





I ONCE HAD a client who admitted he was "the Mr Bean of sex". After listening to him describe his sexual style I had to agree: dullsville. Foreplay was bore play. No wonder his wife had lost interest. Several sessions later he left with the declaration: "I get it -I need to be a LOT more creative!"

A touch of creativity is often the secret ingredient that can transform pretty ordinary sex into an encounter that seethes with lusty passion.

Before you start freaking out under the pressure, thinking it's all too hard, creativity doesn't have to mean coming up with a smorgasbord of sexual delights to excite your partner (although it can). It's often the small or subtle ways that can add erotic zest to the proceedings. The devil in you can be in the details.

To get your creativity firing, here are eight sex moves that cover everything from arousing entrees to full-blown pleasure explosions. Remember, there's no set manual for sex, so these suggestions are for inspiration rather than step-by-step instruction. Try them out and make them your own - your new-found creativity will make you stand out from the average lover and give your sex life that extra dimension that really will blow her mind.

UNDRESS TO IMPRESS

The key to awe ome sex is to maximise your partner's levels of arousal. The more turned on she is, the more open and responsive she'll become.

In her book The Alchemy of Love and Lust, sex therapist Dr Theresa

Crenshaw says that the chemicals and hormones released into a woman's bloodstream during sex can cause her to become "emotionally stoned". This chemical avalanche starts well before the foreplay stage, and way before you "get genital".

So even removing her clothes affords you a brilliant opportunity to get proceedings very hot, very early on.

How To Do It

Order her to stand still as you carefully peel off her clothing piece by piece. Make each motion slow and deliberate as you gently remove her high heels and unbutton her shirt buttons one by one.





As you undress her, lightly kiss or caress each part of her body as it's revealed. Imagine you're unwrapping a precious gift. Comment on how gorgeous her body is. Stand back and admire it as it's slowly revealed to you. Admire her like a piece of art.

Keep your own clothes on for an added touch of erotic control, or keep her standing there while you undress for her.

Why This Works

This simple move builds a vital sexual component - anticipation. Anticipation leads to desire and lubrication. Another plus is this move demonstrates your evident admiration of her.

If she's not used to this, she may feel a little uncomfortable, so your role is to make the undressing so lush that she feels exquisitely feminine and delectable and oh so ready to proceed.

THE NIPPLE EFFECT

In Women Who Love Sex, sex researcher Dr Gina Ogden writes that 50 per cent of the women in her studies achieved orgasm from non-genital stimulation. But many more probably could, too, if they and their partners knew what to do.

So, since nipples are such an erogenous zone for most women, and always a favourite of men, let's take a closer look.

How To Do It

Keep the touch light. Start with just your breath: hot ("haa") or cool ("whoo"). Then use your fingers to trace around the areola and over the

bud, touching the tip with soft little strokes. Take. Your. Time. You need to develop a sense of worshipping the breast, completely focusing on the touch and feel.

Gradually move on to stimulating her with light touches of the tongue. Create a contrast by taking the whole nipple in your mouth and experiment with swirling tongue movements around the bud. If you feel she'd respond to more intense stimulation go for it, including playing with the border of pleasure and pain, but always with a sense of teasing and tantalising. Keep this up long enough and she'll be lost in the throes of delight and might even tip over into a full-blown orgasm.

Why This Works

The erogenous zones have high concentrations of nerves that link to the genitals. Exploring non-genital arousal will allow you to develop your own moves to get her, and you, ever more turned on. It's best not to stimulate the clitoris at the same time, as this can overwhelm the more subtle feelings of the nipple.

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FINGER TIPS

Your hands have slowly wandered downstairs and your girl's lacy knickers now lie discarded on the floor. But when you do get manual and start touching your partner, there's no need to stick to the old

in-and-out motion. Instead, take a tip from the Taoist sexual master Mantak Chia who, in his many books, recommends that you try some real screwing.

How To Do It

Work your fingers in a spiral-like screwing motion as you move in and out of her. Do it slowly to get to know which areas are particularly pleasurable for her. Slow hand motions give her an exquisite building sensation that's almost unbearable. Alternatively, do it harder and faster for a more intense sensation.

Why This Works

With this motion you rub the G-spot on the roof of the vagina as well as the sensitive areas to either side of the nerve-rich outer third. Many women have hot-spots further in that are also stimulated by this motion, and then you reach into the cul-de-sac region below the cervix, which many women love. As you screw, the heel of your thumb can grind into her clitoris.

You can also get this motion going with your penis by rotating your pelvis in a circular motion as you thrust.



SENSE AND SENSUALITY

Sometimes, less is more. Sensory deprivation is a great sex aid, as by taking away one sense you more than compensate by heightening those that remain. You can create the most amazing experiences by playing with this concept. The move here is just one possibility that should get the creative (and other) juices flowing.

How To Do It

Blindfold your partner, then lie her down. Cover her ears with headphones and play music that you know turns her on. (If you're not sure what will do the trick, try Ravel's *Boléro*, Lamb's sensuous electronica or even a spot of high-energy trance.) Then go down on her.

There are a million variations on this concept, limited only by your imagination. Try feeding her while blindfolded, à la Kim Basinger and Mickey Rourke in 9½ Weeks. There are five senses, so experiment with different combinations to deprive and heighten them in different ways.

Why This Works

Sight is the most information-intense sense of all, so by turning that off you allow greater focus on the others – in this case hearing and touch. The use of music is also good, in that it helps her turn off the chatter in her head and focus even more on the physical feelings. Effectively, the music turns her mind off and her body on, allowing her to surrender to the amazing sensation of your oral ministrations.









