

Ask the experts

ADDING SOME ZING



We're all so time poor these days. The occasional dull and brief late-night sex my partner and I have leaves a lot to be desired. How can I add some zing?



Jacqueline Hellyer, sex coach, therapist, author, workshop facilitator, combines the best of modern scientific knowledge with ancient Tantric wisdom to enable individuals and couples to reach their sexual potential.

There's a myth in our society that good sex has to be spontaneous, which is like saying a good meal has to be unplanned. In fact it's quite the opposite: good meals involve more focus and time for preparation. It's the same with sex. Give it the focus it needs or you end up with fast-food sex—dull and not very satisfying.

If you want good sex in an on-going relationship you must create the time and the space to get the two of you in the

mood and yearning for each other, just as in your early days.

It starts long before you get to the bedroom. Ideally, it should start the moment you wake up. Small acts of affection should start then and continue throughout the day, to build intimacy and raise erotic tension (I call it the “mmm” factor).

Being in—and enjoying—each other's company is the key to good sex. Set aside at least one evening a week for romance. Don't veg out in front of the TV, surf the

Internet, catch up on emails or clean the house.

Once the kids are in bed, it's your time: soft lights, music, a glass of wine and just you two. This is

transition time from the busyness of your day to a relaxed space where you can gently open up to each other. By the time you get to the bedroom the “mmm” factor will be simmering, if not boiling!

Now, use your bedroom to heighten the mood. Make sure it's a boudoir: a sanctuary away from the stress of life, a place where, once entered, you leave the world behind, using soft lighting, candles, music, beautiful bed linen—whatever helps to soften and open you to the possibilities before you.

Take your time: gaze into each other's eyes, touch all over, use props—experiment. Be light and playful, use your imagination, enjoy each other's bodies and get into a flow. Remember: playful, wild and sensual, wherever it takes you—to avoid that dull fast-food sex. **a**

