the most important sense of all – touch.

With touch comes vulnerability, risk and emotions. Often I have found myself tearing over when I'm touched, other times I feel pure joy and still others, fear.

Fear that they'll leave me, that they'll touch my body and feel all the flaws I am convinced I wear on my skin. If we spend our days dislocated from our bodies then we do ourselves and our loved ones a disservice. So go on, touch someone today, better still get touched today! Who knows where it will lead you?

