

FACE FACTS

"Our face is a highly intimate zone, so wait until you're convinced she's interested. At the right time, touching here is incredibly effective," says Cox.

"The 'You've got an eyelash on your cheek' line is corny, but it works," says King. "If you're unsure how she'll feel about you pawing her face, try brushing a piece of imaginary lint off her shoulder and see how she responds."

HAND IT TO HER

"Touching someone's hand is both an innocent and intimate thing to do, so it works well in flirting," says King. "Try leaning across to touch the back of her hand to emphasise a point."

According to James, we could actually learn a lesson from our distant forest-dwelling cousins: "Female great apes signal submission by sticking their palm out towards the most powerful male in their group. Lightly take her hand – to look at a ring or compliment her slender fingers – and you've instantly created a submissive/dominant relationship." Unless you find yourself looking at a wedding ring, that is.

ARMED AND READY

"Brushing her inner arm, between her wrist and elbow is very seductive," says James. Rarely touched, the skin here is very thin and the nerves are close to the surface and extremely sensitive. "It'll remind her of sex, without being too obvious."

Try pointing out something and as you lean in, place your fingers on her forearm, holding them there for a couple of heartbeats. But think twice if you've just eaten sushi.



THE SEX COACH

Jacqueline Hellyer boosts your bedroom know-how

Q *My wife and I are newlyweds in our mid-fifties and have had a great sex life. But my wife's lost her libido recently and she's upset about it. We're so in love and I don't want to pressure her. How can we get our sex life back?* – SC

A You can't force desire, but you can create it, and that's what you and your bride need to do. Put aside some time to be sensual with each other in relaxing surroundings.

Here's the type of activity that will help your desires connect and reignite the fire: create a beautiful space, then play a piece of music that lasts around 10 minutes. Have her curl up in a fetal position, then gently unfold her, with the sense of rediscovering her body. She needs to completely relax and simply allow herself to open up and be discovered. Once the music finishes, play a different piece of music and swap places. Try to avoid having an expectation of where it might lead, although chances are that after such a sensual experience, she'll be feeling hot and ready for a lot more!

Q *Do women prefer slow, intimate sex over fast and furious?* – PN

A That's like asking whether women prefer chocolate cake or tiramisu; it's all good! There's a smorgasbord of possible sexual experiences, so it's a matter of going with the flow and being present in the experience to choose whatever delight you want.

Avoid thinking in advance about which style or activity you're going to do, or what you think she might like you to do. That puts you "into your head" and too focused on the "performance" part of sex, rather than just being in the moment and in tune with what "feels" right.

Having said that, for a woman to really express herself sexually, rather than feeling inhibited or feeling like she needs to put on an act, you need to get a good connection going. That's best achieved through plenty of luscious slow-paced foreplay that gets her more and more aroused. The more aroused she becomes, the more likely she'll be to express her desire, whether it's wildly wanton or deliciously deep – or any of one of a million other possibilities.

Jacqueline Hellyer is a sex coach and author (jacquelinehellyer.com). Got a question for her? Log onto yahoo7.com.au/menshealth.