

8

THINGS EVERY WOMAN SHOULD TRY IN BED

(Clue: not this!)

Swing from a chandelier! Ride in on a donkey! We're only kidding. But stepping just a little bit outside of your comfort zone can bring major results in the bedroom, say sex experts **Em & Lo**



Not all sex advice is created equal. Some tips should be practised daily until you wouldn't dream of having sex any other way – for example, using your hands on each other or kissing like you mean it. Other tips are for special-occasion sex – for those times when you want to shake things up a little. However, the following eight tips are things we think every woman should try at least once in bed. Why? Because you never know, you might quite love them; we're pretty confident you won't be able to stop at just once...



1 Be selfish in bed

Have sex like a man. OK, that's not entirely fair. Have sex like that loser guy you slept with at uni who didn't care if you came or not. Put your pleasure first, ask for what you want and don't worry too much about whether he's having as good a time. We wouldn't make a habit of it, but we do think your man will like your selfish turn. "I've just got into a relationship with someone who is very vocal about what she wants," says our friend Max, 28. "A girl who knows what she wants is only half as sexy as a girl who has the guts to say it."

2 Lube it up

Who knew one small tube could revolutionise your sex life? Just a little bit of quality lube can mean the difference between discomfort and ecstasy. There are plenty of factors that can affect a woman's natural lubrication – dehydration, antihistamines, the Pill, stress, antidepressants, pregnancy and even breastfeeding; but you don't have to need it to enjoy it. Susi Lennox from Yes Lubricants, says, "Adding a lubricant to your usual routine intensifies pleasure, enhances sensitivity, prolongs activity, helps prevent condoms from splitting and feels sensuous and stimulating." We've sold!

3 Wear something scandalous

"Some women prefer a sexy lingerie set with suspenders," says Sara Dapiano, buyer for luxury erotic boutique Coco de Mer. "If they're feeling really daring, we recommend a cupless bra and matching crotchless knickers!" Just make sure that what you're wearing is for *both* of you – feeling itchy and uncomfortable isn't going to make for memorable sex. If lingerie isn't your thing, try a pair of stilettos or red-hot lipstick, instead. It's like the sexual equivalent of a business suit, getting you in the right mindset. ▶