

NO

saucy secrets
she wants you
to know ✕

The answers are in: our survey of almost 5000 women reveals that she's up for more of everything. Read on to discover her needs and desires – and how you can use them to your own advantage

BY JANNAH KELLY PHOTOGRAPHS BY HENRYK LOBACZEWSKI

YOU CAN'T READ her mind, she can't read yours – and the ins and outs of sex aren't always that easy to drop into conversation. So, with the help of an online sex survey co-hosted with our sister publication *Women's Health*, we asked all the personal questions you've been aching to put to her. We also asked you to divulge your innermost thoughts and, altogether, a total of almost 10,000 respondents confirmed that – hallelujah! – she wants many of the same things you do between the sheets.

Now you can maximise the benefits of this insider information. Finding No.1: when it comes to male/female attraction, one thing always leads to another. Now it's up to you to ensure that one thing leads to another, and another . . . and then to mind-blowing sex for both of you.

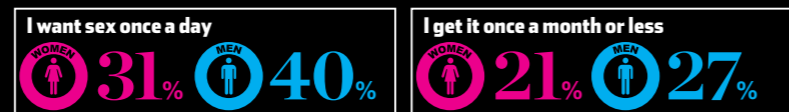
1 she wants it every day

Good news, men: she wants sex as often as you do. Almost as many women as men say they want it daily. "A lot of people would like more sex than they're getting," confirms *MH* sex coach Jacqueline Hellyer (jacquelinehellyer.com). "But they're not necessarily doing the things they need to do in their lives in order to achieve this."

Time, it seems, for some mutually beneficial cooperation.

"In a new relationship, sexual touch is ever-present," says Hellyer. "This often changes as it progresses." To avoid this, Hellyer suggests you don't go a day without touching each other. Kiss her goodbye in the morning, draw her in for a hug as she walks out the door, place your hand on her back as she walks through a crowd. "I call it living life as foreplay. The more you've got erotic tension in your everyday life, the more easily she'll transition into sex," she says.

And use compliments to complement this non-verbal contact. "Keep up the flattery," says Dr Janet Hall, a Melbourne-based clinical psychologist, sex therapist and hypnotherapist (sex-therapy.com.au). "Tell her how beautiful she is, how she turns you on and how much you want to give her pleasure." Just don't tell her the cat's out of the bag – that you know she wants a good rogering every day. >>





Not this morning, honey. I've got to pick up the dry-cleaning, meet a recruiter for coffee, go to the RTA . . .

2 . . . and she wants it at . . .

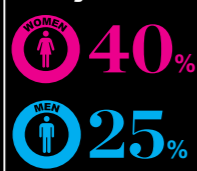
Bedtime. Along with almost 40 per cent of women, all our experts give this time the nod, saying the majority of women just can't get their head around a morning romp.

"Sex is too frivolous and indulgent for women in the morning," says Hall.

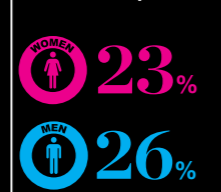
Hellyer agrees: "Women will wake up and be thinking of everything they've got to get done. Whereas men generally wake up with an erection and think, 'What am I going to do with this?'" Not surprisingly, 59 per cent of you admitted that you're up for it whenever possible. So why not use this time to score some points for conversion later?

"Be a little sexy with her – not too pushy – you never know, she may respond favourably," says Hellyer. "If not, you've set the scene for later in the day."

I most feel like sex: when I go to bed



when I wake up



3 seduce her

When was the last time you charmed the pants off the woman in your life? Actually, when did she last seduce you? According to more than half of the men and women we surveyed, the art of seduction has vanished from our sexual armoury.

"Seduction is not just about taking 1, 2, 3, x, y, z steps to get into the bedroom," says sexologist Dr Gabrielle Morrissey (drgabrielle.com). "It's about listening to your partner and creating something special for them, so that they feel unique and worth the effort." While Morrissey assures that flowers and chocolates are better than nothing, she says, "you'll get much further if you're inventive". Does she like watermelon? Pick some up on your way to see her. Did she mention a new song she likes? Send it via Bluetooth to her phone. In her mind, these little things add up and she'll want to give you pleasure in return.

