

SEX therapy —for free!

Siski Green goes undercover to reveal the off-the-record tips that the sex experts usually reserve for their friends

Snooping is not something we condone, but sometimes the temptation is just too much to bear. Just think of all the little gems of advice you could learn by eavesdropping on a chat between the world's best sex therapists and their friends. What kind of secrets would be revealed? Always willing to go the extra mile, the GLAMOUR team donned trench coats and dark glasses, hid behind newspapers, ran down alleyways, and even planted bugs in the homes of the world's most savvy sex gurus to bring you these tips. OK, that might not have happened. But we did ask them very, very nicely. Read, learn – then go have great sex tonight.

Prepare, prepare, prepare

"If a girlfriend is getting ready for a 'big night', I remind her to steer clear of perfume," says sexologist Dr Yvonne K Fulbright, author of *Sultry Sex Talk To Seduce Any Lover*. "Men enjoy a woman's real smell most – with just a hint of perfume." Take a shower with scented shower cream, such as Laura Mercier's Crème Brûlée Body Wash £28, but leave your perfume on the dressing table.

"Leave the hair alone is what I tell any friend who'll listen," says sex therapist Dr Ian Kerner, author of the best-selling *Passionista*. "I'm not referring to what's on your head, but down below. Contrary to popular belief, men like hair! I'm not suggesting you leave a crow's nest down there, but a neat triangle of hair is very sexy." So don't feel like your only option is a Brazilian – just ask for a 'tidy up'.

Maximise your mojo

"I recommend taking a 'sex sabbatical'," says relationship guru Dr Pam Spurr. "This is where sex is off the menu for, say, two to four weeks. But during that time, you don't just sit idle – you flirt outrageously with each other, trying to make the other person 'break' before you do. By the time the sabbatical's over, you'll both be desperate and the release of sexual tension will feel amazing – trust me."

"One of my girlfriends was worried she'd lost her libido," says Dr Sadie Allison, author of *Ride 'Em Cowgirl! Sex Position Secrets For Better Bucking*. "Until I suggested that she and her man try having sex between midday and 4pm rather than in the morning, when ▶

◀ he liked to do it. Men's desire-linked hormones peak in the morning, but women's peak by early afternoon. So come the evening, both yours and his are lower. Aiming for the right time helps to ensure you're both in the right physical state for getting aroused. So this weekend, you know what to do!"

"So many of my mates are on such strict diets they forget that a healthy sexual appetite comes with, well, a healthy appetite!" says Dr Fulbright. But don't use that as an excuse to go wild. "The key is to eat sensibly. Fatty foods can limit testosterone production and therefore decrease your sex drive, but you need fat to produce hormones, so stick with foods rich in monounsaturated and polyunsaturated fats – the 'good' fats – such as salmon, nuts and olive oil."

Appeal to his mind – as well as his body

"I can let you in on the secret I tell my female friends," says Dr Kerner. "For us guys, there is nothing better than being in bed with a woman who is enthusiastic about getting naked and exploring your body. Think back to how you touched your man when you first met and recreate that. Savour every inch of his skin, spend time poring over his body. It'll dramatically increase his sexual appetite."

"I often tell my friends to use what I've learned while studying psychology," says Dr Fulbright. "You can try this too. Every time you go down on him, make a point of squeezing the fleshy pad of skin at the bottom of his thumb. Do it often enough and eventually just the feeling of you squeezing that spot, wherever you are, will make him aroused."

Improve him in bed

"Men love instructions," says Dr Kerner. "That's what I tell my friends who want to get their man to do something new or different. Give him a book, tear out a page of a magazine, whatever. He won't mind if you tell him he can do the same to you."

"This is a good technique to use if your man's on the small side," says Dr Allison.

"Have him play with you using just one finger prior to sex. This allows your vagina to get used to clenching around something smaller than he is, which means that when he does slip inside you, he'll feel comparably big."

