

Unforgettable in IN BED... THAT'S YOU

We've gathered the sexiest, naughtiest tips from those in the know: sexperts, sex writers, you – and your men. Read on (but don't expect to leave the bedroom anytime soon)

Oral superiority



Siski Green, author of *How To Blow His Mind In Bed*

☞ To make oral sex great, the trick is to focus on his head – the one on his penis. To do this, take him a little way into your mouth, then place your index finger in between his penis and your upper teeth (to prevent any accidental biting). Now, with your tongue, push up hard on the underside of his penis head and try to swallow. This creates a fantastic suction sensation. Oh, and suck an analgesic cough sweet beforehand – you'll be far less aware of the sensation at the back of your throat... ☞

To the left, to the right

Fi, 30, waitress, Aberdeen

☞ Make the most of *all* of your clitoris, ladies. When he's deep inside you, slide your hips side to side, not just up and down. I did it by mistake once when I had a bad back – it stimulates parts you never knew existed. ☞

Distraction tactic



Kurt, 27, off-shore worker, Dublin

☞ Changing positions: great, but it can feel awkward. One woman I slept with had a great technique – she grabbed my face in her hands and dealt me this massive smog,

while switching positions. I didn't even twig what she was doing at the time, but I realised later that it made the scrambling about just seem more wild and sexy. ☞

Blindfold devotion



Violet Blue, sex columnist and author of *Total Flirt*

☞ One of your best bedroom allies is the blindfold – get yourself a nice one from a women's boutique. Blindfold him and take off his clothes, then make him take your clothes off while he's blindfolded. His fingers will do all kinds of walking. Once your clothes are off (you can help him)... ☞

tell him you're going to kiss him all over, then do exactly that, taking your time. Talk to him while you do it. Next, tell him you're going to touch him with a part of your body that isn't your hands and that he has to guess what part of you it is. You can decide what his reward is for correct guesses!

Put YOU first



Ross, 31, tennis pro, Edinburgh

Women should be selfish in bed.

But they never are - do they think it's impolite? Men LOVE it if you demand what you want! Honestly, don't be shy. The hottest line I ever heard? "If you're good, I'll let you!"

A touch of bondage

Paul, 31, carpenter, Ipswich

I'm not into bondage but my girlfriend was, and her compromise was great. She had a long, silky scarf that she wore round her neck so the ends fell over each nipple. She said it felt really sexy, and it was cream-coloured so I could just make out the nipple outline. Once we got into things, I ended up doing all sorts with it: wrapping it round her breasts, running it between her legs. She loved it and so did I!

Butterfly fingers



Susan Quilliam, sex expert and co-author of The New Joy Of Sex

The 'Venus butterfly' is a technique first mentioned in an old episode of LA Law. A character smugly claimed it would bring any woman to continuous and extended orgasm. At first it was utterly fictional but then it developed into an urban myth - so sexologists over the years have suggested what it might entail. One method is to get him to place his palms together and put the two index fingers into your vagina, his thumbs on your clitoris and one finger in the anus, then open and close the palms. Physical impossibility or pathway to heaven? Explore and find out for yourself!

Naughty training

Nat, 27, yoga instructor, London

If getting your man to be a bit more naughty is one hell of an effort, here's an easy and effective way (that doesn't make him feel he's failing either): tell him that whatever he's doing, you want him to ask,

'More?' When he does, just reply, 'Yes' (assuming you do want more, that is). It's simple, but so sexy!

Scientifically proven!

Roisin, 29, student, Manchester

Women should be selfish in bed. Men LOVE it if you demand what you want! Don't be shy!

According to research* (this is honestly true - I tried it!), low ceilings make a distracted man focus. So if you want his exclusive attention, pin a dark-coloured scarf over your bed (it'll make the ceiling seem lower)

and place a dim light on the floor. Or do it in a cupboard - the enclosed space makes everything super-exciting too!

Have a slowie



Em (left) & Lo (right), sex writers and creators of www.emandlo.com

Everyone loves a quickie, but what makes it hot is how urgent it feels. If you always tear off each other's clothes, then a quickie becomes the

norm. So next time, make it a 'slowie' Take your time to remove your clothes, piece by piece. Hint: start with the shoes, because nothing spoils the moment more than getting trousers stuck around your ankles and collapsing with the grace of an amateur ice skater...

