



SEX

# Say Yes... to Hotter Sex!

Traditions on your wedding day: super sweet.  
Traditions in your bedroom? Libido-killing boring. That's  
why we're daring you and your man to walk down the  
aisle of adventure with four incredibly erotic challenges.

*By Jamie Hergenrader*



## SOMETHING OLD

### TRY SHOWER SEX ONE MORE TIME.

Awkward positions, slippery scares, lame lube: Yeah, it can go painfully wrong. But we urge you to give it another go. “The moisture and temperature can alter and heighten your senses and perception of touch,” says Jessica O’Reilly, Ph.D., author of *The New Sex Bible*. Adds Emily Morse, a sexologist and host of the Sex with Emily podcast, “You can watch yourselves in the mirror and wash away the day’s stresses together.”

But safety first: Use a shower mat for grip. (SportSheets.com also has suction handles, footrests—even handcuffs!—for more fun and leverage, says Morse.) Then, rather than bending over, stand up and face the wall that’s opposite the showerhead, leaning against the tiles, hands placed at shoulder height and feet in a wide stance for balance. Have your guy (also standing) enter you from behind. Since you’re upright, your vagina won’t get direct contact with the hot water, which can dry it out, says Morse. Use a water-resistant, silicone-based lubricant like Trojan Riviera (\$15 to \$20, at drugstores), to keep the slippery fun going.

LOOKS OMINOUS, BUT THIS GADGET PROMISES PLEASURE FOR BOTH OF YOU.



## SOMETHING NEW

### USE A VIBE...ON HIM.

Relax, we’re not talking strap-ons. (But hey, if that’s your thing, proceed.) We’re talking about the “guybrator,” a buzzing toy that he wears and you both enjoy. A 2015 survey

by Skyn Condoms found that 25 percent of men have used a vibrator during sex (and those are only the guys who would admit it). Try Pulse II Duo by Hot Octopuss (shown below; \$139, hotoctopuss.com), a male vibe with two motors: He controls one with buttons on the side of the toy; you control the other with a handheld remote at the same time. Have your man slip it on his penis before you straddle it (while it’s on him) in a girl-on-top position. “This toy can shift the focus away from intercourse to rubbing, vibrating, and grinding on your clit and his shaft,” says O’Reilly. Bonus: Since your hands are free, you can use them to play with other parts of your bodies.

## SOMETHING BORROWED

### STEAL A PAGE FROM YOUR GAY PALS.

Can you stick to oral sex—and only oral sex—for a week? It’s something that same-sex couples regularly do: A 2011

study found that it’s the most common sex act for 75 percent of gay men, and other research shows that 72 percent of lesbian couples regularly engage in mouth play over other forms of sex. This dare can leave you both craving the intercourse you can’t have, says Mary Jo Rapini, a psychotherapist specializing in sex and relationships. “It’s like when someone tells you that you can’t have cake. All you’re going to want is cake.”

Of course, a tongue-only route means you two need to step up your skills, which requires trying out some new techniques. Use your body language, facial expressions, hand gestures, and words to relay to your partner what you like, and vice versa, advises O’Reilly. If you’re licking his shaft, let him guide your head. If he’s rubbing his nose down on you, tell him how you like it (whispering “Don’t stop that” works). See if you can make it past day three without breaking your own “No P in the V” rule.

## SOMETHING BLUE\*

### ROLE PLAY, ANYONE?

Find an erotic video of a fantasy that you’d both like to explore, watch it together, and then reenact the action. “Many couples overcomplicate role-playing,” says Morse. But taking the actors’ leads can provide clear guidelines and help you discover things that you might not have even known you wanted to do. Doctor and patient? Boss and employee? It doesn’t matter how cliché it is—just talk about it beforehand so you’re on the same page. You can even write down your hard limits. Then throw on your costumes and stay in character! Being vulnerable together in a new scenario will ignite a whole new kind of intimacy, says Rapini. And if the session leaves you both more blue-in-the-face rather than aroused, laugh it off—humor will bring you closer no matter how naughty the scene got. ■

\*As in, extra racy. Hubba, hubba!

## How to Tell Him You Want to Spice Things Up

Sighing “Our sex life is so boring” is not the way to go. Instead, show him this article or use one of these suggestions (some quite bold) from our buddies over at [Men’s Health](#).

“Don’t overthink it. Make a suggestion one night in the middle of foreplay. Don’t even phrase it as a question, but rather, a statement (‘I bought us a new vibrator I’d like to try’). If I’m about to have sex with you, this is hands-down already the best part of my day. You’re just making it even better.”

“If I really like you, then there aren’t too many ‘wrong’ ways for you to suggest new things in bed. I want to know what you like, I’m open-minded, and it’s fun to talk about anyway.”

“Show me an example to get me into it, whether it’s a position from porn or role-playing from a movie you saw.”

“Early in the day, tell me that you have a surprise later. Don’t reveal it; keep me guessing. Then just do it. Take control! That’s hot.”

“I’d love a text out of nowhere because it would show me you’re thinking about sex during the day.”

“Mention it over a few drinks. ‘Have you ever done [blank]?’ If I seem game, say that we should try it out. But if it involves toys, they should be brand new, and hopefully we Internet-shopped for them together.”

“You would tell me you’re interested, and then ask if I’d be willing to give it a shot. Odds are, I’d say yes.”

“You shouldn’t be tentative: ‘I want \_\_\_\_\_’ is better than ‘What would you think about \_\_\_\_\_?’ Being dirty and detailed is even better: ‘I want you to lay me across the hood of your car and f-ck me while I hold on to the side mirror.’”

“Just blurt it out randomly. No need to back into it.”