



Want to lose weight, save \$10K, retire early? There's a plan for that. Want to have a better time in bed? There's a plan for that, too—and it's a lot more fun! We asked women what's lacking in their sex lives, took the most common responses and let the experts have at 'em. The result: easy suggestions for every knotty, naughty concern. "You can turn your sex life into anything you want it to be, at any time," says sex therapist Felice Dunson, Ph.D. But how do you get from A to B—or, um, O? Read on. By Carita Rizzo

Fun

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Another popular question on glamcor.com: Is chemistry not the key to a great love? If so, how? Eyde, 33, is written with the guy she's seeing? "We click. He's a great dresser and a gentleman," she says. The problem? Sex, she says, "is good but not mind-blowing." It doesn't help that she recently broke up with a friend who was bad on paper but great in bed. "I miss that perfect physical connection," she says. There's a reason we use the word "chemistry" with a heart, especially with a new guy. "Bodily have to like him on a way that has nothing to do with chemistry," says Dumas. "It's primal," says Dumas. Our experts said Eyde should make out more. The fascinating biological process of releasing a dose of testosterone from your guy's

saliva each time you kiss, and more testosterone equals more arousal. "It's a great way to spend over days, weeks and months could raise a woman's libido," says evolutionary psychologist Catherine A. Gal, Ph.D. Try it—it sparks might develop. But if they don't, be honest with yourself, and Gal says, "Your experts agree: You can't fake chemistry."

As a refrain in her reports often taken from married couples and working couples and, well, all couples these days, she has a lot to say about how to get busy and sex get in-scheduled? If we don't plan it, it won't ever happen," Lamentini, AAM, 34, says. "I have a husband and two dogs and a husband who works from home."

Dumas says it's not the planning per se, that's the key. "It's the idea of making the profitability—only on Wednesday, only after the kids are in bed, mission, or whatever you want your sex to be. A woman in a new project," she says, "and put it at the top of your second-to-do list. Dumas suggests that if you're not getting picked up, you crash,

early, relax all morning, read the paper, nap for an hour—and then feed around all afternoon. When you're done, you intend sex every evening when you're tired. Dumas says that's a terrible idea, because it will make it feel like you're not doing it. Make sex consistently for several months, then you're both going to start to change the relationship in the long run. "It's not," Instead, make sex a priority; though planning may feel bureaucratic, it's not. "Don't even sex on Tuesday," she says. "The idea that it should be spontaneous is B.S. The best way to make it be a way make time for it."

A common issue for Levine female clients (and those of just about every other therapist on earth) not being able to orgasm easily—or at all—during sex. But the vast majority of women are capable of this! she says. "You just have to set the conditions for it to happen."

A few suggestions:

• **Get in position.** To be sure there's friction with the clitoris (a must for most women to orgasm), your go-tos are: missionary with a pillow under your bum and legs bent, or you on top pressing down and moving in a circular motion. Needless to say hands—

• **Wiggle just a little bit.** "Sometimes you just need to shift what you're doing a little," says Levine. "Move a bit to the left and...whoa, there it is!"

In this age of social networking, with benefits, it's the single-girl biggest question: Can a hookup become an actual relationship? It's tricky but doable, says sex coach Amy Levine. Start with eye contact: "If you're talking, pause for a couple of seconds and *smile*," Levine says. "You're saying, 'I like you.' If you're making love, it can tell you if you're more there," she says. And "put yourself out there a little. Don't just have sex in bed; talk there." By making yourself vulnerable, you'll find "this receptive to a relationship," she says. But watch out for men who don't want to be converted, says dating coach Evan Marc Katz. "If you want a boyfriend, then date guys who want to be your boyfriend. A boyfriend says, 'What are you doing tomorrow?' The next day? You want to meet my folks? If he doesn't show he's excited about you, blow him off."