

LOVE MEN SEX

HOW-TOS / HIS SAY / ASK JAY



IT'S THE SEASON TO BE... SEXIER

You're in the year-end slowdown when your spirits are high and your sex life is... a bit tired, actually. But with every holiday comes a chance to boost your relationship, as LEE XIN HUI reveals.

December is a month of revelry, and when you do pause for breath, it's usually to sleep before the next party starts. But according to experts, this holiday season is also the perfect time to add a sprinkling of sparkle to your sexual repertoire.

A survey* conducted by fertility-tracking app Kindara found that the weeks around Christmas and New Year are the most popular times for couples to get it on, thanks to the daily grind taking on a more relaxed pace.

So, instead of snuggling on the sofa when the downtime arrives, we say you should slip between the sheets with your guy and concentrate on some, erm, up time (if you get our meaning). Instead of the usual quickies between working late and chores, find out what it takes to please each other in bed.

Here are some savvy tips on keeping things steamy while you've got time, energy and the opportunity to reconnect. Put them into action now and get set for a sexier, soul-bonding and ceiling-shattering 2016.



a glass of wine beforehand to ease inhibitions, mood music (see the list below), and wearing an outfit that accentuates your best bits. Take the lead by sitting your man down on a chair in the middle of your bedroom (or a room where there are few distractions and you can set the scene!) and let his anticipation build. As you move slowly around him, whisper in his ear that he's not allowed to touch you. The key is to own the whole experience and go really sloooow. If you still feel shy, ask him to close his eyes (which will heighten all his other senses – you know what we're referring to).

Do the rub

Not a masseuse? Neither are the rest of us. But if you've ever gone for a professional massage, this is pretty much the same thing – minus providing pain and the awkward use of elbows. Plus, you get free rein to touch your man everywhere. Go for it with a beautifully scented massage oil like vanilla, which will work as a relaxant and add some

sensuousness. The most important thing to note: how his body reacts to your touch. If massaging one particular spot produces more of a reaction, continue with the stroke in the same place.

Make a position sex pact

So many moves, so little time! Instead of sticking to the same old missionary or doggy-style, aim to try one hot new position a week for a month. Simply treat it as couple bonding time as you come up with ideas together.

THE NAUGHTY LIST

Top five* songs to get it on to, according to Spotify Singapore

- #1 *Birthday Sex* by Jeremih
- #2 *Body Party* by Ciara
- #3 *Pony* by Ginuwine
- #4 *Climax* by Usher
- #5 *Retrograde* by James Blake

*For Q4 2014/Q5 2015

GET THE OOOOH FROM YOUR LUBE

A little goes a long way when it comes to adding extra sparkle to your sex life.

Apply on foreplay hot spots. Spice things up by spreading lube on your breasts or less-obvious erogenous zones like your neck, then get him to gently tease, massage and fondle you.

Boost your O. Adding to your natural lubrication, a little extra help goes a long way to intensify action (read: more wetness = higher general arousal = RESULT!).

For a post-passion rub-down. Lube maintains your physical connection after the excitement has died down. And you never know, the prolonged sensations might just turn him on enough for another session...

Expert sources: Peder Wikstrom and Mattias Hulting, co-founders of Smile Makers.sg

41%
of women don't realise that lubes can help reduce pain during sex.
*According to the 2015 Smile Makers survey on women's use of lubricants in the Asian market.



"I'm usually too focused on pleasing her and not embarrassing myself to think about anything else!"

- Ed Ho, 30, engineer

"If she does something incredible in bed that I've never encountered before, I'm all 'Hmm, where'd she learn THAT?!'"

- Charles*, 39, financial consultant

"If she's doing everything right and enjoying it, I'm just working out how I can convince her to keep doing this over again with me!"

- Garry Ang, 33, writer

"The first time with a different partner is always hot because I never know how far she'll let me go. Being a man, I'm secretly hoping it'll be all the way, and it won't ruin the relationship we're already in."

- David*, 33, IT manager

"If I hold my stomach in any more, I might just faint!"

- Allen*, 39, accountant

"I think about what moves I should go for that have worked with partners in the past."

- Patrick Lim, 40, travel writer

"Keep it slow! I'm used to long-term relationships, and I don't play the field in between. When I sleep with a new partner, it's because I really like her, so not being too quick is my main priority."

- Vincent*, 33, consultant

"Whoa! My ex didn't let us try this!"

- Joshua, 41, art director

"I'm not looking for a serious relationship, so if I'm with someone new, I worry she might get emotionally attached to me.

During sex, I'm into the act, but mentally and emotionally, my thoughts are usually elsewhere. Like at a foodcourt..."

- Mike*, 29, account manager

"The view of my abs is making me regret living on mee goreng and beer since my ex left me!"

- Jono, 30, civil servant

"If I'm sleeping with her and she's someone I'm starting to fall for, all I can think is: 'Please don't screw this up!'"

- Gary Chia, 42, self-employed

"How much dirty talk is appropriate? Not all women like it, so during our first time, I'm figuring out how much I can get away with."

- Amarjit*, 38, lawyer

"I pay attention to the way she moves, and the things she does and says while we're at it. All this gives me clues as to the kind of lover she is, and if it's a relationship that I'd like to continue."

- Benjamin*, 34, photographer

"Maaan, I am so out of practice! GOT to get back into the gym..."

- Jason*, 38, marketing strategist

"I split up with my ex a few months back and don't think I'm over it. I feel really bad for admitting this, but when I recently slept with someone I'd been seeing for a while, I couldn't stop thinking about my ex-girlfriend. (Yes, I did break up with the new partner afterwards.)"

- Jonathan*, 41, insurance agent

"Is the sex we're having really good enough to make me want to see her again?"

- Trevor*, 37, business manager

"It's difficult for me to orgasm with someone new - it takes ages. So I'm usually giving little consideration to the woman; rather, I'm focused on making it to the finish line myself."

- Steve*, 39, teacher

"If she's being unresponsive, I get paranoid that she's bored. If she's super-enthusiastic, I worry that she's bored. New sex takes time to figure out, which is why I'm always hoping I can provide a more satisfying 'Round Two!'"

- Kevin*, 32, stylist

"I think about how my body feels to her, if she likes my buff arms and taut stomach, if the sensation of my hands and mouth on her skin is turning her on..."

- Rick*, 40, personal trainer



*Names have been changed