

Best... Toys ...Ever

Think you're having great sex? If you've never introduced toys into your lovemaking, you're about to find out the different between great and best-ever.

If you've never had an orgasm, then sex toys can be a great way to ignite your sexuality. If you're already happy with your sex life, then you can learn to come harder. The fact is, sex toys have greater strength and patience than tongues, penises and vaginas and hands. Introducing a little buzz into your bliss could be the best thing you ever do for your sex life. While it takes an average of 20 minutes for women to reach orgasm via oral sex, masturbation or penetration, a vibrator can make you come in anything from ten seconds to three minutes.

The best sex I ever have is solo; I love having the house to myself, having a glass of wine and then settling down on the sofa with a really dirty fetish story in one hand and my Rampant Rabbit in the other.

Emmy, 29

Best... Foreplay ... Ever

Striptease blurs the line between mental and physical foreplay – you're putting on a show for your lover, but you're still not allowed to touch.

Here's how to perfect the art of erotic undressing:

Plan carefully. The more you're wearing, the more you can take off. Take your time – the more buttons, zips and belts, the slower it will be.

Think about practicalities. Girls, are you going to keep your suspenders on when you have sex? If so, panties go over the

top. Guys, take your socks off before your trousers. A grown man naked but for socks is not an erotic incentive.

Work to your best features. If you (or your partner) love your top half, make it the first thing you expose. If your legs are amazing, unveil them first and strike some poses which flatter your assets – and your ass.

Caress yourself. Linger over the erogenous zones you'd like him/her to touch later. Always leave your genitals until last. Imagining what's under those panties or boxers is part of the thrill.





I met an older woman at a party. She had this knowing twinkle in her eye that I found really sexy and mysterious. We went back to her place, had sex in missionary, and to be honest it was pretty run-of-the-mill stuff. Until, just as I was approaching my orgasm, she popped her finger in my mouth then reached around, and gently inserted it into my ass. Oh. My. God. I've never come so hard in my life. Afterwards, I had a twinkle in my eye, too!

Leroy, 35

Best Ever... Oral Tips for Him & Her

- ☞ Make sure you're both shower-fresh before you start, but don't wash away any natural juices, ladies.
- ☞ Vary the techniques you use – from lapping like at an ice cream to poking with a hard tongue to swirling and sucking, flicking and even humming.
- ☞ Have a glass of water to hand to refresh your mouth if you get tired. Experiment with other drinks, too. Take a sip of champagne before giving your lover a special kiss and let the bubbles do the work. Vary the temperature of your mouth by swigging a cup of tea or an iced drink before going down on him.
- ☞ Try rimming – the fine art of using the tongue to stimulate the anus. Begin with soft licks along the perineum (the skin between her vagina and anus, or between his balls and bum) and gauge your partner's reaction. If the moans are encouraging, stiffen your tongue and gently probe further.
- ☞ Trim your pubic hair before oral sex – it's easier for your partner to pleasure you if they don't have to bite their way through layers of undergrowth. Guys, shave beforehand so you don't scratch her delicate skin. If you have a beard, soften it with hair conditioner first.
- ☞ Enjoy yourself, whether you're giving or receiving. And afterwards, don't forget to tell your lover how good he/she tasted and smelled.
- ☞ You are what you eat. Just as smoking, alcohol or spicy food can give you bad breath, they can also have a negative effect on the way you taste down below. Changing your diet to include lots of fresh fruit makes ladies sweet and juicy and semen taste fresh and appetising.