

Sex that's delicious!

A new survey finds that 54 percent of women think about food more often than sex. Use that appetite to sweeten things up with your honey tonight. **By Robin Hilmantel**



Aprons off! Forty-four percent of couples throw down in the kitchen, a poll by Electrolux notes.

Satisfy an A.M. urge

Ignoring your rumbling belly at breakfast is a bad idea, and so is postponing a morning mash-up. Your guy probably wakes up ready for action (men are like that), so start the day with a score. It will up your oxytocin, the bonding hormone, says Ian Kerner, Ph.D., coauthor of *The Big, Fun, Sexy Sex Book*. Another result: You'll feel hotter all day.

Tease your taste buds

Even if you have a main squeeze, you can still appreciate a bit of eye candy (e.g., the cute guy from IT or David Beckham in an undies ad). "Men tend to get aroused from one stimulus—you, naked. But women often need multiple sexual cues to get turned on," Kerner says. Noticing other dudes isn't a betrayal; it actually revs you up for the one you love.

Give in to your craving

Pizza's a bummer when you're in the mood for Thai, and the same goes for sex. So if it's a no-frills quickie you're after, make it happen. You'll be glad you did, says Logan Levkoff, Ph.D., author of *How to Get Your Wife to Have Sex With You*.

Savor every nibble

A cookie isn't as yummy when you're distracted by *The Bachelor*, and that's true for sex, too. So make sure you're fully present: Mute everything, then focus on your guy's touch. Your sensations will be even more intense, says sex educator Sadie Allison, author of *Ride 'Em Cowgirl!*

Realize even plain vanilla can be a treat

Your go-to sex techniques (that clever little tongue trick) become staples because they *work*, says Debby Herbenick, Ph.D., author of *Sex Made Easy*. Trying out a triple-reverse farmgirl may be a fun diversion, but there's no need to feel guilty about going with a favorite either. Revel in the fact that it gets you and your man off every time.

Do it your way

You wouldn't enjoy a well-done steak if you asked for it rare, so why settle for a move that doesn't do it for you? The key is to cue your guy in to what you love... gently. Men crave specific, direct feedback, Kerner says. Just be sure to soften a gripe ("Not there!") with a positive hit: "Give me that hip swivel move again!" If you end up moaning, he'll be thrilled.

Cap it off with a goody

Finishing a great meal with chocolate only heightens your pleasure, and what you do after getting it on can also prolong that tingly feeling. So don't grab your phone as soon as your toes uncurl. Instead, prolong the intimacy by snuggling or hitting the shower à deux. Or use a postcoital moment to give your dude the five-star review he deserves. You'll feel more connected—and you may end up having seconds.