



# SEX

by DR. NIKKI GOLDSTEIN



Nikki is a qualified sexologist and relationship expert aiming to educate Australians about everything under the sheets.

You can find her on

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## Give it the Fling

A SUMMER FLING IS JUST THE THING TO MAKE YOUR HOLIDAY COMPLETE. HERE ARE DR. NIKKI'S RULES TO HAVING A SEXY AND SUCCESSFUL ONE



**C**onfession: I have a thing for holiday romances. I am a hopeless romantic, with a twist that you men might understand. I am also, at times, a commitment-phobe. (I hope I just didn't turn off every man I wished to date in the future.) Look, I'm young and not ready to settle down and these "pseudo summer relationships" amount to freedom and short-term benefits, minus those pesky thoughts about the future.

So, whether it's warm, summer is in full-swing, and there is a high chance you might be taking a trip of your own, or even encountering a foreign variety of female holidaying in your backyard. Hopefully I can shed some light on surviving the summer of love (read: sex) and what to do if you find yourself in a holiday romance. Think of this as: **Summer Flings, With No Future Commitment 101.**

**1.** First, you need to know something very important: These holiday romances are a false reality. If you're on holiday then you're relaxed, not working, not dealing with everyday commitments, and most likely somewhere you don't normally live. Ergo, you are a different person, and this is a different situation. Think of this as your fantasy life for a moment and know that what might seem fun and sexy one day could seem stressful, hectic, and a tad crazy under normal everyday circumstances. (I'm talking about the girls, genius – it's not a 'real' situation, so doesn't have the same rules as one).

**2.** Foreign women love outdoorsy Aussie men! I know, as an Aussie female, my accent goes a long way on the other side of the world, but women seem to melt over the sound of an Australian man. If you find yourself in another country, make sure you play up to your tough Australian gender stereotype. Isn't it great that a common quality back home becomes



your golden ticket to sexy time on another continent? Don't overdo it but a few slang words and mention of the fact that you run around the beach and play sports might just be enough.

**3. Timing!** If you are on a short-to-medium vacation or if she is visiting for a few weeks, what is the point in taking it slow? If you want a holiday fling, jump right into it! Sex on the first date should not even be the question; it might not be a matter of officially dating but just catching up for a drink (and maybe something more). Because this is a situation that has no immediate potential future because of the logistical and geographical challenges, why wait to find out what her favorite colour is or her most memorable childhood moment? To reiterate: Put your game face on and give it a red hot go. Yes, I'm giving you permission to be a bit more sexually forward than you might otherwise be back home – just make sure to respect her boundaries. Chances are if she is also on holiday her boundaries might also be a little more relaxed. Spoiler alert: Women like to have sex on vacation, too!

**4.** If you find yourself as the one who travels (especially in a different country), this could be your chance to experiment sexually. Often when we are on holidays we are way more relaxed about the sexual side of things because: a) We are relaxed in general and b) There is no fear of judgment from our close social network, who inevitably find out our every move and make jokes accordingly. If you found yourself a world away with no one

knowing who you really were, what would you do? (Or maybe the question should be: Who *wouldn't* you do). Take the opportunity to try new things without the risk of Chinese whispers making the rounds. At the end of the day, if you're bad in bed or attempt a move that goes horribly wrong but you're in a foreign country with someone who doesn't speak much English, who is she going to tell? But the serious side of me (yes, there is one) is going to tell you to make sure you use protection during your global exploits.

no way am I encouraging you to recite Shakespeare while you feed her strawberries and brush her hair. If you're on a brief vacation, or she is, then take it easy. There is no point discussing futures or putting labels on the situation. With a true holiday romance, it is all about going with the flow. And thanks to social media, if you really want to stay in contact you can – but this is a situation you are under no obligation to define! Woot! If she starts to get hot and heavy then you have the excuse at your disposal (you actually don't need to make one up): "I'm having a great time with you but I live a long way away and am not interested in a long-distance relationship. Let's just enjoy the time we have together and stay in touch." Yes, those words might have been said a few times before, but it works, so you have my blessing to run with that excuse.

**6. Warning!** As fun as this all sounds, there is a chance you might develop feelings. As I said earlier, this is not reality and each other's true qualities mightn't have been laid out on the table. I don't know if it's the sun, sex, or booze but eventually there might be some level of real romantic attachment. If this happens you need to think about it rationally. Is this because you have just had a great time and don't want it to end or is this something worth exploring? Or, heaven forbid, is she just after a green card and a place to stay? Think long, hard, and, financially before you potentially carry the coals to Newcastle.

The last thing you need is to return home with an unwanted present to have the fruit of your lions growing on the other side of the world. Relax your sexual boundaries but not your morals.

**5.** Keep it light and fluffy! I might be calling these situations romances but in

**SEXTISTICS**

**84%**

**OF WOMEN HAVE SEX TO GET THEIR GUY TO DO MORE AROUND THE HOUSE.**

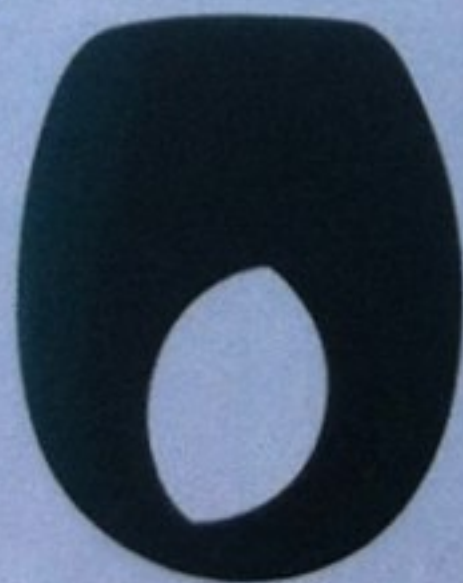
## WEAPONS OF MASS PLEASURE

AS A SEXOLOGIST, I GET TO TEST THE LATEST AND GREATEST ADULT PLEASURE PRODUCTS (THAT'S THE SOPHISTICATED NAME WE GIVE SEX TOYS THESE DAYS). YOU SHOULD NOT FEAR THESE FINE FRIENDS: THEY AREN'T A REPLACEMENT; RATHER, THEY ENHANCE YOUR ALREADY AMAZING PERFORMANCE (EGO BOOST ALERT). HERE ARE MY TOP THREE PRODUCTS THIS MONTH

### TOR 2

LELO \$159.00

This is not your ordinary cock ring. It can be worn during sex (and even during sex in the water – yes, it's waterproof) and, depending on how you wear it, your sexual generosity, or lack thereof, will really show. Wear it upward to stimulate her and you during sex; wear it downward to make it all about your pleasure.



### ORGANIC GLIDE

VIAMAX \$29.95

This is one of my favourite products and should be in everyone's bedside drawer – doctor's orders! Besides the fact that the bottles are easy to use (have you ever tried taking a cap off a lube bottle with sticky hands?), this is a natural lubricant that gives just enough moisture and is safe to use with all your



silicone sex toys (you can't use silicone lubricant with silicone sex toys). Please don't be arrogant; sometimes a woman needs a little extra glide, and if you are really nice i.e. wear the cock ring the right way around, she might even use it on you, too!

### ETHEREA SILK CUFFS

LELO \$70.00

Heard of a new craze called *Fifty Shades of Grey*? If not, you must have been living under a sexless rock. Anyhoo, maybe it's about time to get your Christian Grey on. Hint: nearly every

woman has read that book, and nearly every woman has a fantasy of being tied to a bed by a billionaire. Hey, you might not be a billionaire but you still can tie her to the bed, stud!



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