

■ **LONG-TERM-RELATIONSHIP-ITIS**
NOUN PATHOLOGY

Inflammation of the 'sexpiration' gland causing vanilla sex-capades and repeated mutterings of the forbidden phrase: "not now honey, i'm too tired". Symptoms include, but are not limited to, unshaven legs and a decreased sex drive.

Let's face it, sometimes no matter how much we love our partners, we just can't be bothered getting down and dirty - but we're going to change that. Follow these tips and you'll be ditching those granny panties for sexy lace in no time.

■ **ME TIME**

We're not talking about renting out The Notebook with a big bag of chips; we're talking about a romantic candle-lit night alone to explore your body to rediscover the things that really make you tick.

Nikki Goldstein is a notable sexologist and relationship counsellor, her blog Drnikkig.com holds a wealth of information about love and sex, and she says that it is a great way to find out what you want in bed.

"We live in a penetration-focused society so sometimes masturbation is seen as nearly not necessary, or in a relationship as cheating," she says.

"It's a great way to discover yourself and what you want and also has endless benefits for the individual."

Nikki says that toys are also a great way to enhance the sexual experience both with our partners and on our own.

"With as many as 80 percent of women experiencing orgasm through clitoral stimulation, sometimes adding a vibe into the experience can be just what a woman needs."

If you're blushing about the prospect of going toy shopping, you're not alone but an independent study tells us that 40 percent

Spice up your love life

of women use adult toys (*Secret Lives of Australians survey 2012).

Cos Lucciti is the creator of My Little Black Book, an online marketplace that offers adult toys and intelligent informative content for women, he says that there is a growing market for personal lifestyle products in Australia but many women just want to explore in an environment that is tasteful.

"It's easy to feel daunted and confused about where and what to buy, but if you spend the time to search and explore you'll be fine. Don't treat it as a serious thing, have fun! Mylittleblackbook.com.au is a great start," he says.

So relax ladies and enjoy your own company and in no time you'll be ready to show your partner what you learnt about yourself.

■ **JUST DO IT!**

"Sometimes I like to adopt the Nike approach to sex - just do it," Nikki says.

"We can be tired, not in the mood and feeling as though we just want to sleep but sometimes it's beneficial for the relationship to just do it."

This however doesn't give you a free pass to lie there like a starfish and purse your lips painfully - this is not an exercise to make you do something you don't want to do. This is about showing your partner that you care about his or her needs by doing something they desire to make them feel good and loved.

Studies show that if you make an effort to get into the mood for sex, you'll actually end up enjoying it immensely. It's a win win really!

■ **COMMUNICATION**

Spicing up your love life isn't just about flicking through the Kama Sutra desperately trying to memorize the crazy positions. Sometimes, it's just about having a conversation with your partner about your needs.

Nikki recommends creating a 'Yes, No, Maybe List'.

All you have to do is make up a list with three columns labelled 'yes, no or maybe', put under each column what you would do, what you wouldn't do and what you might do and ask your partner to do the same and then compare.

This is a great way to find out if there are things that you both desire and also if you have things in your maybe list that you both might like to explore.

■ **THE MORAL**

So there you have it Beauties. The three-step guide to keeping it lively in the sack: Explore yourself, ditch the word 'no' from your vocabulary and talk to your partners - it things will heat up in the boudoir in no time. ■