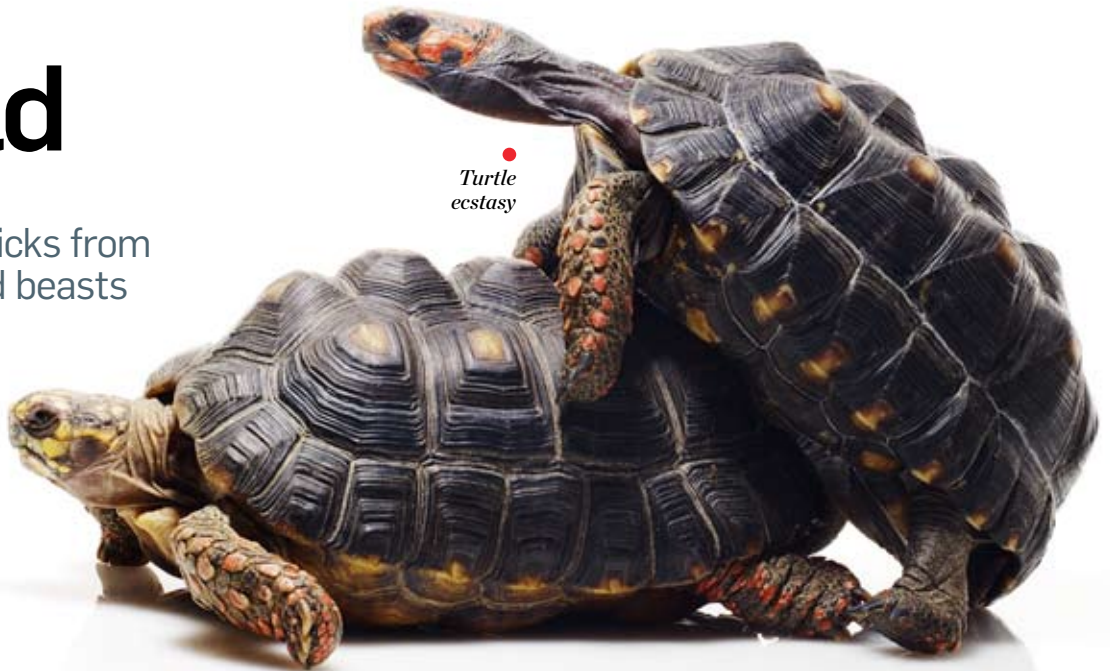


Go wild

Smart tricks from birds and beasts

Elaborate PDAs. Kinky sex tricks. Make-up nooky. No, it's not a recent Hollywood sex tape. These are some of the sexual techniques used by animals. "Animal relationships are complex," says Vanessa Woods, author of *Bonobo Handshake* (amazon.com). "We're now discovering that there's real romance among certain species." Here, what frisky critters can teach you.



Turtle ecstasy

Bond after brawling

Bonobos (a type of primate) communicate through sex, and copulate to solve rows. Physical contact helps ease tension for us humans, too. Apart from the fact that touch encourages the production of the hormone oxytocin, which makes people feel connected, couples who regularly touch each other have significantly lower levels of the stress indicator alpha-amylase in their saliva, according to a study in *Psychosomatic Medicine*. Dr Carol Bruess, co-author of *What Happy Couples Do* (\$22.95, Fairview Press), agrees that simply touching your partner can resolve an issue. "Stroking each other's backs or holding hands is often easier and more effective than apologising."

Give him verbal props

When female spiders are in the throes of passion, they emit a series of high-frequency moans to excite their partners. (Too much info?)

But you don't have to stage a porn-worthy performance. Dr Jane Greer, a marriage and sex therapist, says a well-timed "Ahh..." can be all the encouragement he needs.

Got kids on the other side of the wall? "The more soft furnishings, such as carpet, rugs and curtains, in your room, the more the sound will be absorbed," says *WH* sex expert Jacqueline Hellyer. If your bedroom is next to the kids', put up a heavy fabric hanging on the wall. "And play music – even fairly quiet music can muffle noise."

Plant one on him in public

White-fronted parrots can't keep their beaks off each other – they're often spotted in passionate lip-lock. "Kissing your partner in public can boost his ego," says sex expert Lou Paget. "When you show your feelings in front of people, it lets your partner know he has your total attention and you don't care what others think."

But what if PDAs make your partner feel uncomfortable? "Try some systematic desensitisation," says *WH* relationships expert Dr Traci Coventry. "Devise a list of PDAs rated from one to 10, according to how uncomfortable it makes him [1 = minimal discomfort; 10 = max discomfort]." Gradually work through the list, stopping at each stage, until he feels totally comfortable with that PDA. "Don't rush him – if he wants to reach his stage 10, he will over time."

Prolong the pleasure

During their upside-down trysts, female fruit bats give their mates oral sex. But they have a hidden agenda: they do it so their partners will last longer.

To keep the fun going, take a break from intercourse and return to foreplay. "Some people worry that a lot of foreplay will make the man come quicker, but it does the opposite," says Hellyer, pointing out that foreplay can help take the

focus off the genitals, making sex into a more whole-body experience. Prolonging sex intensifies, rather than speeds up, orgasms. And, obviously, the longer you're stimulated, the more likely you are to peak.

Seek visual thrills

Not all animals have a romantic streak... Pandas are renowned for their low libidos – one reason it's hard to bring them back from near extinction. So to rev them up, zookeepers show them DVDs of pandas having sex (yes, panda porn). Porn films don't do it for you? "Women generally don't want to have sex just because they see people copulating on the screen," says Hellyer. "So, instead, watch an erotic movie, like *Nine ½ Weeks* or *Betty Blue*. They're much more likely to turn a woman on." Or do it in front of a mirror. "Seeing yourself from a new angle will add a novel feeling to foreplay, and the visuals can be a turn-on," says Dr Greer.

Got a minute? Check out products on the lowest and highest supermarket shelves for the bargain buys. That's where they put the cheapies.

Bedroom antics



with Jacqueline Hellyer

Q+A

I've never had an orgasm, so I'm experimenting with a vibrator. I love it, but whenever it feels like I might be getting near climax, I can't help but pull it away. HT, Clifton Hill, Vic

As you approach orgasm, the stimulation is getting too intense and you're also getting tense. You need to relax into the orgasm – slow it down and allow your body to sink into the sensation rather than tensing up. As the pleasure grows, but before you need to pull away, slow down the vibrations. Breathe deeply and smoothly, allow yourself to make any noise that arises naturally, and your body to writhe or undulate freely. Also experiment with changing to a pulse, rather than a constant vibration. You might also find that switching to your fingers at that point works well, too. And allow yourself to fantasise – keep your stimulation constant and let fantasies of Johnny Depp, Obama, turtles (or whatever turns you on) bring you to orgasm.

Jacqueline Hellyer is a sex coach, therapist, the author of *Sex Secrets for Busy People*, and the *Men's Health* sex coach. To ask her a question, go to yahoo7.com.au/womenshealth, and include your initials, suburb and state.*

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