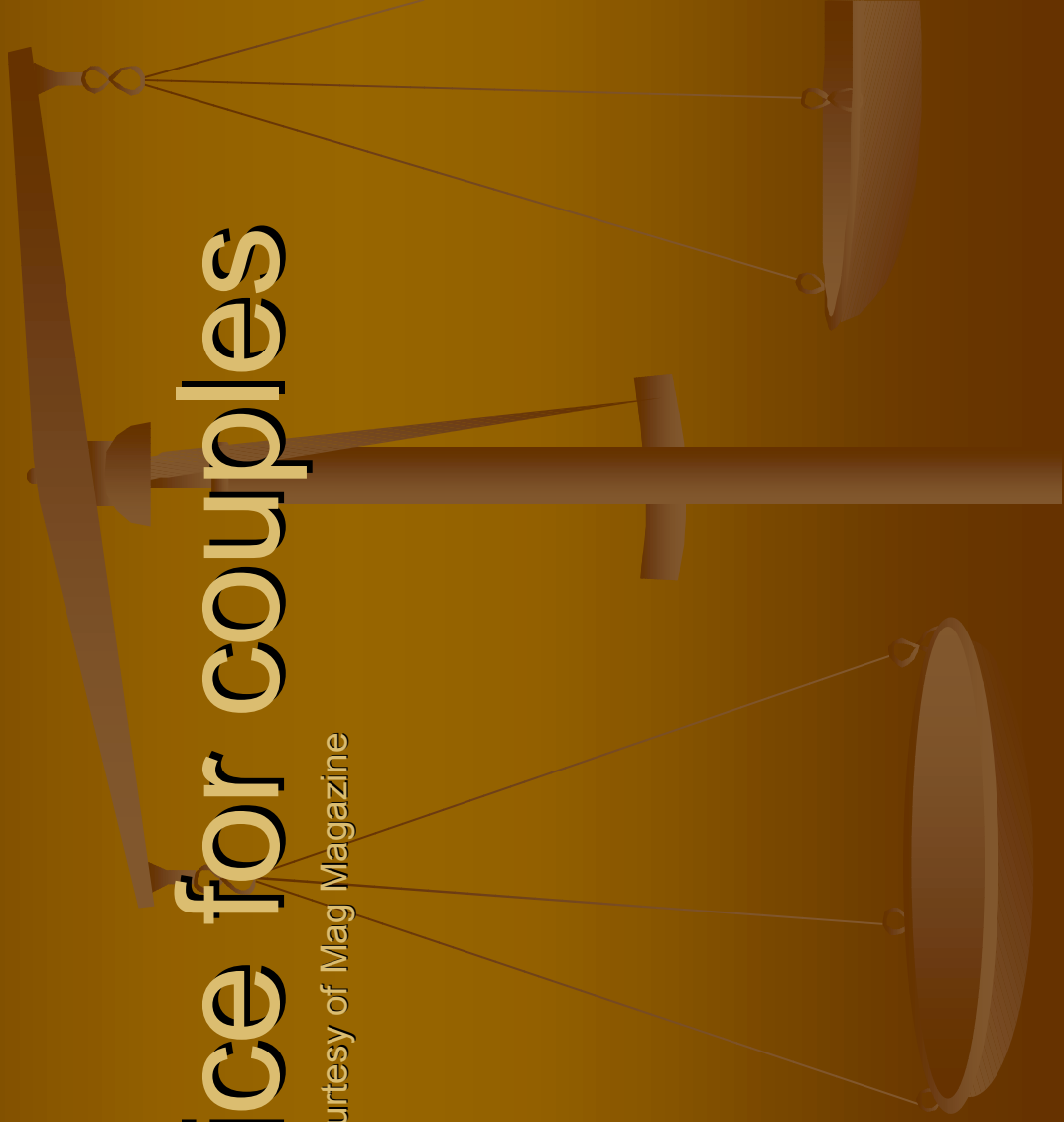


Sex Advice for couples

Courtesy of Mag Magazine



ALWAYS KISS HER FIRST

If you head straight for the business district, she'll feel like you're paying by the hour. Kissing is a great way to get her motor running, so make it lengthy and imaginative, that means more than 2 seconds. Start gently, and then graduate into a long, passionate kiss. It wouldn't hurt to nibble (lightly!) and suck on her lips, too. And she'll melt if you hold her face in your hands and play with her hair.

