

# COMPASS



# NAVIGATE YOUR LIFE



## WHISK HER AWAY

Whether it's a Valentine's Day jaunt or a romantic holiday, follow these 12 steps to ensure it gets a little dirty

### BEFORE YOU GO

**1** Good deals mean more cash for champagne. Websites such as [expedia.com.au](http://expedia.com.au) and [stayz.com.au](http://stayz.com.au) locate the best prices. Found a deal? Hop onto Google Earth to establish whether your "beachside hideaway" is actually hidden away and by the beach, as the advertisement claims.

**2** In a recent survey by Expedia, the Whitsundays were voted the most romantic domestic holiday location. And it's

a no-brainer for loved-up types. But thinking outside the box could get you more brownie points. Consider what she likes to do. Is she into activities like bike riding or hiking? Or is she more into lazing by the pool and enjoying a massage? Or does wine tasting and a cosy fire to enjoy her favourite red by sound more apt?

**3** Avoid being one of 30 million travellers a year cursing lost baggage. Pack light and take it on board with you. This way you'll

avoid the check-in queues and bag carousel. Better half not able to fit her shoes in a carry-on? Surprise her with the getaway so you get to pack for her. In the couple of weeks leading up to the trip, note the clothes she wears often and base your packing around that. Just don't forget to pack some sexy lingerie.

**4** Plan ahead – roughly. "Don't put together an hourly itinerary, but make a couple of reservations," says





relationship expert Brenda Della Casa, the author of *Cinderella Was A Liar*. "Then she has a choice of restaurants and it means you're not wandering around a strange town on a busy Friday night."

**5** While a road trip sounds like a good idea, all that driving can be a killer. If you can fly to your destination then shell out for the fare. You'll save hours of time and arrive fresh to enjoy your holiday. With the growth of budget domestic airlines, you can fly to most destinations for under \$200. Sign up for airline newsletters to take advantage of the sales and book well in advance for a bargain. In fact, book your flight before your accommodation, so you have some flexibility with your dates. [Webjet.com.au](http://Webjet.com.au) is a great place to compare prices.

**6** "Many hotels will offer romantic packages with little extras to add value to your break," says travel agent director John McEwan. "Always ask when you make the booking: for a little more money, you get a lot more when you stay." Good hotels will offer everything from reserved restaurant seats and theatre tickets, to flowers, chocolates and chilled champagne in the room.

## WHEN YOU GET THERE

**1** "Turn off your mobile," says Julie Shields, of active-lifestyle dating website [thedateoutdoors.com](http://thedateoutdoors.com). "It shows commitment to her and to the weekend." If you really can't, at least put it on silent – and respond only when she's in the shower.

**2** "Don't eat or drink too much or you'll be too bloated for sex," warns relationship expert Emily Dubberley, the author of *Sex Play*. Choose tapas – not a five-course blow-out – followed by a seductive glass of brandy.

**3** Don't miss the golden opportunity for morning sex. According to research conducted by the Institute of Applied Psychology in Portugal, first thing in the morning is the time when your testosterone levels peak, for both of you – so it could actually be even better and more satisfying than the previous night (and less hazy). So, book breakfast in bed, keep the blinds down and don't forget to brush your teeth.

**4** "Don't waste the final day by leaving right after check-out," says Shields. Find somewhere special for lunch – this could mean booking a table at the classy restaurant you walked past last night or taking a champagne picnic to the park. Either way, make sure you organise a taxi from your chosen destination to the airport so you have plenty of time to enjoy it. "This way you add extra hours of enjoyment," says Shields, "and she'll feel taken care of, which is a big thing for women."

**5** "A thoughtful way to end the trip is to produce a gift which she admired in a shop the day before . . . and you secretly bought," suggests Della Casa. "Give it to her on the way home and thank her for the great time you had." This works perfectly with jewellery; less so with the puppy in the pet shop.

**6** So you're back to reality. "Never flick on the TV and ignore her," warns Morris. "Romance is a bubble; we understand that, but we don't want to see it burst the second we return to our real lives. Instead, cook something special for dinner or order in her favourite take-out as a final romantic gesture before you both go back to work. This will score you major brownie points – and a lady's brownie points can be cashed in for all manner of things . . ."



## SEX COACH

Jacqueline Hellyer boosts your bedroom know-how

**Q** *I have the most amazing, intense sex with a girl I've known for years. We dated a while back, but it didn't work and now we just "catch up" to enjoy the sex. Why can't sex with anyone else reach the same intensity?* – CE

**A** Well, CE, there is that indefinable "X" factor that makes some people more compatible sexually than others. Whether it's pheromones or similar tastes, or a combination of things, who knows? If it's that good, though, why don't you both take a long look at each other and see if you can make it work?

It's possible that you're confusing expectations of sex and a relationship, and feeling they're incompatible. For example, often people have fantastic sex when they live apart and mediocre when they live together. They get complacent.

Maybe what you've done with your lover is try to have a "relationship" based on your expectations of what a relationship "should" be, rather than what would work in the long term for the two of you.

**Q** *Do multiple orgasms exist? Do all women have them?* – WD

**A** Multiple orgasms definitely exist. It's one of the better things about being a woman. But not all women experience them. In fact, many women have trouble having any orgasm at all.

Whether all women are capable of having them is a different question, and the jury's still out on that one. Studies show that a woman's sexual responsiveness is more related to how she thinks and feels than what is done to her. Women with more sexual guilt, self-blame, low self-esteem, dependency and negativity, etc, tend to be less responsive than those who are more open-minded, experimental, comfortable in their body, etc.

I suspect this is mostly to do with a woman being able to feel secure enough in herself, and with her partner, to be able to relax and let herself go. Having said that, having an attentive partner and enjoying sufficiently arousing activity is absolutely necessary as well!

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