


# LOVE MEN SEX

HOW-TOS / HIS SAY / ASK JAY



## IT'S THE SEASON TO BE... SEXIER

You're in the year-end slowdown when your spirits are high and your sex life is... a bit tired, actually. But with every holiday comes a chance to boost your relationship, as LEE XIN HUI reveals.

December is a month of revelry, and when you do pause for breath, it's usually to sleep before the next party starts. But according to experts, this holiday season is also the perfect time to add a sprinkling of sparkle to your sexual repertoire.

A survey\* conducted by fertility-tracking app Kindara found that the weeks around Christmas and New Year are the most popular times for couples to get it on, thanks to the daily grind taking on a more relaxed pace.

So, instead of snuggling on the sofa when the downtime arrives, we say you should slip between the sheets with your guy and concentrate on some, erm, up time (if you get our meaning). Instead of the usual quickies between working late and chores, find out what it takes to please each other in bed.

Here are some savvy tips on keeping things steamy while you've got time, energy and the opportunity to reconnect. Put them into action now and get set for a sexier, soul-bonding and ceiling-shattering 2016.



### Read between the lines

Don't underestimate the power of words – when executed correctly, sexting reaps results big time. Take our advice and start to playfully test the waters – something along the lines of “You were so big last night... in appetite. Haha!”. Progress to a touch more naughtiness, such as “I love it when you [verb] my [body part]”. And if you're really bold, send a picture showing just a glimpse of your sexy underwear – face shots are not recommended – that he'll get to see exclusively in person later.

#### BONUS!

For die-hard romantics, prepare some flirty notes and leave them in places where you know he'll find them, like in his gym bag or suit pocket. Get him going with: “You are the sexiest man in the world”, and “I can't wait to see more of you tonight.” We guarantee he'll be waaay worked up, even before he gets home.

**70%<sup>^</sup>**  
of Singaporean women are not satisfied with their sex lives.

Top three contributors to dissatisfaction:

- 1) Loss of interest
- 2) Inability to orgasm
- 3) Having a low libido

**59%<sup>^</sup>**  
of Singaporean women believe that achieving sexual satisfaction is within their control.

**67%<sup>^</sup>**  
of Singaporean women have masturbated.

<sup>^</sup>According to the 2015 Smile Makers Good Vibe survey of 800 women in Singapore.

*“I can't wait to see you tonight.”*



### Give and receive

We're talking about taking turns to pleasure each other, but without going all the way. The key lies in keeping your eyes locked on his (and vice versa) the whole time while touching; not only is this a major turn-on, it also helps to maintain your connection. Two things that will definitely leave him wishing it was Christmas every day are letting him know what a good job he's doing, and showing just how much you enjoy touching him too.

### Kiss and tell

We're not going to insult you with a Kissing 101. Instead, raise the bar a few notches by making it a “full-body kiss”, using your hands to hold his head, pressing your body against his and taking breaks to gaze deep into his eyes. And here's a useful tip: Match the way he kisses you – if he goes in hard, deliver a passionate response. Try kissing for 10 minutes without stopping – it can be pretty amazing!

### Strip it down

It's easy to go “Oh, I can't do it without laughing”, while putting on your oldest PJs, but you know what? Doing a striptease for your other half can be empowering. We recommend





a glass of wine beforehand to ease inhibitions, mood music (see the list below), and wearing an outfit that accentuates your best bits. Take the lead by sitting your man down on a chair in the middle of your bedroom (or a room where there are few distractions and you can set the scene!) and let his anticipation build. As you move slowly around him, whisper in his ear that he's not allowed to touch you. The key is to own the whole experience and go really sloooow. If you still feel shy, ask him to close his eyes (which will heighten all his other senses – you know what we're referring to).

