

THE WAITING GAME

How long after meeting him would you get naked? And what does it spell for your sex life?

Some women will hold back until their wedding night, others will drop everything for an 11th-hour booty call. Exactly when you choose to get down and dirty with your date heavily influences the type of sex you'll have together – now and later. Here, the experts rate your wait... and what it says about you as longer-term lovers.

ONE HOUR

"If you have sex an hour after meeting someone, it's likely to be a fast and furious physical release," says sexpert Julia Gash. "But time is no recipe for whether the sex is amazing or awful, so it could go either way. My advice? If it's purely the physical release you're after, grab a vibrator."

A fiery future? "The moment you meet to the moment you have sex is an electric time and it only happens once. The longer you draw it out the better," says Gash. "The old court-and-chase ritual is very animalistic, so if you rush into sex you lose this exciting element and may be left disappointed."

Will a relationship last after such a speedy

Sex tricks

GUARANTEED TO PLEASE...



Working in a sofa shop wasn't all bad

How to be his sex goddess, by Chip Rowe, a senior editor for *Playboy*

1 Oral sex It is not possible to go down on your man too often. It's the biggest turn-on when

a woman appears to adore a man's penis as much as he does. He grows up being told it's ugly if exposed. Show him otherwise.

2 Spontaneity Men can see a woman and concoct an elaborate fantasy about her in the time it takes to cross the road. They want the mood to overtake you as easily as it overtakes them. Demand sex as he gets ready for work, in the middle of the night or while he's watching TV.

consummation? "Probably not," she says.

ONE WEEK

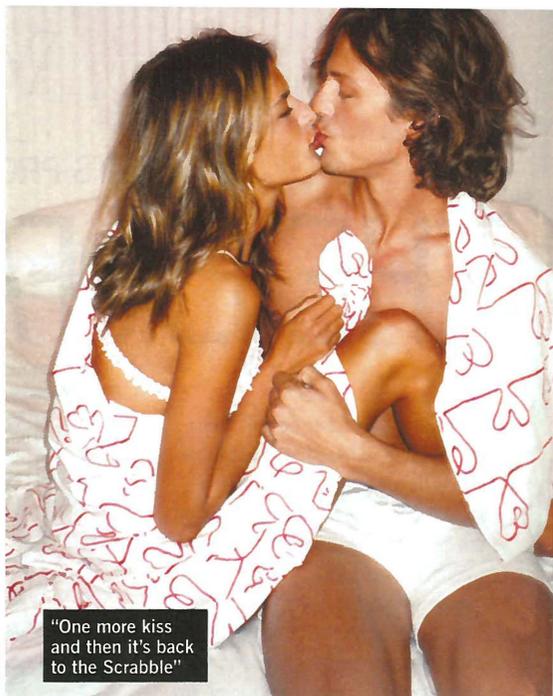
"If you sleep with someone after a week it's impossible to know them very well," says Emily Dubberley, author of *Brief Encounters: The Essential Guide To Casual Sex* (Fusion Press, £10.99).

"In this instance, the first time a couple has sex they might feel embarrassed about communicating their sexual needs."

A fiery future? "Even if the sex isn't great after seven days, it has the potential to be amazing once you get to know each other better," says Dubberley. "If you're upfront and honest, say what you want and take the time to learn about each other's bodies, you could have a fantastic sex life together," adds Sadie Allison, 'pleasure coach' and author of *Tickle His Pickle!* (Tickle Kitty Press*). She also suggests you choose a non-intimidating place, such as the park or a coffee shop, to talk about what turns you on.

ONE MONTH

A recent Durex report found almost a quarter of people globally would have sex with a new partner within a month. "In our culture, it's a normal amount of time to wait," says Phillip Hodson, sex therapist and author of *How Perfect Is Your Partner?* (Carroll & Brown, £12.99). "If you've been on four or five dates, the sexual tension has had time to grow. You've probably already shared a few kisses and cuddles and have a good idea about how suitable the guy is and whether you want to take the relationship further."



"One more kiss and then it's back to the Scrabble"

A fiery future? Your love life will involve plenty of orgasms – and laughs. "After a month, you've built up the anticipation and showed awesome willpower," says Allison. "You should be comfortable enough with your new partner to handle any unexpected mishaps in bed." A word of caution: "People make less effort to get to know each other once they've slept together," says Dubberley. "Don't be lazy and substitute sex for communication."

THREE MONTHS

"There's a lot to be said for waiting three months before having sex," says Gash. "By that point it's not sex, it's making love. You're familiar with your partner's strengths, weaknesses and flaws and you're still keen to sleep with them." Dubberley agrees that it's time well spent: "The wait can be beautifully romantic."

A fiery future? "Be careful not to lose the momentum," says Gash. "After three months there'll be expectation there and the build-up can be better than the sex itself. Try not to expect too much – if you don't assume the earth will move you won't be disappointed. First time sex with anyone can be awkward, however long you wait. On the plus side, if he's prepared to wait three months it shows he's not just in it for the sex, he's more likely to want a long-term relationship."