“Use your eyes. They're the most under-used body part during sex”



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Power up your personal pleasure

"If a friend really wants to improve her orgasms, I tell her to mix up her masturbation sessions with some new adventure," says Dr Allison. "By changing the style of stimulation, you'll boost your pleasures to new heights. So if you usually masturbate on your front, try it on your back; if you always do it in the dark, switch a light on." Plus, the more ways you can reach orgasm, the easier it'll be during sex.

"One woman I know found it really easy to orgasm, but wanted a more intense experience," says Dr Allison. "So I taught her how to have multiple orgasms. Most women can achieve it with determination and a lot of practice. Masturbate through your first orgasm. Then right after, flex and tighten your pelvic love muscle, and begin touching yourself again. Concentrate on the pleasurable orgasmic feelings your body is experiencing as

it's still at that heightened state of arousal. With time, you may find yourself closer to it than you realised."

Enhance your performance

"Doing exercises to keep your vaginal muscles in shape is essential if you want stronger orgasms and to create the friction he needs to climax," says sex educator Lou Paget, author of *How To Be A Great Lover*. "You'll often read recommendations to squeeze and release repeatedly, but I tell friends that they also need to squeeze and hold if they want powerful muscles down below. Doing it that way also mimics the way you'll use your muscles during sex." To locate your vaginal muscles, try holding your pee next time you go the loo. You should be able to stop and start. Once you've pinpointed those muscles, try 'pulsing' ten or more times daily. When you've mastered that, you're ready to graduate to the 'squeeze and hold'.

"I was shocked when I found out one of my friends never played with her man's chest," says

Dr Fulbright. "He's got just as many nerve endings in that area as you do there, so tantalising tickling to the

sides – working your way in to the nipple – will have him writhing with excitement. For added thrill, try licking his nipple, then blowing on it. The evaporation adds a fabulous sexy tingle."

"Use your eyes," says Paget. "They're the most under-used body part during sex. Some of my girlfriends are so worried about their bodies, they forget that looking deeply into his eyes is one of the best ways to give him an amazing time in bed. He wants to know you're having a good time too."

"Another slightly leftfield tip I like to pass on is to focus on breathing," says Dr Fulbright. "It sounds a bit crazy, but brushing up on breathing techniques can really enhance your experience. People tend to breathe fast and shallow or even hold their breath as they get close to climax. But slowing your breathing down can give you a longer-lasting and more intense orgasm. It's a win-win situation."

Get creative

"If you've got long hair, use it," says Dr Kerner. "Men are often clueless when it comes to touch – they don't realise how phenomenal a gentle touch can be. So let your hair fall over his tummy, twirl a tress around his nipple or tease his manhood with it."

"Don't underestimate the value of porn," says Dr Allison. "It can be quite a stimulating and exciting experience for you and your partner. It's also a good place to pick up a few new techniques." Make the movie selection yourself to ensure it's something you're comfortable with. A good one to start with is *Feeling It* produced by Candida Royalle, where the scenes are created with women in mind.

"I know this works because I've had great feedback from friends," says Dr Kerner. "Find somewhere other than your bed to have sex and do it there regularly. It's all too easy to fall asleep in bed after a hard day's work, so if you move it to a new

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location, you're more likely to get down to it even when you're tired." Your living room sofa is ideal because it's just as comfortable as your bed, but with extra position possibilities. Try the Sideways Shuffle: lie sideways, facing each other, with your back to the sofa