### Do the rub

Not a masseuse? Neither are the rest of us. But if you've ever gone for a professional massage, this is pretty much the same thing – minus providing pain and the awkward use of elbows. Plus, you get free rein to touch your man everywhere. Go for it with a beautifully scented massage oil like vanilla, which will work as a relaxant and add some

sensuousness. The most important thing to note: how his body reacts to your touch. If massaging one particular spot produces more of a reaction, continue with the stroke in the same place.

### Make a position sex pact

So many moves, so little time! Instead of sticking to the same old missionary or doggy-style, aim to try one hot new position a week for a month. Simply treat it as couple bonding time as you come up with ideas together.

### THE NAUGHTY LIST

Top five\* songs to get it on to, according to Spotify Singapore

- #1 *Birthday Sex* by Jeremih
- #2 *Body Party* by Ciara
- #3 *Pony* by Ginuwine
- #4 *Climax* by Usher
- #5 *Retrograde* by James Blake

\*For Q4 2014/Q5 2015

### GET THE OOOOH FROM YOUR LUBE

A little goes a long way when it comes to adding extra sparkle to your sex life.

**Apply on foreplay hot spots.** Spice things up by spreading lube on your breasts or less-obvious erogenous zones like your neck, then get him to gently tease, massage and fondle you.

**Boost your O.** Adding to your natural lubrication, a little extra help goes a long way to intensify action (read: more wetness = higher general arousal = RESULT!).

**For a post-passion rub-down.** Lube maintains your physical connection after the excitement has died down. And you never know, the prolonged sensations might just turn him on enough for another session...

Expert sources: Peder Wikstrom and Mattias Hulting, co-founders of *Smile Makers.sg*

41%<sup>^</sup>

of women don't realise that lubes can help reduce pain during sex.

<sup>^</sup>According to the 2015 *Smile Makers* survey on women's use of lubricants in the Asian market.




**EXPERT SOURCES:** Martha Tara Lee, clinical sexologist at Eros Coaching; Sadie Allison, author of *Tickle His Pickle: Your Hands-on Guide to Penis Pleasing* and founder of [www.ticklekitty.com](http://www.ticklekitty.com)



# What's on his mind when he first sleeps with you?

After years of being with the same woman, men reveal the anxieties caused by someone different on the scene.



**"I think about how lucky I am to be naked with a beautiful woman. All I want to do is explore her body, and find out what gets her excited."**

**— Kenneth\*, 40, teacher**



"I'm usually too focused on pleasing her and not embarrassing myself to think about anything else!"

- Ed Ho, 30, engineer

"If she does something incredible in bed that I've never encountered before, I'm all 'Hmm, where'd she learn THAT?!'"

- Charles\*, 39, financial consultant

"If she's doing everything right and enjoying it, I'm just working out how I can convince her to keep doing this over again with me!"

- Garry Ang, 33, writer

"The first time with a different partner is always hot because I never know how far she'll let me go. Being a man, I'm secretly hoping it'll be all the way, and it won't ruin the relationship we're already in."

- David\*, 33, IT manager

"If I hold my stomach in any more, I might just faint!"

- Allen\*, 39, accountant

"I think about what moves I should go for that have worked with partners in the past."

- Patrick Lim, 40, travel writer

"Keep it slow! I'm used to long-term relationships, and I don't play the field in between. When I sleep with a new partner, it's because I really like her, so not being too quick is my main priority."

- Vincent\*, 33, consultant

"Whoa! My ex didn't let us try this!"

- Joshua, 41, art director

"I'm not looking for a serious relationship, so if I'm with someone new, I worry she might get emotionally attached to me."

During sex, I'm into the act, but mentally and emotionally, my thoughts are usually elsewhere. Like at a foodcourt..."

- Mike\*, 29, account manager

"The view of my abs is making me regret living on mee goreng and beer since my ex left me!"

- Jono, 30, civil servant

"If I'm sleeping with her and she's someone I'm starting to fall for, all I can think is: 'Please don't screw this up!'"

- Gary Chia, 42, self-employed

"How much dirty talk is appropriate? Not all women like it, so during our first time, I'm figuring out how much I can get away with."

