

HOLLYWOOD

SEX SECRETS ♡

We asked *Women's Health* readers to share their hottest movie sex scenes. Now discover how to recreate the action in your bedroom

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HOLLYWOOD ENJOYS AN insatiable sex drive. Over the years, it's liberated countless starlets from their underwear and splashed mountains of nubile flesh across the screen. But there's much more to all that celluloid sex than mere voyeuristic thrills.

For a start, many of these saucy scenes can provide you with plenty of kinky inspiration for the bedroom.

And significantly, movie sex is a big hit with female audiences, according to *Men's Health's* resident sex coach Jacqueline Hellyer. She insists that women are just as susceptible as blokes to visual stimulation – the difference is they're a lot more discerning. "Men's sexuality tends to be simpler," explains Hellyer. "Show most guys some great breasts and they're instantly turned on. That's why men like porn because it's instantly focused on the sex, whereas women generally prefer a little more context."

Hollywood movies offer precisely this "context", delivering the saucy bits along with engaging storylines and believable characters. With this in mind, we asked *Women's Health* readers to nominate their most erotic movie sex scenes. After sorting through more than 2000 votes, scenes from five films dominated the poll, giving a revealing insight into the female mind.

Here, Hellyer analyses why these five scenes prove such a tantalising turn-on and explains how you can recreate the action in your own X-rated double bill.

So to start your foreplay, just press play.

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#5 ATONEMENT

THE SCENE

The sexual tension that's smouldered through the film finally explodes as Keira Knightley and James McAvoy sneak into the library of the country manor for a knee-trembling quickie. She confesses her love as he hitches up her green ballgown and pins her wrists against the creaking bookshelves.

THE TURN-ON

This is your basic "danger shag" with a swanky twist. The fact that it takes place in the elegant interior of a library in an English stately home as opposed to, say, a dingy car park behind Coles, takes it into fantasy territory by adding a sense of decadent glamour.

"Having sex publicly where no-one knows what you're doing or somewhere that you might get caught can add an erotic edge," says Hellyer. "It's like that whole teenage thing of doing it without the parents catching you."

Knightley and McAvoy are almost silent as they get their rocks off in a scene propelled by their urgent passion. Hellyer, however, has these words of warning when it comes to hanky-panky outside the bedroom: "Don't do it in full public. And don't get arrested."

YOUR SEQUEL

"A quickie is all about the eroticism and intimacy of the moment," says Hellyer. "The better the atmosphere, the quicker she'll get into it." The lead-up to the sex is therefore particularly crucial and you'll need to work on having a good rapport with your partner so you're both receptive to sexual opportunities when they crop up.

"Any couple in an ongoing relationship can get a bit complacent, but it's easy to build in this sort of general frisson," says Hellyer. "Play footsie under the table over dinner, order her to take off her knickers in the restaurant bathroom, then go at it in the alley as you're walking back to the car."

Quickies, as the name suggests, are fast and furious, diminishing the sexual returns for your partner. "It's not likely that she'll have an orgasm that quickly," concedes Hellyer. "But it is important that she's sufficiently lubricated." Her advice: use your tongue to get things started, then stand up and go for it. "Or if you're in the bedroom keep a bit of lube handy."

If your girl still isn't a fan of the quickie, Hellyer says this: "I'd encourage men in these situations to really make it about the woman and the fact that you're unable to resist her because she's so utterly gorgeous. If it's more like, 'Oi, I need a root', she's far more likely to tell you where to get off." ➤➤

#4 SEX, LIES AND VIDEOTAPE

THE SCENE

James Spader, Hollywood's go-to guy for complex sexual deviance, claims to be impotent in order to get women to describe their erotic experiences on film. A prim Andie McDowell is initially shocked by his kinky hobby, but eventually turns on the video camera to discuss her love life and begin a most unlikely seduction.

THE TURN-ON

This is an unusual sex scene because it doesn't involve any actual jiggy-pokery. Instead, it's really about intimacy and forging a true connection with the opposite sex. Spader and McDowell let down their guard to confide raw details about their lives, allowing themselves to become completely vulnerable in the process.

"She's really opening up and being her true self," says Hellyer. "Women in particular would find this erotic. He's very interested in her and is asking such

deep questions, but also being equally honest in responding to her. This is really good foreplay."

YOUR SEQUEL

"Sometimes sex is the place where people are the least intimate," says Hellyer. "People will put on an act and play the porn star or the coy wife or whatever. Instead of truly being themselves and honest about what they want, they're only doing things they think their partner wants and expects. But it's much easier to get to the truly erotic once you've got intimacy."