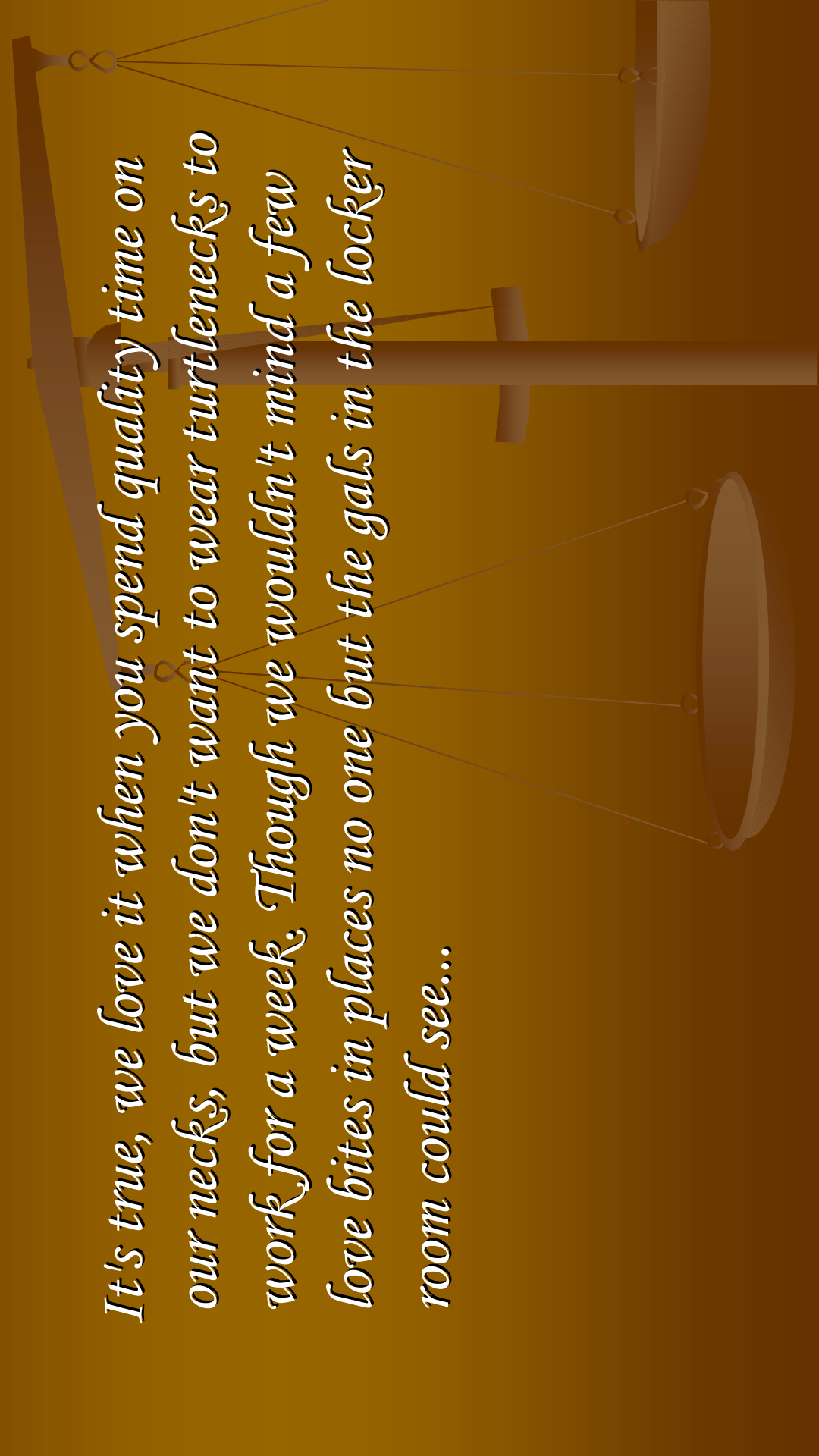
BUT DON'T PLAY TONSIL HOCKEY

*Try not to pop your tongue out the back of her head.
He who goes deepest doesn't win.*