I wish my partner would seduce me more often



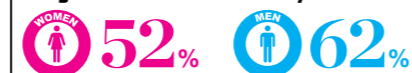
4 stay in, stay focused . . .

Just as bedtime is her preferred sexy time, a quiet night at home topped the list of the dates that would most whet her sexual appetite (with even more men choosing the stay-in option). To ensure you don't waste a good night in, make sure your home is sex friendly. "Dating and seduction are all about putting your best foot forward," says Morrissey. "Have scented candles around, flattering lighting, music, and make an effort to clean up."

Even though 44 per cent of the women surveyed say they're up for sex whenever possible, it's important to remember that "it's all about timing," says Hall. "Choose the right time . . . and location – not when she's at the kitchen sink wearing rubber gloves. Eat a small snack and have a drink together. Don't have dinner first, as you'll both want to save your energy and waiting till after dinner can make sex feel like a chore at the end of the day."

"Take your time and make the evening about her," says Hellyer. Give her a foot rub or a shoulder massage, run her a bath. Once she's relaxed, touch her everywhere. "Touch is really important because it releases oxytocin, which makes her feel good," adds Morrissey. "The greatest concentration of nerve endings, after the clitoris, is in the lips." So kiss a lot before anything else. Sucking on her bottom lip for just a little longer than expected will drive her wild.

A night in is the date most likely to lead to sex



I'm up for sex whenever possible



5 . . . and slow down

Hold up, buddy. It's not a sprint, more of a marathon. More than

30 per cent of women pointed their finger at rushed foreplay as the biggest bedroom no-no. "Too many guys think foreplay is getting her on the bed and heading straight for the clitoris," says Hellyer. "It should start hours before that."

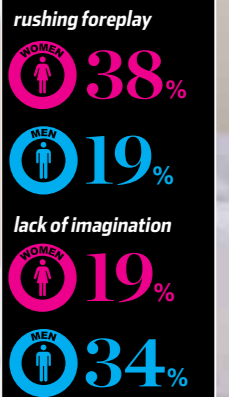
Hall calls it "all-play" and suggests you spend at least 20 minutes focusing on her. Once you're both naked, give her a massage with some oil. "Rub her feet and breasts and then move to her pink bits and play there with lots of lubrication," she instructs. "Try soft but fervent kissing on the mouth and then where she least expects it, like the inside of her elbow, which is a great erogenous zone."

While women take a lot longer than men to get aroused, once there, they'll stay at that level for a long time, making this initial investment worthwhile. "You want her to get to the point where she's virtually feeling stoned," says Hellyer. "She won't be able to think of anything else but what's happening to her body and between you both."



On your marks, get set, slow down!

Worst mistake a sex partner can make is:



6 coax her out of her sexual shell

More than one-third of you think the worst mistake she can make is never initiating sex, almost half of you wish she'd be more sexually adventurous and just shy of 40 per cent of you want her to tell you what she wants. So how do you liberate her inner sex goddess?

Like most things in life – punching out that last rep, delivering a killer presentation – when it comes to encouraging her to jump your bones, it's a matter of getting back what you put in. "She'll initiate sex more often on the heels of some great sex with you," says Morrissey. "Everyone wants more of what's fantastic in their lives."

Both Hellyer and Morrissey agree: once you get your girl to that "stoned" point, she'll be most open to new things and she'll be most responsive and adventurous, so this is a time

when taking advantage of your girl is not only acceptable, it's crucial. "Most women only feel comfortable talking about sex when they feel very sexy," says Hellyer. "Be suggestive and playful about what you want." Ask her about her fantasies; tell her about yours. Ask her what her favourite position is and which ones she'd like to try. Suggest some things you'd like to try and gauge her reaction. Leigh Manuel, of [AdultShop \(adultshop.com\)](http://AdultShop.com), says an easy way to expand your bedroom CV is through a sexy game. "There are card and board games. It can be simple or elaborate, funny or serious – no matter the nature, it'll have you trying new things," she says.

