



### AGAINST A WALL

**Best for: spur-of-the-moment nookie**

**Precautions** In your search for a private nook, be careful you don't accidentally wander onto someone else's property and fall foul of trespass laws.

Also have a scout about for security cameras. The last thing you want is to create a hit YouTube clip.

**Why?** A report in the *Journal of Sexual Medicine* found that the optimal amount of time for sexual intercourse was 3-13 minutes, ideal for a quickie.

"Impromptu sex signals you desire her so much that you can't contain yourself, which is a big turn on," says Cadell.

**Action** Build anticipation before you find the perfect spot. "There's a correlation between a woman's bottom lip and her vagina," explains Cadell. "Sucking gently on her lip as you kiss her will cause a rush of blood to her vagina, making her pre-orgasmic."

If you're standing behind her, ask her to put her hands up on the wall. "To get a tighter feeling, get her to squeeze her pelvic floor and pubococcygeus muscles (the ones used to control the flow of urine)," suggests Dr Ian Kerner, the author of *She Comes First*. "It will also make her more orgasmic."

### IN THE PARK

**Best for: stimulating your senses**

**Precautions** It's a public place, so you need to take steps to ensure you aren't on view. Pick a secluded spot or wait until after dark. Also pack a rug.

**Why?** Studies from the Smell & Taste Treatment & Research Foundation in Chicago discovered that the smell of freshly cut grass is a powerful aphrodisiac, while the US Environmental Protection Agency found fresh air is rich in negative ions, which heighten your senses and decrease anxiety.

**Action** Get back to nature. Grab a blanket, a bottle of wine and your iPod and head to the park. Pick a spot near the flower beds and encourage her to remove her shoes – UK researchers at the University of Hertfordshire found the best way to relax is to lie down, take off your shoes, smell floral scents, look up at blue sky and listen to your favourite music. Similarly, Pennsylvania State University researchers found that her pleasure is heightened when you're both listening to music.

Don't forget the wine. "Alcohol is an aphrodisiac because the smell mimics that of human pheromones," says Cadell. Half a bottle is enough to enjoy these benefits. More and your inhibitions could go so low you forget where you are and attract wildlife (and police) with your vocals.

### AT THE SEASIDE

**Best for: fulfilling a fantasy**

**Precautions** Once again you'll need to be out of sight, so search for a secluded bay. Otherwise you could try swimming out to chest-height water so nothing is exposed. Better still, get out on the water in a boat.

**Why?** Sea air is charged with negative ions that balance levels of serotonin, a body chemical linked with mood and stress. You'll also get magnesium from sea water, which has a calming and relaxing effect.

**Action** Rent a dinghy: studies by the Onzin Institute in Amsterdam have found that men who go sailing have twice the sex and are better lovers than landlubbers. This is thought to be because the exertion increases bloodflow and the rocking movements of the waves make your muscles more attuned to the movements of others.

But if you don't have your sea legs "ask her to straddle you with her knees digging into the sand to allow deeper penetration", says Cadell. "Don't move up and down, stay close together and rub your pubic bone against her clitoris." This will help her to climax, but it will also stop you attracting more attention than a Megan Gale bikini shoot.



**SEX COACH**

Jacqueline Hellyer boosts your bedroom know-how

**Q** *My girlfriend says her body goes numb after I've been giving her oral sex for some time. Am I doing something wrong?* – DJ

**A** It could be that she's too tense and her breathing's too shallow. In which case she needs to chill, breathe deeper into her abdomen and allow herself to let go, and move and vocalise with ease.

Alternatively, it could be that you're just down there too long and you're losing connection. You don't have to keep going until she comes. In this case it can be counterproductive. When she starts to feel numb or disconnected, change what you're doing to something more active and where you can look into each other's eyes to feel the connection again. You can always do more oral later in the session.

Another option is to move yourself around to the "69" position. That will give her something to focus on!

**Q** *My wife and I have tried anal sex without success. We usually have 20-30 minutes foreplay and she's really turned on, but she's still too tense. Any suggestions?* – AW

**A** I recommend this approach for maximum relaxation. Once she's aroused enough to give anal a try, sit on the bed and have her lie facedown across your lap. Take your time stroking her back and buttocks.

Then just rest your finger on her anus while still caressing.

When you get the signs (small moans of pleasure and her bum moving against your finger), apply loads of lube and slowly insert one finger. As it's going in, she needs to practise pushing out and drawing in with her anal muscles. When she's comfortable with that, insert a second finger (this may not be in the same session), and when she's good with that, a third. Be gentle, like you're giving her an anal massage.

Once she's cool with three fingers then it should be fine to try your penis. Lay her flat on her front and slowly enter, with her doing the pushing out and drawing in as you go. Keep checking that it's okay and let her set the pace.



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