



APPLAUSE

AND... ACTION!

Want scene-stealing sex, every single time? Read this, then get ready for your standing ovation. By **Anka Radakovich**

The best kind of sex is that 'rip your kit off, can't wait another minute' stuff that usually only occurs in a swanky hotel

somewhere exotic. Also known as 'holiday sex', it's exciting, exhilarating and something you're still thinking about a week later at your desk. So how do you recreate the same excitement a) without leaving your house, or b) when you're about to do it with someone for the umpteenth time? Easy: unforgettable sex is all about creating tension. And, like the most tense of Hollywood movies, there should be drama (the good kind), surprise, suspense, passion and a happy ending (of course). Here are some ways to make sex as fun and carefree as a honeymoon in Vegas or a weekend in Paris – all the time.

THE DRAMA

The best part of a *fake fight*? **MAKE-UP SEX**

Ask someone about the last great sex they had at home and it may well follow, 'Oh, after that huuuge row...' Why so memorable? Not because of the row bit but because of the high of making up – psychologist Dr Seth Meyers believes that the addiction to chasing this feeling is "not that different from an addict who needs a hit of cocaine". Thankfully, you can recreate the buzz in a way that's 100% row-free (and legal). Your goal is the adrenaline rush of a verbal argument, but from a playful, physical form – such as a bit of fun rough-and-tumble like wrestling (if you just giggled, bear with us). Erotic video specialist Pornhub.com names nude wrestling as one of its most viewed categories; it's one of the oldest genres of porn, harking back to the Golden Age in the 1960s. Now for how to do it. Remember WWF wrestling? Well probably *not* like that. Instead, "Move on top of him and gently pin his arms back," says Dr Ava Cadell, a US sexologist. "If you really want to build the sexual tension, try wrestling blindfolded to change the dynamic."

THE FLASHBACK

Relive the SUPER-HOT DAYS

Flashbacks are more than just devices used by cunning film directors to hook us in. Look to the best bits of the past and you can actually feel happier in the present; it's why we start daydreaming about lying on a beach when it's so cold we can see our breath outside. Give the same treatment to sex and... see where we're headed with this? "Just talking about and reliving those early, hormone-laden sexual experiences can evoke the same powerfully erotic feelings you had then – but today," explains sex therapist Mike Lousada. "Try going back to the places you first had great sex if you can, or recreating the situation – for example, put on the same music you were listening to at the time. Smell is also powerfully evocative, so even something like cooking the same food or wearing the same perfume will help reconnect you." Who said time travel wasn't possible? ►

THE SUSPENSE

Go slow-mo and learn the ART of THE TEASE

When you first meet someone, there's a huge sense of the unexpected: what is he going to do to me? What am I going to do to him? And both of these questions have the same effect – a really hot one. Recreating that sense of unexpectedness when you're about to get naked for the 5,579th time isn't quite as straightforward – but it doesn't require wearing anything crotchless either, promise. "Tease is all about innocence," says Lousada. "The more serious you try to be, the more you can be overcome by performance pressure. Treat a striptease as something playful and we begin to enjoy it." So, turn on some slow music (Beyoncé's version of Etta James' *At Last* is sexy; any song with 'bitches' in it is not) and dance next to him, getting into as much of a grinding striptease as you're comfortable with. As you peel off each item of clothing, try not to worry about your body; he's probably never, ever found you sexier than right now.

THE SURPRISE

Shop for the *most ridiculous* SEX TOY you can find

Do something you would do on holiday: shop for a gift. And not the kind that's suitable for bringing home for your nan. We're talking sex gizmos – and buying one together will be a hilarious bonding exercise in the shop, and once it's out of its wrapper. What *not* to go for? Probably the 'Accommodator' – a device to assist with your oral pleasure that consists of a chin strap attached to a dildo. In theory it looks

like it would work, but as soon as he puts it on you'll immediately want to point and laugh and call him Dildo Face. But, seriously, don't let that put you off. Lousada recommends something that stimulates the male prostate (the equivalent of the female G-spot, apparently) to give him more intense orgasms. Or start at the beginners' level and invest in lubricant for a softer, smoother, *better* ride for

you. Whatever you pick, remember this: laughing in bed, even if it's at each other (with or without a strap-on on your head), is good. "The benefit of being playful with your partner is that playfulness can be found in our most ancient neural zones, down in the brain stem," adds Dr Cadell. "Laughter is one of the most bonding emotions between two brains." Ahh, it's like the early days... repeated.

Photographs: Getty Images, Arthur Bellebar



THE PASSION

Get down & TALK DIRTY

When you think of the steamiest sex you've had, what you often remember isn't what he did, but what he whispered in your ear, such as, "I want you so much." Talking dirty can take the excitement level up a notch and help you teach him a few new tricks, too. Use it to tell him what you want to do together and he'll be so excited he won't even realise he's in training. To stop you sounding like you're in a bad porn film, sexologist Dr Carol Queen, who teaches a class on dirty dialogue, recommends practising by yourself first. "When you're driving in your car say something really mundane, like, 'Hi, how are you?' but say it really sexily and with a lowered pitch," she suggests. "Then try it with something steamy – no laughing – thinking of the phrases you want to say back in the bedroom." Next, graduate to talking dirty while touching yourself, which lets you feel comfortable hearing yourself in a sexual context. "Try whispering a few phrases, then saying something louder but deeper," says Dr Queen. "If you practise a bit beforehand, you won't feel awkward with someone else. It really takes the pressure off."



THE HAPPY ENDING

Have uninhibited sex, totally SOBER

The key to having relaxed, uninhibited sex is to calm your mind and body. You want to be completely comfortable. To accomplish this without polishing off half

a bottle of wine, look to tantric sex. Tantra's goal is to achieve a heightened state of sustained arousal and is practised by Buddhists, Hindus and, um, Sting (maybe don't dwell on that image). Although some people use it as a path to enlightenment, it can be a path to orgasm, too. By practising heavy breathing, also known as 'conscious breathing', you can 'breathe into' an orgasm. "Mindfulness helps us to relax, be more open and intimate, feel emotionally stable, and calms our fears

“Talking dirty can take the excitement up a notch, and teach him new tricks”

and anxieties. Basically, it brings us into the moment," says Dr Joseph Kramer, founder of the Orgasmic Yoga Institute. He suggests breathing in without pausing, then really relaxing during the exhale. "Doing this during sex can result in a nice tantric surprise: a 'yogasm'." Now we bet you never had *that* on the first time! ☺