



# GLAMOUR

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Ready for details?

## Sexual Bliss

She who wins the thumb wrestle chooses her prize!

# 26

### If you're in the mood for sex, speak up! A man would, wouldn't he?

chair. "Not only will it give you more control over the kind of pressure you want," says Jack, a 32-year-old chef, "it will let you control the guy, which is fun for us!"

**22\*** **All hail the clitoris!** While the old in-and-out allows a guy to climax in an average two to seven minutes, it often gyms women out of the clitoral attention necessary to have longer, more intense orgasms. Give your body's most complex network of nerves the attention it deserves, recommends author Rebecca Chalker in *The Clitoral Truth* (Seven Stories Press, \$14). "Convince your partner to have sex without having intercourse," says Chalker. "Do everything *but*. Don't rush. Focus on intensifying the all-sexual feeling." **\*must-have skill**

**23** **Make your bedroom a sleep-and-sex sanctuary.** Interior decorators and feng shui masters alike will tell you that the bedroom is no place for messy piles of unpaid bills, unfinished business or undone laundry. "After I cleaned out the mess from under my bed, I felt so much freer the next time I had sex with my boyfriend—I

was all over him," says Andrea, 33. "I'm thinking that's why hotel sex is so good!"

**24** **Choose a great condom.** "The ribbed-for-her-pleasure condom was created by a bunch of old men to sell to other men, with really no consideration for women," explains Adam Glickman, CEO and president of condomania.com. "After 12 years in this business, I've yet to meet a woman who said, 'Oooh, those little ribs made all the difference.'" To get more (and better) bang for your buck, Glickman suggests trying the following:

- Polyurethane condoms such as the Avanti and Trojan Supra, which are more heat-conductive than latex and nearly see-through, making your guy look and feel like he's not wearing a thing. (They're probably best suited for monogamous couples, since the FDA can't yet vouch for their effectiveness against STDs.)
- Pleasure Plus and inSpiral Latex Condoms: "Think of them as the shar-peis of condoms," suggests Glickman, because the extra latex toward the top rolls and bunches during intercourse, offering you sensations that skin-tight condoms don't.

**27** **Get tied up.** Why not let him do all the work for a change? A little harmless bondage is the perfect excuse for you to sit back, relax and just enjoy the ride. Be greedy without the guilt!

**28** **Pose for a private photo shoot.** You don't have to be a sexy model to feel like one. Susan, a freelance journalist, recently had a professional photographer friend take black-and-white nudes of her. "There's something about posing for a photo shoot that automatically makes you feel like a sex symbol," Susan explains. But don't feel obliged to hire a professional: Slap a camera in your boyfriend's hand—remember, Polaroids don't need to be dropped at the drugstore!—and tell him to make like Ansel Adams (only dirtier). You don't even have to develop the shots. Susan says just thinking about having posed made her feel more sexy and confident in bed. And isn't that what it's all about? ©