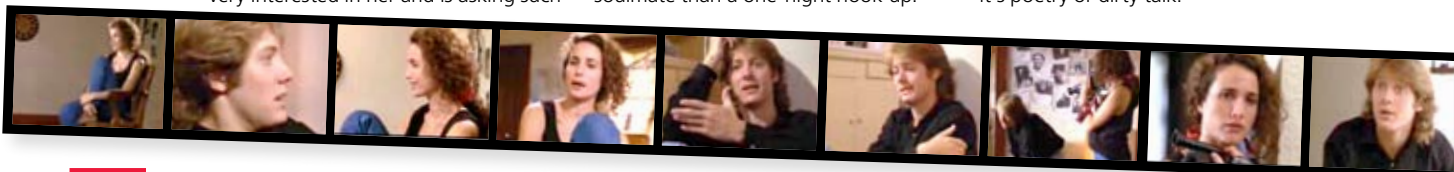
True intimacy will give you the confidence to be open about what floats your boat without fear of being rejected or looking like a colossal pervert. That's why you're more likely to have fabulous sex with your soulmate than a one-night hook-up.

Unsurprisingly, the key to building deeper intimacy is good communication. So if you want to be a smash-hit in the sack you need to stop mind-reading and start talking.

To maintain the sexual connection with your partner, Hellyer has developed a concept she calls "living life as foreplay". No, this doesn't mean walking around in your Y-fronts with a suggestive leer; it's all about trying to be more sensually aware and receptive to your partner 24/7.

The seduction process should begin way before you get to the bedroom, she explains. "If you're planning on having some good sex that evening, lead up to it by sending her nice little texts, or ringing her up to say nice things over the phone.

"Words can be very sexy, whether it's poetry or dirty talk."



#3 TEAM AMERICA

THE SCENE

Two puppets make the author of the *Kama Sutra* look dismally narrow-minded as they race through a mind-boggling array of positions. Sexual gymnastics have rarely looked so energetic. This is sweaty, hardcore marionette action. With strings attached.

THE TURN-ON

"Straight porn" is Hellyer's take on this notorious scene. This is the sort of wild monkey sex you have if you shed all your inhibitions. And, if you're attempting the upside-down pile-driver, are in possession of a double-jointed penis.

"There's a lovely sense of abandon," Hellyer says of the action. "Clothes and sheets are everywhere." But she also points out that although the bedroom antics become increasingly demented, the build-up to the sex is textbook romance as the couple first lock lips before a spectacular mountain sunset. "It's a send-up of those clichés," concedes Hellyer. "But these elements actually work."

Once the couple retire to the bedroom, the initial stages are also surprisingly tender. "They're going

quite slowly at first," says Hellyer. "He lays her down gently on the bed while staring into her eyes. Then they get more adventurous."

YOUR SEQUEL

Prince memorably boasted about enjoying "23 positions in a one-night stand". But if you're not a pint-size pop legend, consider taking things a bit more slowly with a new partner. "When you're having sex with someone for the first time, a face-to-face position is good for the woman because she can see what you're doing," says Hellyer. "Positions when you can't see the guy's face can be a little bit unsettling."

Different positions have subtly different effects for women physically and psychologically. "If you're flat on your face as a woman, it's a slightly more submissive role; standing up might feel more adventurous," says Hellyer. "Doing something just a little different might make you feel wilder, or more wanton, or more loved. Experiment!"

Leaving aside the pile-driver for

now, Hellyer reckons there are only six basic positions – her on top, him on top, doggy-style, spooning, sitting and standing. "The rest are little variations," she explains. "Rather than saying 'Let's do *Kama Sutra* position No.63', try to allow positions to evolve." Placing a pillow under your partner's hip can be an unobtrusive way to mix things up a bit. "Whether she's on her front or on her back, it lifts up her pelvis to allow the guy to go in at a different angle, which will stimulate different things," says Hellyer.

But when watching ambitious sex scenes, Hellyer stresses that you should always concentrate on the sensation rather than getting hung up on the visual spectacle. "Sex in the movies, whether it's erotica or porn, is designed to look good and turn you on, but it doesn't necessarily feel good," she explains. "That's why you tend to see people doing the harder, faster, louder, rather than the gentler, barely moving stuff that can give you completely different but equally exquisite orgasms." ➤➤





#2 9½ WEEKS

THE SCENE

This is the gourmet version of foreplay. Kim Basinger is told to close her eyes and then hand-fed strawberries, champagne, milk and various other treats by Mickey Rourke (pre all that freaky plastic surgery), before being sprayed with fizzy water and having honey drizzled over her thighs.

