

NEW YEAR,
NEW
YOU!

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Sexier
sex—
just add
water!

The Hot-Sex Bucket List

Ditch your stale no-pants dance for this schedule of seductive and adventurous moves.

By Faye Brennan

You probably have a list of things you want to do in your lifetime—complete a triathlon, swim with dolphins, skydive. But have you ever considered all of the steamy bedroom to-dos you may want to tackle? “Actually writing something down gets you to mentally commit to it,” says Emily Morse, a sex and relationship expert in Los Angeles. (You could even set deadlines to motivate yourself further.) Start with these 10 moves: They’ll ramp up your sexual excitement and inspire you to imagine some new carnal challenges.

1/ Try the “lift up.”

This makes twerking look tame. Sexpert Lisa Sweet, author of *365 Sex Thrills*, says to bend over and put your hands on the ground and your butt in the air (think downward-facing dog). Have your guy stand behind you in a wide stance with his hands on your hips. Once he’s inside you, control the motion by going up and down on your toes and pushing your backside into his groin. “This puts you in total control of the action,” says Sweet. “The angle will offer G-spot stimulation, and he can also slide his hands around to give your clitoris some TLC.”

2/ Do it post-workout.

Follow one workout with another: Research in *The Journal of Sexual Medicine* found that women enjoyed a 150 percent increase in genital arousal after a

20-minute cardio session—but it faded after about 30 minutes. Take advantage by immediately hopping in the shower at home with your man for a speedy face-to-face encounter with both of you standing, your back against the shower wall, one leg raised. “He can hold your knee in the crook of his elbow—it will open you up and direct the pressure against your clitoris,” says Sweet. To help prevent wiping out, have him make small circles with his hips instead of thrusting.

3/ Watch erotic flicks that turn you both on.

Resist the urge to riffle through Netflix and instead pop in an erotic movie that caters to both of your libidos. A study published in the *International Journal of Impotence Research* found that men preferred more graphic sex

Bonus Bliss

Try these arousal-inducing tricks, courtesy of Rachael Ross, M.D., Ph.D., sexologist on *The Doctors*.

BUILD ANTICIPATION
“Throughout the day, sext each other in ways that will turn the other person on.”

USE SEDUCTIVE PHRASES
“During sex, use words that you may not use in clothed conversations, like *dick* instead of *Johnson*.”

LEAVE YOUR COMFORT ZONE
“Try downloading a secret stash of erotic books on your smartphone.”

Want more? Tune in to The Doctors this month as Dr. Ross and Women's Health help you add to your sex bucket list. Visit thedoctors.tv.com.

scenes while women got excited by erotic story lines. A flick that contains both? *Intimate Encounters* (\$25, adamandeve.com). “It shows couples in intimate situations, but there’s plenty of explicit sex for guys to appreciate,” says Kat Van Kirk, Ph.D., a clinical sexologist and relationship therapist. If porn feels pervy to you, try a mainstream movie with intense sex scenes, like *Blue Valentine* or *Wild Orchid*.

4/ Take adult sex ed. You go to cooking or yoga classes, so why not brush up on your sex skills, too? It’s something that Master Jeff, cohost of the Experience Channel’s “No Vanilla” Web series, recommends. “For instance, you can learn to give each other a sexy massage,” he says. (A little instruction in these areas is never a bad

thing—especially if you’re trying them for the first time.) Seek out sexy retailers in your area to see if they offer any workshops.

5/ Try “no-thrust” sex. Hop into bed and do the complete opposite of what instinctively unfolds. “Basically, he enters you and there’s a lot of kissing, caressing, and touching—without any pelvic thrusting,” says Rachael Ross, M.D., Ph.D., sexologist and family-medicine physician on *The Doctors*. This slow-burn technique, used in tantric sex, is still erotic enough to give you an orgasm (“your vagina will start to rhythmically contract,” says Ross), and it reconnects you as a couple, reminding you that sex is about more than pounding away and going to sleep.

6/ Use the most advanced sex toy ever. Make room in your top drawer! The Zuma Vibe by Icon Brands (\$44, amazon.com) is a vibrator that has two separate motors to simultaneously stimulate the clitoris and G-spot. There are other perks too: The material warms to your body temperature so it won’t feel cold against your skin, and it’s ergonomically designed to avoid hand and wrist cramps (yours or his).

7/ Give him icy oral. Add an unexpected element to your mouth routine by having ice on hand before you go down on your guy. “Play with an ice cube in your mouth and let the sexual tension build,” says Morse. “Then, perform oral like you usually would, and take the ice cube down his shaft. When you come back up, swirl it around his tip with your tongue.” The element of surprise is what makes it such a turn-on, and it wakes up his nerve endings in a completely different—and pleasurable—way. It’s like jumping from a hot tub back into a pool.

8/ Shut out everything. Sex somewhere you might get caught? Been on that balcony, done that quickie in the park. For a new thrill, try this: Wear a blindfold while you’re getting it on. (Don’t worry, that’s where the S&M-ish stuff stops!) The eye covering simply provides a way to shut everything else out and focus on what he’s doing to your body. “You’ll feel everything more intensely,” says Master Jeff.

9/ Experience a water-pressure orgasm. It’s hard to be picky about orgasms, but Alexis Lass, author of *The Posh Girl’s Guide to Play*, says water-induced O’s can be especially off-the-charts. “When a steady stream of water pressure stimulates your clitoris, it delivers a feeling very unlike the sensation produced by the hands or mouth,” she says. “It’s deeper, more expansive, and intense.” To have one, lie on your back in the tub and position your body so that your legs are open wide and your sweet spot is directly underneath the flow of water (or, if you’re using a handheld showerhead, stand and direct the water upward).

10/ Write down all of the sex positions you want to try—and have him do the same. Ever wish you could crawl into your guy’s head to see what he *really* wants? Well, this activity makes that possible. Grab pens, paper, and a bottle of wine, and sit down together to write individual lists of positions you’d like to try, suggests Chris F. Fariello, Ph.D., author of *The Lover’s Guide Illustrated Encyclopedia*. Then compare notes and pick one to tick off that night. “Both talking about it and doing it can be hot,” he says, especially when the position is one you or he invented. Better yet, it’s the game that keeps on giving—you’ve just doubled the items on your sex bucket list! ■

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KISS & TELL

I’ve resisted online dating because it feels desperate. Am I being too close-minded?

—Renae, Pittsburgh, PA

Yes! Tons of people date online, including guys you’d want to meet. By not joining in, you’re missing out on the opportunity to connect with someone who has similar interests, and unlike encountering someone at, say, a bar, you can learn about them via their profiles and IMs and make a clearheaded decision about whether you’re really interested. Just make sure you stay safe. Don’t share private contact information until you’re certain the guy isn’t a psychopath.

Every time my boyfriend and I fight, I cry! How do I control my emotions?

—Stephanie, Philadelphia

Consider why you become so upset. Are you afraid the disagreement is a sign that you’re about to break up? Train yourself to see occasional skirmishes as a normal (and often beneficial) part of every relationship, not a sign your world is crumbling around you. This is just a fight that will pass. If you still get emotional, calm yourself by taking several deep breaths—or stop the discussion completely until you’re able to take on the issue without tears.

Michelle Callahan, Ph.D.
DrMichelle.com; author of *Ms. Typed: Stop Sabotaging Your Relationships and Find Dating Success*. Go to WomensHealthMag.com/Experts to ask your questions.

