



discuss!



A NOVEL WAY TO CLIMAX

Sex therapists seem to discover orgasms as frequently as NASA finds signs of life on remote planets. In the latest exploration, they're taking us past the familiar terrain of clitoral and vaginal Os to experience the cervical orgasm, which can have an intense, full-body finale. To get there:

1/Attempt a few days before your period, when your cervix is lower and easier to reach.

2/Begin with missionary, to stimulate blood flow to the pelvic region.

3/Switch to a deeper position (like missionary, with your legs raised 90 degrees) when you feel you're close to climaxing. This gives him direct access to your cervix.

4/Have him move in slow, circular motions with the tip of his penis gently massaging the spot.

5/Apply lube and flip to doggy style (the deepest position of all).

6/Score celestial Os!

Source: Sexologist Jessica O'Reilly, Ph.D., creator of the Sexual Pro webinar series

MIXED FEELINGS

FEMALE-FRIENDLY CONDOMS

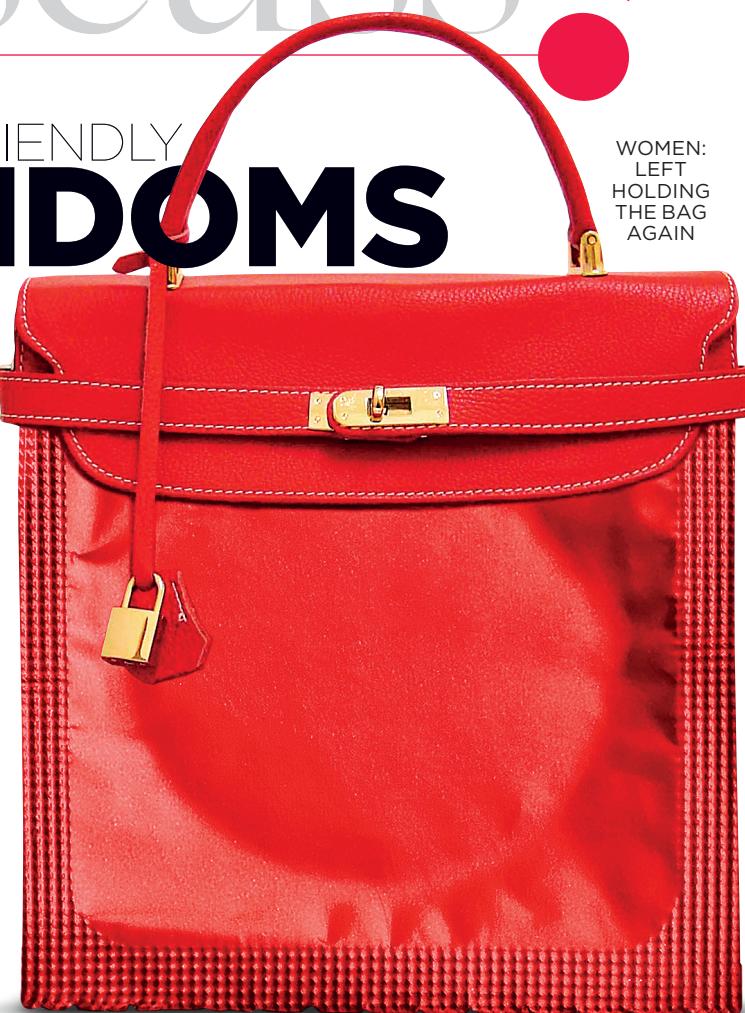
He still wears 'em, but per a study by the Center for Sexual Health Promotion

at Indiana University in Bloomington, 68 percent of women agree that men

shouldn't be the only ones buying condoms—but also, 65 percent of

women have never bought one. As a result, Trojan made black-and-lavender 'doms. Our take?

Prettier packaging can seem patronizing. And aren't condoms the one birth control guys *should* supply? But if stylish rubbers empower women to feel in control, we're into it. In the end, choose the method—or product—that suits your sex life.



K Is for Kegels

A toned pelvic floor is the literal foundation of good sex (increased blood flow to boost arousal; stronger Os). Since those muscles can loosen from aging and pregnancy, several products have come out to help women shape them up. Elvie (shown here, \$199, elvie.com) is a gadget with an app that guides you through Kegel exercises and tracks your progress. The price point could be worth it if you're a Kegels newbie, since doing them wrong or overstimulating the area can lead to pain, says Leah Millheiser, M.D., director of the female sexual medicine program at Stanford University. For women whose muscles have weakened too much to do Kegels, there's Yarlap (\$299, yarlap.com), which uses electric stimulation to tone the area for you. Better sex awaits!

WHAT'S THE DIFF?

Relationship Break vs Separation

When David Schwimmer recently announced that he and his wife were taking a "relationship break," we wondered: What does that even mean? You know, besides being a pit stop on the way to Splitsville?

IT'S REALLY JUST A BREAK IF...

Your intention is to repair your bond. Whether you'll see other people, how often you'll contact each other, and how long it should last (three months is good; any more and you're waffling) have also been decided to avoid misunderstanding.

IT'S A STEP TOWARD SEPARATION IF...

You can't compromise on big issues, and you've acknowledged that you might dissolve the relationship. You've sought guidance from a therapist on whether you should part and, if so, how to move on in a healthy way.

Source: Jane Greer, marriage and sex therapist in New York City and author of *What About Me? Stop Selfishness From Ruining Your Relationship*