



SPOIL HER, THE EASY WAY

Why? "Women are pre-programmed to be attracted to generous men. It shows they have an abundance of resources that they are able to share," says evolutionary psychologist Geoffrey Miller, the author of *The Mating Mind*.

Outsource it Sign up to the free gift-reminder service at flowers.com.au. You'll never forget her birthday or any other important anniversaries.

Your girl got a sweet tooth? Dello Mano's 12-month subscription will deliver a box of brownies to her every month for a year (dellomano.com.au). Or if she's a wine lover, cellarmasters.com.au delivers 12 bottles of wine every three months. If you're sneaky, have them delivered to your office so you can surprise her with a gift that you "just picked up" because you were thinking of her.

EAT OUTDOORS

Why? Eating *alfresco* will boost her mood and sex drive. Studies by Boston State Hospital in the US found sunshine raises (both of your) testosterone levels by 120 per cent. "Sunlight also stimulates the body-rhythm-regulating pineal gland, which makes her more relaxed and up for sex," says sex therapist Dr Ian Kerner. "Plus women are subconsciously looking for a provider. Food shows you are making an investment of time."

Outsource it There are various picnic hampers available at dstore.com.au. They come with glasses, cutlery and bottle opener in a wicker basket to tap into those romantic ideals she's been sociologically spoon-fed. Our choice: the Champagne Picnic Hamper with sex-drive-boosting chocolate, cheese and wine.

"Cheese contains tyrosine used to make the sexual stimulants dopamine and norepinephrine," says Michael Albertson, the author of *Temptations: Igniting the Pleasure and Power of Aphrodisiacs*. "Wine increases the body's output of libido-enhancing dopamine and chocolate has L-arginine, which increases genital bloodflow."

HELP HER TO DE-STRESS AFTER WORK

Why? "Women feel stress more acutely than men, but an oxytocin rush, caused by close physical contact, neutralises the stress hormone cortisol in women," says Kerner.

Outsource it Don't bother – if executed properly this is the most time-efficient way of managing her needs. After observing more than 2000 women, University of Washington researchers found that a single hug, lasting 20 seconds, scored four points with women (ignoring her scored minus four and flowers scored two).

"Men are task-focused, so turn this into a game and you'll give yourself a rush of testosterone and the reward chemical dopamine, which will make you happier," says Dr John Gray, the author of *When Mars And Venus Collide*.

"Aim to hug her once as soon as you wake up and again right before you leave the house, then you are already 50 per cent there. Another trick – as soon as you arrive home, give her a hug, then when she pulls away from you, playfully pull her back into another hug. You'll get twice as many points for this move."



SEX COACH

Jacqueline Hellyer boosts your bedroom know-how

Q *My wife had our first child 11 weeks ago. We haven't started having sex again. The doctor said it's okay, but she doesn't feel up for it. Is there anything I can do to get our sex life back on track?* – MR

A Make the first time as gentle and romantic as possible. View it as a celebration of the love that created your baby. Wait until the baby's settled, then spend some chilled-out time together with soft music and maybe a glass of wine, and give her a foot massage as you simply enjoy each other's company.

If she's up for it, move to the bedroom and focus on her. Don't expect a lot of response, as you know she's anxious and tired. Tell her how wonderful she is, that she's even more gorgeous as a mother. Kiss and stroke her tenderly. When she's ready, have the slowest, most tender sex you've ever had. You may need to use lube, and she may be a little sore. Keep it slow, short, simple and, above all, loving.

Gradually, you'll return to more active sex, but for now, enjoy the tenderness.

Q *When my girlfriend's had a few drinks we have wild sex. But when she's sober she's really self-conscious. How can I encourage her to lose her inhibitions?* – PU

A Send her to one of my women's weekends! Self-promotion aside, it's hard for a woman to relax and feel secure enough to let go completely.

As I keep repeating, the more aroused a woman is, the less inhibited she is. You can't force it; you have to lure it out of her. Female sexual energy is like water: it takes a while to heat up, but once it's heated, it can boil for ages. So focus on the arousal, even before the bedroom – you want that water energy at least simmering before you hit the bed.

That means taking your time and being playful. Do not be needy, pushy or in any way petulant. Be strong and centred yourself, and make her feel like the gorgeous, sexual woman she is.



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