THRUST POWER

The ancient Taoists of China took sex very seriously and developed a whole range of thrusting styles to enhance sexual pleasure. In his book, The Tao of Love and Sex, sexologist Jolan Chang explains how these techniques can also work wonders for modern lovers.

How To Do It

The classic Taoist sequence involves nine shallow thrusts followed by one deep thrust, repeated over and over again. You can also try other combinations of odd-numbers of shallow thrusts followed by one deep thrust, or alternate one shallow and one deep.

It feels good to get a regular rhythm going, but you can also experiment with harder and softer or slower and faster thrusts. The slow, deep thrust can be absolutely mind-blowing if interspersed with faster, shallow thrusts. She'll let you know what feels good with her moans of pleasure, and if you get a murmured "Oh, God!", then stick with what you're doing for a while.

Why this works

Alternate short and deep thrusts cause the entire vagina to be stimulated. Most sensation is in the outer third of the vagina, so the shallow thrusts are stimulating that region while the deep thrust hits the area deep inside. Also, in the correct position, your pelvic bone can move against her clitoris even with the small thrusts, and definitely with the deep. There is also the element of anticipation with the short thrusts once she knows the deep one will regularly follow.



WATER SURPRISE

Routine is the mortal enemy of sexual excitement. Sometimes you should try to mix things around and serve up a brand-new thrill. Surprise can be a great addition to sex (if done well). Here's one move that will prove totally unexpected and can produce a delicious sensation.

How To Do It

When she's in doggy position, stop and reach over to have a sip of chilled sparkling water. She'll think you're just having a drink, but keep the liquid in your mouth. From your higher position you can dribble the water onto her upper back and let it run down to pool at her lower back. Take it further by lifting her up to a kneeling position so the water runs further down between her cheeks. It's a cold, wet surprise.

Why This Works

The element of the unexpected can turn a routine sex session into something memorable. As long as it's fun and harmless, it's unlikely she'll be anything other than delighted. The feeling of having something dripped, dribbled or poured onto your skin causes all sorts of delightful sensations. Sometimes these might verge on the bizarre, but the tension between the two actually heightens the pleasure.

In this move, she feels the shock of the cold, the tickle of the water running down her spine, and then the almost icky feeling of the liquid running right down to her vagina. Follow that up with a bite to the neck, a slap on the bum or a swooping thrust deep inside her and the combination of surprise sensations can be quite overwhelming. (Caution; only follow up with intense actions like these if you feel confident she's aroused enough and will enjoy it.)

This move uses water. Expand your repertoire into ice, chocolate sauce, massage oil, whatever takes your fancy – and pour, splash, lick, nuzzle and play away.





REAR ENTRY

Since anal sex is not everyone's cup of tea I'm going to give you two moves, one for people new to anal and one for regulars.

How To Do It – *Newbies*

For those new to proceedings, a lovely move is to enter her while she's lying flat, facedown, and then simply lie on top of her as you move very gently inside her.

Why This Works

It's very comforting to the woman to have you embracing body to body. (If you're a big lad, make sure you support some of your weight.) It also makes what some consider a dirty, unnatural act into something very beautiful, tender and connected.

How To Do It – Experienced

For those who already feel very comfortable with backdoor sex, enter her from behind in standard doggy style. When you're in nice and firmly, lift her up and turn yourselves around so that you're sitting on the edge of the bed with her in your lap. Wrap your legs around her shins to hold her legs apart to allow full access to all her girl parts. For maximum effect, do this in front of a mirror so you can both see what's going on.

Why This Works

This move combines visual stimulation with physical stimulation: you're inside her, you can play with her clitoris and vagina (and breasts), and you can watch all the action. This is very exposing for the woman, which, if she's into it, can be an amazing turn-on.

Caution; not all women will be into this type of sex, and even the most adventurous will need special care. Do your research.



ORGASM ENHANCER

How do you bring on and enhance a great orgasm in your partner? Well, the best advice, which I'm sure you've all heard, is in fact not to do any "move" at all but to keep the pace constant. However, while you're keeping things constant at the genital end, there is more you can do elsewhere on her body to help notch the orgasmic response up a level or two.

How To Do It

Once you've got a good move going with fingers, tongue or penis and she's clearly into it, keep that going without changing the pace, rhythm or intensity. Now, while the genital stimulation remains constant, build the pressure elsewhere on her body. It could be a kiss that gets more and more intense. It could be a nuzzle to the neck that turns into some vampire-like love-biting. It could be a stroking of the back that goes from pads of fingers to

nails. It could be a stroking of her anus with your thumb that gets firmer and firmer until you're inside. Or a caressing of her bum that turns into a grip.

Get to know what parts of her body respond to intense sensation through general foreplay activities, then when you're sure it's something she likes, apply when she's approaching orgasm.

Why This Works

Unlike men, women don't have a point of orgasmic inevitability – when men come close there's no holding back. But with women it can be lost at any moment, even right at the point of climax. Steady, constant movement is what she wants, so give it to her. However, that's just what's going on with the genitals. By contrasting that regular movement in her nether regions with increasing sensation elsewhere, you can increase arousal and cause a mind-blowing orgasm.

You might also find that it helps you last longer because you're expanding your focus away from genital contact to a more whole-body awareness.



Bonus Move post-coital cuddle

You might feel disconnected or just want to roll over and go to sleep, but it's important to most women that you cuddle, whisper sweet nothings and spend at least a couple of minutes being all lovey-dovey before succumbing to sleep. Interestingly, researchers at the University of NSW found that with casual sex, women were much less likely to feel used – and therefore consider a sexual encounter non-consensual – if the guy was nice to them in the period immediately after sex. In longer-term relationships, the oxytocin released through post-coital cuddling is great for bonding and for her ongoing interest and desire for more sex.