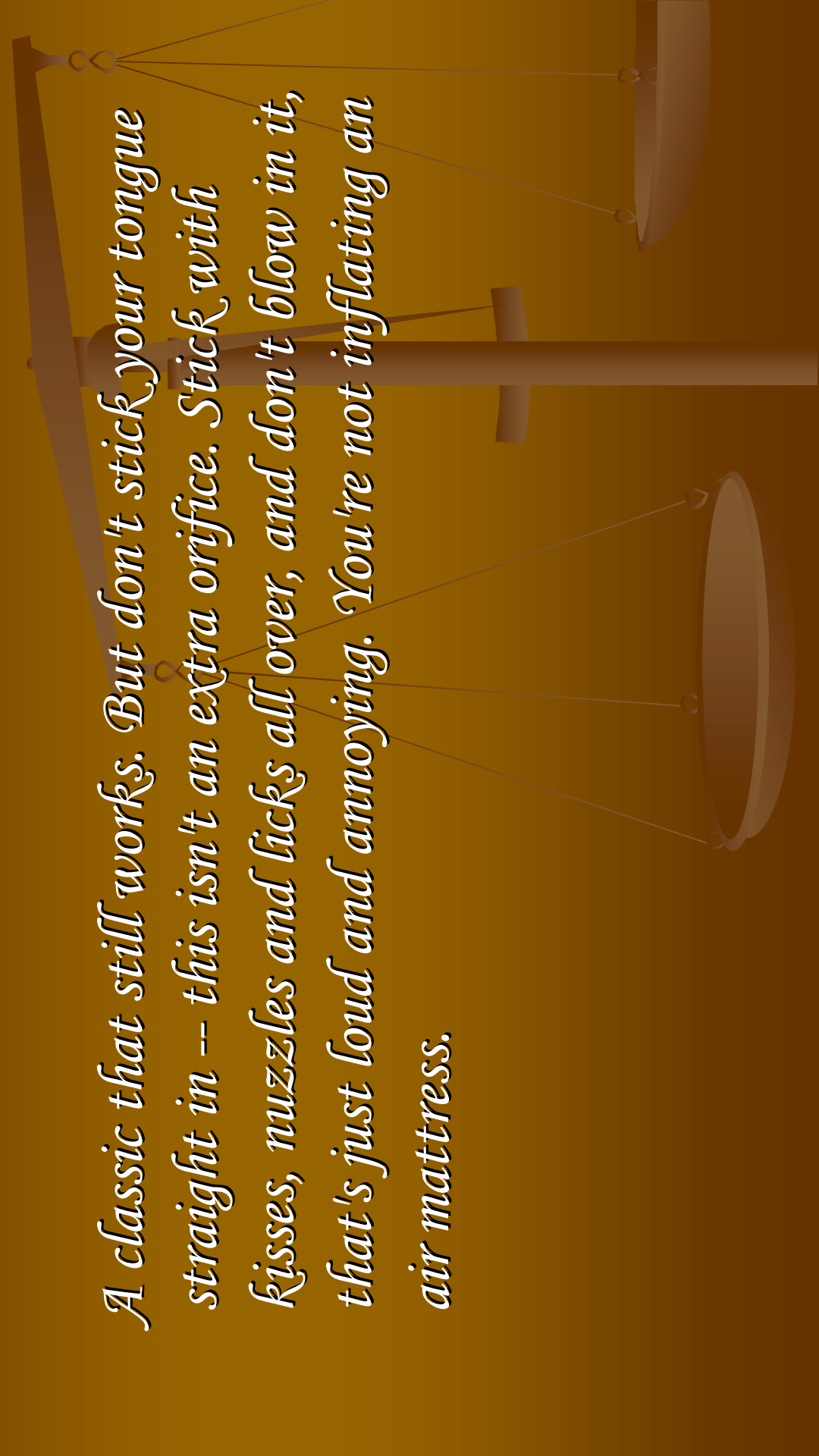
LEAVE THE HICKEYS IN HIGH SCHOOL

It's true, we love it when you spend quality time on our necks, but we don't want to wear turtlenecks to work for a week. Though we wouldn't mind a few love bites in places no one but the gals in the locker room could see...