- Amarjit\*, 38, lawyer

"I pay attention to the way she moves, and the things she does and says while we're at it. All this gives me clues as to the kind of lover she is, and if it's a relationship that I'd like to continue."

- Benjamin\*, 34, photographer

"Maaan, I am so out of practice! GOT to get back into the gym..."

- Jason\*, 38, marketing strategist

"I split up with my ex a few months back and don't think I'm over it. I feel really bad for admitting this, but when I recently slept with someone I'd been seeing for a while, I couldn't stop thinking about my ex-girlfriend. (Yes, I did break up with the new partner afterwards.)"

- Jonathan\*, 41, insurance agent

"Is the sex we're having really good enough to make me want to see her again?"

- Trevor\*, 37, business manager

"It's difficult for me to orgasm with someone new - it takes ages. So I'm usually giving little consideration to the woman; rather, I'm focused on making it to the finish line myself."

- Steve\*, 39, teacher

"If she's being unresponsive, I get paranoid that she's bored. If she's super-enthusiastic, I worry that she's bored. New sex takes time to figure out, which is why I'm always hoping I can provide a more satisfying 'Round Two'!"

- Kevin\*, 32, stylist

**"I think about how my body feels to her, if she likes my buff arms and taut stomach, if the sensation of my hands and mouth on her skin is turning her on..."**

**- Rick\*, 40, personal trainer**



\*Names have been changed



# Don't fear his mother... fear his friends!

You adore your new man. He adores you. Even his mum approves of you. It's a #love-win – or so you think. By JONATHAN SEE



It's happening. You can't remember if it's the 11th or 12th date with your new guy because you're just So. Darn. Happy. You've even stopped worrying about what your hair looks like when you guys meet. Everything is off-the-scale fabulous...

until, out of the blue, your man drops a bomb: "I'm having beers with my friends on Friday. Would you like to join us?"

You start panicking. What if they don't like you? Will they turn him against you? After all, these are the people your man turns to for help with tough life decisions, the ones who have seen him at his craziest, the buddies who have been there for him, supporting him through his struggles; their opinions matter to him.

So make the first meeting with his mates count. (Thankfully, my girlfriend of eight months and my mates get along terrifically – to her, winning them over was almost as important as winning me over.)

Know them well and make your mark, and he'll be wrapped around your finger for a long time coming. Here's how:

## **Let your man take the lead**

Don't be too eager to impress; hang

back and observe the interaction between him and his buds. This will reveal who the linchpin of the group is (aka the one he trusts most, and the friend you *really* need to win over). However, if he doesn't introduce you, don't kick up a fuss in front of his buddies – there's no faster way to lose a guy. Tell him that that was not cool when the two of you are alone.

## **Don't flirt**

...with his mates, that is. There's a fine line between being friendly and flirty. What you need is for his friends to be your wingmen, to look out for your interests when you're not around, not just after you and cause friction between you and your man.

## **Handle yourself well**

Manners maketh man, and in this case, being well-mannered and

graceful goes a long way in not just getting accepted into the group but also getting the guys to actually like you. If you're put in a tight spot, don't get defensive – for instance, if they ask you to join in the drinking but you don't drink, be

honest and turn them down nicely.

## **Be a little curious**

These people know pretty much every dirty little secret about your man, and chances are, they'll be happy to put him on the spot (what are friends for anyway?). So ask a few questions – just don't do it in such a way that makes them feel you're digging for info – and discover more about the skeletons in his closet. Being inquisitive will also show his friends that you care for him on more than a superficial level. Ask about how he was in college, at his first job and, if you can cope with the information, with his ex-girlfriends. You'll be surprised at how much you can find out (and it could be good!).

## **AND IF YOU CAN'T STAND HIS GANG...**

...give it some time. Get to know them better, or suggest they bring their plus-ones. If it still doesn't work out, let your man know, tactfully, why you can't get along with them and limit your interactions – but don't restrict his meet-ups with them. This will give you some me time anyway.