

Love & Lust

Next step: Get him naked.

# TIME TO PLAY DIRTY!

*According to a Cosmo poll, there are two slightly taboo sex props you are intrigued by—yet still haven't tried. Well, that's about to change....*

BY BETHANY HEITMAN


If there's one thing we know and love about Cosmo readers, it's that you're the first to try something new and naughty. That's why we were surprised when we did a sex poll and found that more than 60 percent of you are into the idea of playing with handcuffs and blindfolds but have never brought them to bed with your guy.

Granted, the S&M thing has a skanky rep, and it isn't easy to go from dinner and a movie to "Hey, babe, why don't we take turns cuffing each other?" The last thing you want is for your significant other to think you're actually sadistic. "Many fearless women want to try these fun props but are afraid their guy will judge them. And even if they're completely at ease with their partner, they have no idea how to broach the subject," says Ian Kerner, PhD, author of *She Comes First*.

There's no reason, however, not to suggest it—because introducing handcuffs and blindfolds into a loving, trusting sex life can be incredibly hot. "The key to getting over your hesitation is to understand the perfectly normal and healthy reasons you're turned on by these props, so you can express those reasons to your partner," says Kerner. Once you do that, you'll be more comfortable with the entire scenario and psyched to try it out.

### Repeat After Us: It's Totally Normal

First of all, wanting to play with cuffs and blindfolds does not make you a sex freak nor will it scare him off. "In fact, a majority of guys are interested in trying this stuff too and don't see it as a bizarre desire," says Kerner. "Guys tend to be more relaxed about



He's so not freaked out by this.

this sort of sex play because they don't worry about being judged. As long as you're not talking about heavy bondage or dungeons and whips, they see cuffs and blindfolds as light-hearted fun and will be game for incorporating them into sex."

So why is the idea of playing with these toys such a turn-on? "Women think it's about being at a guy's mercy, which makes them feel weird about wanting it. But what's really arousing about being tied up or blindfolded is being able to completely submit to pleasure," says Carole Altman, PhD, author of *Don't Have Sex Again Until You Read This Book*. "When you can't move much

or see what's coming, it forces you to think about only the sensations you're experiencing. You don't have to worry about satisfying him; you can literally lie back and enjoy."

As for giving him the same sexy treatment, it's appealing for the exact opposite reason. "You get to control his pleasure, and in those scenarios, guys will usually be more vocal because their voice is the only thing they have since they can't move or see," says sex therapist Sadie Allison, author of *Ride 'Em Cowgirl*. "And having him under your power and hearing his enjoyment make you feel like a sex goddess."

### Kick Off a Kinky-Lite Night

Now, just bite the bullet and go for it. The perfect way to bring it up: "There are so many music videos out right now that show someone being tied up or blindfolded, and mentioning them to your guy is a great way to test the waters," says Yvonne K.

Fulbright, PhD, author of *Sultry Sex Talk to Seduce Any Lover*. "Tell him that you think the video for Christina Aguilera's 'Not Myself Tonight' or Lady Gaga's 'Alejandro' is really hot, and ask him if he thinks it is too." Once you see that he's thrilled by the idea, you'll have an easier time suggesting that you want to try those things together.

Or you could not say anything and leave a pair of handcuffs by the bed. "Pick up a pair that are furry or a bright color," says Kerner. "Those are obviously more playful and will signal that you're just looking to have fun. When your guy catches sight of them, trust us, one or both of you will be naked in no time." ■