NIBBLE HER EARS

A classic that still works. But don't stick your tongue straight in -- this isn't an extra orifice. Stick with kisses, nuzzles and licks all over, and don't blow in it, that's just loud and annoying. You're not inflating an air mattress.



UNDRESS HER SLOWLY

Unlike porno actresses, real world women love the agony of anticipation and the torture of teasing. Plus, those nice, lacy bras we wear are not cheap. Rip them and we'll be pissed.



RUB HER THE RIGHT WAY

Oil is good. And the whole production is well worth the effort. A well greased body looks and feels sexier, and the slick stuff stops your hands from ripping off her skin, just don't mauel your lady like you're loosening up Bill Romanowski for the Super Bowl, OK? Be creative and don't just focus on the obvious spots. Sure, breasts and thighs are sensitive, but nothing beats a lengthy butt rub.

TIME HER PERFECTLY

If you can keep track of a woman's cycle (if you think we're talking about our bikes, you don't deserve to have sex...), then you can figure out the times you should go for the gold. She's hotter than Georgia asphalt during iX to iG days after her period, thanks to Mother Nature, so check the garbage for telltale tampon signs and do the math.

SEDUCE HER SPONTANEOUSLY

"We were walking home from the bar, and he just scooped me up in his arms, kissed me and carried me the rest of the way home. It was only about 10 yards, but the gesture was there. We had unbelievable sex the second we shut the door," says Elaine, 20. To women, sex and romance are intrinsically linked; don't think of seduction as hard work but as a great way to improve your chances.

GO EASY ON THE BOOBAGE

Don't breast feed, bite, chew (ouch!) or act as if you're tuning a radio. Instead, treat breasts like they're soft serve ice cream cones: Use gentle kisses, caresses, long licks and strokes all over both breasts and take your time. And remember that we're sensitive about our boobs, just as you guys are insecure about your Johnsons, so compliment their beauty, not their size.

ENTICE HER INTO A QUICKIE

Sometimes the warm up isn't necessary. 95% percent of the women we surveyed said they loved quickies. They enjoy them in the way that they enjoy fast food as a quick treat when there's no time for a gourmet meal. Do it when you're both horny and only have minutes to do it. Some of our faves: in a secluded room at a crowded party, before work, on the red-eye, at her parents' house before Thanksgiving dinner. "Once, my boyfriend came up behind me while I was doing the dishes," say Lena, 25. "He didn't say a word, he just lifted my skirt and bent me over the sink. It was sooo hot."

SAY THE RIGHT THING

You could have a hard on the size of a SCUD missile and she'll still obsess about whether her thighs are grossing you out. It doesn't hurt to tell her how sexy she is and how turned on you are. Now show her.



MAKE HER LAUGH

At you or with you? It's all the same. Laughter loosens inhibitions during sex. So try tickles, jokes, pillow fights or any 5th grade tactic (except snapping her bra).

"Mid-act, in a phony Barry White voice, my boyfriend said, 'I want to make everything nice for you baby, just like in a Boyz II Men song,' and I just couldn't stop laughing," reveals Erin,

23. *"I like*

nothing better than laughing during sex as long as it's at what he's saying, not what he's doing."

MAKE SIZE MATTER

Ninety-five percent of men measure the average five to seven inches when erect, but if you fall outside this range, there's plenty you can do to maximize the motion of your ocean. If you're under-funded, use a deep penetrating position, like with her on top facing you and leaning backward. If you're over-endowed (no smirking, there is such a thing as too big, and it hurts), hold back, stud. Ease into it slowly. She'll let you know when she wants it harder and faster.

USE THE SELF-SERVE PUMP

*Like a first-round knockout in a championship fight, premature ejaculation is disappointing (even if we say it's not). Some guys swear by masturbation (remember Chris Elliott's advice to Ben Stiller in *There's Something About Mary?*). Knocking one out a few hours before kickoff will make you less sensitive when you actually get her in the sack. But remember, she really doesn't need to know about that...*

KNOW WHEN TO FOLD 'EM

Only 5 percent of the women we surveyed said that the longer you last, the better. If you've been banging away for 30 minutes, trying to focus on the Expos shoddy relief pitching, odds are, she's not only tired of planning what color to paint that ceiling, but she's also probably getting a little sore.