And she'll open up if she's feeling good about herself, so keep positive communication going throughout sex. "Give her abundant praise whenever she does turn up the turn-on," says Hall. Hellyer seconds that: "Anything that she's doing that you like, reinforce it by telling her how good it feels." It's all about building her sexual confidence, which, in turn, will ultimately get you what you want. ➤➤

Worst mistake a sex partner can make: never initiates sex



I want my partner to be more sexually adventurous



I want my partner to tell me what he/she wants



7 play together, stay together

WARNING: information overload ahead. If it's toys, porn, spanking, public sex, role-playing or mutual grooming that you're petitioning to add to your sexual agenda, go ahead: more than half the female respondents are open to giving these activities a run. "Modern women are determined to keep up with their men," says Hall. "They are curious about things like porn and why it's so arousing for men."

But don't just grab any old porno and whack it in the DVD player. "Watching porn as a couple can be confronting for both parties," says Manuel. "Much of the feedback we receive is that girls don't want typical porn – skinny chicks with big boobs going for it. They want higher production values, story-lines, softer sex and realistic girls." She suggests going for something directed by a woman – Veronica Hart or Candida Royalle, for example. Hellyer recommends the arty romps in many foreign and arthouse flicks as a great medium for easing her into erotic films.

Something instructional may also stimulate you both. "The *Vivid-Ed Expert Guide to . . .* series is made with sexy examples featuring real porn stars, so you'll get aroused and learn a thing or two at the same time," says Manuel. Or you may just have a laugh together, which will no doubt lead to sex anyway.

But while breaking out toys and experimenting with spanking and role-play are fun ways to keep things fresh, Manuel says it's important to be sure you're both on the same page. "You need to understand what gets her hot and horny, and you've got to discuss what you're both comfortable with."

Truth is, she'll most likely have a vibrator of her own. Just ask. If so, do *not* get intimidated by it. "She uses it for a quick orgasmic release," says Hall. "Sex with a man is so much more to her."

If she doesn't have a vibrator, Hall suggests that buying her one can lead to better sex for both of you. "If she's having trouble climaxing (36 per cent of women said they wished they could come more easily), get her to orgasm using a vibrator." Once she knows how to get herself off, she'll be able to transfer that into sex with you.

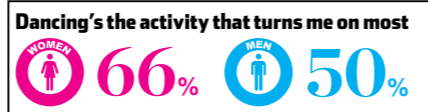
8 dance her pants off

According to our survey, dance floors are packed with randy women, so get out there and cut the rug. "Women love it when men have the confidence to move," says Sydney Dance Company's dance class director Ramon Doringo (sydneydancecompany.com). "If you have the moves, you won't just stand around with a beer, watching from the sidelines."

Footballers and boxers do it on *Dancing with the Stars*, so why not give a few lessons a shot? "Classes can be daunting for men because they are often surrounded by women," says Doringo. "I always see the girls eyeing off the new guy in a class, but they all forget once the class begins." Note to self: dance classes are useful for making new "friends".

To pick up some basic moves, Doringo recommends jazz or hip-hop classes. But for learning how to lead the ladies, you can't go past Latin dancing. Drag a mate along for support, or if you're a member of a Fitness First gym, Doringo also suggests checking out BodyJam classes to get you started. "You just keep repeating and adding to the steps for 45 minutes. By the end, you're basically dancing."

The adrenaline and endorphins released while she's dancing have her on a high; now you've just got to have the balls to get out there. "Even if you don't quite have the moves down, if you're having fun, women will find that attractive," says Doringo. But the sweaty oaf rubbing up against women on the dance floor should probably protect his vitals. "There's a difference between sexuality and sensuality," says Doringo. "It doesn't have to be sleazy or lusty, just fun and playful. She'll pull you in if she wants you to come closer."



