



Q My guy told me that coming on my face is good for my skin. That's got to be BS, right?

A It's no spa facial, we'll say that. And, whoops, we might have to take some of the credit for starting this rumor. In 2000, Cosmo high priestess (and former editor-in-chief) Helen Gurley Brown wrote in her memoir, *I'm Wild Again*, that she recommended semen as a high-protein treatment, saying it "makes a fine mask." And while we still worship at the altar of the notorious HGB, that doesn't mean we couldn't ask a doctor if Gurley Brown's sexy sage advice still holds up all these years later. And good thing, because dermatologist Doris Day, MD, author of *Forget the Facelift*, suggests otherwise. "In terms of skin health, the benefits are negligible," she says. "And depending on his health and STDs, it could be potentially harmful." For a dewy (not dude-y) glow, you're better off slathering on a drug-store cream with hyaluronic acid, which is found in most moisturizers...and zero men.



SEX TOY OF THE MONTH



What's the best sex toy...for a boob-gasm?

Even if you've never had a mystical nips-only O, turning the flower-shaped knobs of the T-Cups (\$28; ticklekitty.com) a couple of times (which we recommend doing *suuuper* slowly to get a just-right sensation) gives your girls *allover* feels. Try it during sex for a new sensation.



Q So, the guy I'm dating just told me he has chlamydia. How do we proceed?

A Carefully. Before you two have sex again, make sure he gets treated. In some cases, his doc will give you antibiotics too, even without examining you. Or you can make an appointment with your gyno or a walk-in clinic to be tested. No matter the results, odds are, you'll be treated with a one-time antibiotic pill, says Dr. Dweck. Because even if you're not showing any symptoms, you could still have it, and leaving an infection untreated could affect fertility down the line. The good news? A week after you've both been treated, you have the green light to return to your regularly scheduled boning.



Q My GF and I get bored with vibes easily. Help!

A The best cure for the buzz blahs? The Nooky Box, a sexy subscription service that sends you new toys to play with every three months (\$80 for three months, nookybox.com). The last box, for instance, included a PicoBong Moka, a sleek, flat-topped vibe that works your C-spot and G-spot with equal amazingness. But the quarterly service isn't just for the dildo doldrums—each goody box also includes fun accessories (cooling balm, a tickler, and warming lube, for example), a steamy story set to your sexuality (pick straight- or same-sex-themed), and a printed-out playlist with seriously good tunes, like Beyoncé's "Partition" and Selena Gomez and A\$AP Rocky's "Good for You." Queue up the tracks as soon as—knock, knock!—it arrives at your door. —JULIE VADNAL