GIVE SEX A SOUNDTRACK

Moaning, grunting and other animalistic sounds are good. Just do us a favor and don't say corny shit Like

"Ride my love

stallion." Most women also love it when you say their names, just don't screw it up. Want a winner?

Whisper in a sexy voice: "Baby, you've got the prettiest / sweetest / best [fill in body part of choice with anything but anus]."

TALK DIRTY TO HER

Dirty talk can be a good thing -- if you do it right. Say it like you mean it, not like you're reciting lines from Barbeque Gang Bang III. Set the right tone and your little angel just might start speaking in tongues.



BE A SMOOTH OPERATOR

That sexy stubble is like 60 grit sandpaper on her face and thighs. And while you're at it, trim and file your nails: Any rough edge can feel like a chain saw on our soft spots.



TRY SEX WITH A TWIST

Mastered the basic act? Try adding a twist by rocking your hips as you thrust. Think Rick James, not Ricky Martin. Just don't get too funky or you'll be laughed out of bed. Oh, and don't practice this at the bus stop.



GO DOWN TOWN MORE OFTEN

The fact is, women love it... but only if it's done well. Here are some hints: Be excited about it. If you're not, she won't be either. Don't drive it to the hoop. Warm her up slowly with your fingers, and then let your tongue take over. Don't just focus on the sweet spot. Realize that there's a whole neighborhood down there, not just one house. Say: "I love the way you taste." Keep your hands busy. Put a finger or two inside her, or touch her thighs and butt. Take a break if you need to. You'll be a helluva lot cuter the next day if you aren't wearing a neck brace.

RECEIVE GRACIOUSLY

Now hear this: 81% (yes, 81) of the women we surveyed said they liked giving oral sex. The problem? Guys have a lot of habits that turn women off. So don't just expect to get it whenever you want it. Improve your chances by: Going down on her regularly. Confucius say, "What you give you will receive back in kind." Keeping your pecker impeccably clean. Letting her be in control of the movement. Touching her head (but not grabbing it roughly like she's a blow-up doll). Warning her when you're about to come, in case she's not hungry.

LET HER KEEP THE EVIDENCE

Most of the women we spoke to wouldn't mind starring in a homemade show, but the trust factor aren't high, no matter how many times you say: "Of course I'm not going to show it to the guys. No, not even if we break up." So get the cameras rolling, but make sure she gets possession of the tape. A Polaroid camera is a great starting point -- the results are instant, and you don't have to worry about zitty adolescents at the photo lab ogling your girlfriend.

LET HER LEAD HOUND TWO

Mr. Woody ready for seconds? Don't plow right in. Take it slow and realize that she may feel tender and need to recover.

Instead, enjoy the fact that you just got laid and that, if you warm her up just right, you'll get it again.

BE THE TOP DOG

Doing it from behind is one of the hottest positions for you, but some women find it uncomfortable (it pushes up against the cervix too much, if you must know). Pay attention to how she's reacting: If she starts leaning forward, the penetration is too deep, so resist your natural instinct to push forward too. Begin with gentle, shallow thrusts -- she can always ask you to pump up the tempo and intensity. Don't forget that there's more than one way to do it D-style: with her propped up against a wall, on the bed with a pillow under her stomach, etc. Also, remember that when she's in this position, you've got easy access to her whole body. Touch her or guide her to touch herself while you're going at it.

GO TANTARIC

If we complain that your technique is boring, look East for enlightenment. Originating in 3000 B.C., Tantaric sex techniques allow intercourse to last for hours. The women who've tried it say it's great, but it might take you centuries to master. A good one to start with is thrusting in patterns: nine fast, deep ones, then one slow, shallow one; then eight deep, then two shallow; then seven deep and so on. Those old guys really knew their stuff, their shallow thrusts were finding her G-spot 5,000 years before any scientist did.