9 first time, every time?

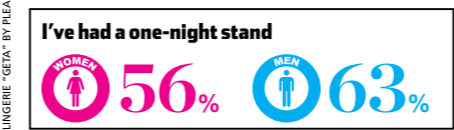
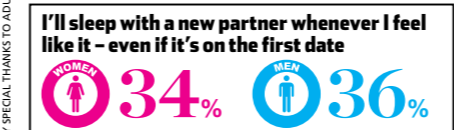
Our fact-finding mission turned up more than she'll willingly divulge. More than one-third of women said they'd sleep with you whenever they feel like it – even if it's a first date. For your best shot at her "feeling like it", organise the date well (women want to be taken out, she doesn't want to think about it), wear something smart (no scruffy shoes), make sure your nails are clean and manicured, compliment her (make it specific) and pay for dinner (even if she offers to pay half). And here are some telltale signs (courtesy of the experts) that she's beginning to "feel like it":

- She's laughing at your jokes (no matter how lame) and is generally agreeable and enthusiastic.
- She's looking into your eyes.
- The conversation is flowing – an intellectual connection is important for women.
- She's mirroring your actions.
- You're making physical contact and she's not shying away.
- The kisses are plentiful and she's kissing you back with as much intensity – listen for sexy noises.

And don't be afraid to be straightforward about it. "Just ask," says Hellyer. "People often over-think things. If you want to know if she'll go home with you, invite her. There's no harm in that and it doesn't have to lead to sex, either."

But even if she's up for it, is sex on the first date a good idea? "I really believe that people these days rush into sex too quickly," says Hellyer. "There are so many things you can do before you go all the way." Morrissey agrees: "If you're looking for something long-term, you can sabotage the growth and development of a relationship by having sex too early," she says. "It can be better to build intimacy slowly."

Hellyer actually recommends that, even if it's heading into the bedroom, you don't have sex with a woman on the first date. "There's something incredibly appealing about a man who makes you wait," she says. "As long as you're calling her and making her feel wanted in other ways, holding back sex will reel her in even more."



To view the full results from the survey, go to yahoo7.com.au/menshealth. Direct your female friends to the May issue of Women's Health for their take on the results.

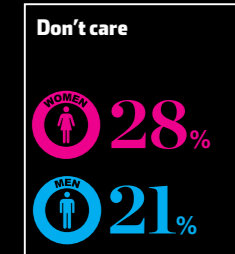
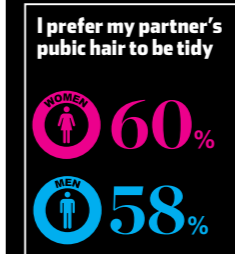
Hold still . . . this won't hurt a bit!



10 clean up your act

If you do get her back to your place, be prepared. And that doesn't just mean a tidy house and clean sheets. Sixty per cent of the ladies want your nether regions to be in order as well. "It's cleaner and, therefore, more approachable to her," says Kylie Hayden, of Sydney grooming salon Face of Man (faceofman.com.au). "We get lots of guys sent in by their partners for a tidy up and they discover that it not only improves their comfort, but also their sex lives." You can breathe a collective sigh of relief that only 15 per cent of women want you to get rid of all your pubic hair.

So she'll approach more often and spend more time down there if it's a nice place to be – she doesn't want to have to ferret through the jungle to find what she's looking for. For a DIY option, your best bet is to use clippers to keep everything short and manicured. "Never shave," adds Hayden. "It encourages the hair to grow back thicker and stronger, and it also gets very itchy when the hair's growing back."



	YES	NO
Toys	84%	16%
Watching Porn	84%	16%
Role Playing	67%	33%
Public Sex	61%	39%
Mutual Grooming	59%	41%
Spanking	56%	44%
Video Taping	48%	52%
Anal Sex	48%	52%
Threesomes	40%	60%