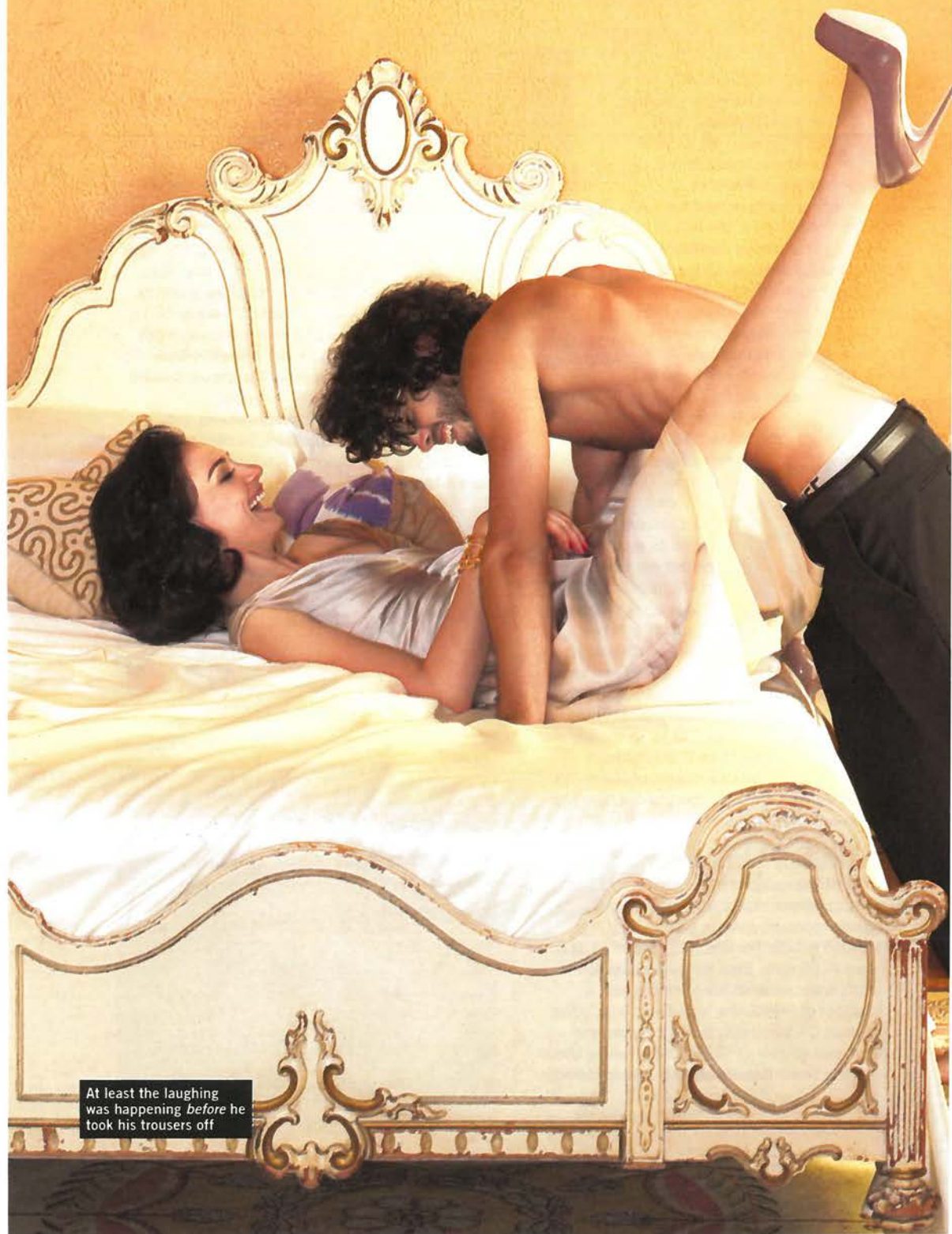
back and sling one of your legs over his hip. This is a very intimate position and, unlike missionary, is more likely to get you to climax. Just wriggle higher or lower until his thrusting targets the perfect spot.

Don't forget your brain!

"Read about sex!" says Dr Fulbright. "Not necessarily advice books, although those will always be handy, but raunchy books. Try Anaïs Nin's *Delta Of Venus*. A friend of mine, who was totally stuck in a sexual rut, read it and found it got her thinking far more creatively. She and her boyfriend read it out loud to each other every now and again, just to get in the mood. Beautifully written and very, very sexy."

"Relax!" says Dr Spurr. "Yes, there are always people having more and better sex than you, but there are probably more people having less and worse. Focus on what you want from your sex life – if that means doing it just once a month, then fine; if you have no desire to have sex anywhere but your bedroom, great! As long as you're satisfied, all is good." ☺

G LOVE



At least the laughing was happening *before* he took his trousers off