Express yourself



Debby Herbenick, research scientist and author of Because It Feels Good: A Woman's Guide To Sexual Pleasure And Satisfaction

Two super tips for sharing sexual fantasies: one, say them out loud during sex - you'll be too busy to feel self-conscious - and two, talk in the present tense: "I walk into the room, take my clothes off and..." Doing this keeps your attention in the moment, which recent research has shown enhances female arousal.

Scent of a man

Ian Kerner, author, sex counsellor and columnist (www.goodinbed.com)

Not in the mood for sex? Hug your partner for 30 seconds and take a big sniff at the base of his neck. A 30-second hug



is known to increase oxytocin levels in women – the cuddle hormone that contributes to sexual attraction – and many women say that their man’s scent is the most powerful turn-on. So combine the two to jump-start desire. ♡

Low down and dirty



Jody, 25, illustrator, Birmingham

“When talking dirty, drop your voice much lower in pitch. I read about this vocal coach who suggested it for flirting, and I swear not only do you sound sexier but you feel more confident. It’s as if you’re playing a character, which makes it somehow less intimidating. ♡

Memorable moves



Cory, 29, ski instructor, Australia

“There are two things a woman has done to me that I’ll never forget. One: a slow dance. Nude. It was inspired foreplay – you’re close but just not close enough. And two: sex on a beanbag. It helps access parts you can’t reach on a simple armchair. ♡

V is for victory



Olivia St Claire, author of *The Sex Devotional: 365 Days Of Passion, Positions, And Pure Pleasure*

“Here’s how to make the doggy position even more amazing: spread your first and second fingers apart and place that V over your clitoris. Squeeze and knead your two fingers around your bud and his penis, creating extra sensation for both of you. ♡

Great sensations

Dr Patricia Taylor, sex expert at expandedlovemaking.com

“Similar to a man’s, a woman’s genitals – including the clitoris, labia and vagina – will feel at least 10 times more sensation and intensity when they’re engorged (ie, swollen). Invite your man to gently squeeze your clitoris and labia to start things off – but often with more pressure than he might guess. Prepare to enjoy what follows *way* more! If you feel uncomfortable asking, do this yourself before you get too far along into the festivities. ♡

“Get a wig - it’s the ultimate accessory for role-playing. You feel like some hot, other woman”

Change is good

Dr Sadie Allison, pleasure coach

“Put a twist on an old favourite: he’ll be even more aroused, and it will make you seem adventurous and experienced. A key way is to vary your hand-job technique. Lube up your hands, then interlock your fingers and cross your thumbs. Put his penis in the middle, then glide your hands up and down the shaft, rhythmically squeezing your hands together as you do. ♡

Tease him senseless

Tracey Cox, sex expert and ‘sex tip queen’ at www.lovehoney.co.uk

“Oh-so-gently glide the tip of your tongue across his lips, letting him feel your hot breath on his mouth. Then start sucking and lapping around his mouth and whisper, “This is how I’m going to kiss your penis next...” It’ll drive him crazy! ♡

Good vibrations

Gemma, 31, PA, Newport

“If, like me, you’re nervous about introducing a sex toy, the Lily by Lelo is brilliant. It’s tiny and nearly flat. I either

slip it down the front of my sexiest knickers and sit astride him, or tuck it between my thighs while kissing him standing up. You tighten different muscles when you’re upright, so it’s also a great new twist on getting yourself off when you’re alone: the stand-up orgasm! The trick is not dropping it... ♡

The Lily is £79 and available from www.myla.com

Be the other woman



Megan, 27, business student, Dublin

“Get a wig. It’s the ultimate accessory for role-playing if the idea of trying it freaks you out a bit. You feel like some hot, other woman, and it’s classier and less clichéd than a nurse’s uniform. He’ll love it. ♡

Just say yes

Claire Cavanah and Rachel Venning, co-founders of NY sex-toy emporium Babeland and co-authors of *Moregasm: Babeland’s Guide To Mind-Blowing Sex*

“Say yes to sex every time your partner asks – for a whole year. Even if you’re not in the mood. Starting sex is one of the best ways to feel sexy. Stop waiting for the right moment and just go with *any* moment. You’ll be surprised by the results! ♡ ♦