THE TURN-ON

You don't need to be Sigmund Freud to appreciate that close-ups of Basinger's moist lips hungrily devouring ripe fruit are highly suggestive. "The mouth replicates the genital region, so doing stuff around it is really erotic," says Hellyer. The fact that Basinger is told to close her eyes raises the kink factor to turn these kitchen highjinks into a teasing power game. "By closing off certain senses and focusing on others you can have heightened sexual experiences," says Hellyer. "Here, they shut off her sense of sight to concentrate on taste, smell and touch around the mouth."

YOUR SEQUEL

The *9½ Weeks* scene is a classic example of dominant/submissive sexual play. "But what's so nice about it, and so good for people to take into their own lives, is that it's not nasty," explains Hellyer. "He's created a safe space where she can completely let go and surrender to his power. She has no idea what he's going to do, but trusts him implicitly."

To recreate this sensual atmosphere you'll need to do more than just replace those mouldy baked beans in your fridge for something a bit more appetising.

"The guy's obviously put a huge amount of thought into this whole set-up," says Hellyer. You should start by opting for mood lighting. "When women take off their clothes they're often very self-conscious about how they look," explains Hellyer. "Light some candles and everyone instantly looks sexier."

The right music can also boost a stuttering seduction bid, although you don't have to resort to a selection of Barry White hits. Hellyer points out how in this scene, the playful soundtrack brings a cheeky sense of fun. "With sex, people often take things too seriously, and then if something goes wrong they get upset," she says. "Here there are a lot of smiles and giggles, so she can really let go."

But the most valuable lesson to take back to your bedroom is the knicker-loosening effects of slow-burn foreplay. "This scene goes on for so long, and women really like a lot of lead-up before intercourse," says Hellyer. Food is used in the foreplay here, but Hellyer also recommends massage, cuddles or even dancing as excellent alternatives. "What's interesting is this scene is hugely erotic, but there's no genital interaction whatsoever," she says. "But at the end of all that she'll be so hot for sex and will probably have the best orgasm she's ever experienced." >>





#1 BASIC INSTINCT

THE SCENE

Michael Douglas and Sharon Stone get jiggy in a king-size bed, with every lick, nibble and thrust reflected in the mirrored ceiling. After going down on an appreciative Stone, Douglas climbs on top. Finally she takes control, binding his wrists and straddling him to thrash out a shuddering climax. The power games that inform the pair's relationship add extra tension to this graphic scene that, luckily for Douglas, doesn't end with an icpick embedded in his skull.

THE TURN-ON

It's rare to see a man going down on a woman in a mainstream film. But Hellyer was particularly impressed that Douglas makes occasional eye contact while he's at work. "People sometimes forget that during oral sex," says Hellyer. "But it's nice as the receiver to know that your partner is really getting off on what they're doing."

Raunchy optional extras such as wrist restraints and mirrors keep things simmering along nicely. But importantly, says Hellyer, the scene is also infused with intimacy. She stresses that it's particularly vital to provide loving reassurance when you're indulging in something a bit risqué like the low-level bondage here. "There's lots of kissing in this scene, which is so important – often in longer-term relationships the kissing drops off."

YOUR SEQUEL

Hellyer reckons you can learn a lot from the *Basic Instinct* props department. "If you are planning something a bit different the important message here is preparation." The sex may feel really spontaneous in this scene, but that's only because they've got everything organised beforehand. "Sharon Stone has got the restraints ready, she doesn't suddenly go, 'Oh, I wonder if there's something I can tie him up with' and hop off to rummage through her wardrobe. Make sure you have condoms, lube, towels and tissues nearby. And if you have some toys you like, then make sure they're readily accessible."

Mirrors are an easy way to give your sex life an extra dimension. "Watching yourself in the mirror can be really erotic if the lights are low," says Hellyer. "It increases the visual stimulus." By sticking a mirror by the bed or, if your DIY skills are up to it, on the ceiling, you've suddenly got access to multiple views. "So, for example, if you're behind your partner and you're facing the mirror, you can see her expression, which you wouldn't normally see."

Other movies nominated in the survey included: Secretary (James Spader gives Maggie Gyllenhaal a bath before laying her down naked on a bed surrounded by orchids); Out of Sight (erotic tension rockets sky-high as Jennifer Lopez and George Clooney find themselves in very close proximity in the boot of a getaway car); Little Children (Kate Winslet and Patrick Wilson lock lips in the laundry and are soon having frantic sex against the tumble-dryer); and A History of Violence (Maria Bello surprises husband Viggo Mortensen when she digs out her old cheerleading outfit).

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