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# A Month of Hot Sex

Tired simply thinking about it? Relax, we're talking *quality*, not quantity: Science says the happiest couples get busy but once a week. So mark your calendar and take advantage of everything May has to offer.

By Jamie Hergenrader



## SAVE THE DATE

For those of you still shaking your head at the idea of preplanning sex, know this: Our experts agree that it won't kill the excitement. "You plan a vacation and you don't enjoy that any less," says Megan Fleming, Ph.D. Touché. In fact, thinking ahead gives you an event to look forward to ("Hot Date with Hubby" is more fun than "Dentist Appt") and the ability to make sure you're rested up for it, says Lauren Streicher, M.D., an ob-gyn professor. Let's face it: "In today's busy world, if it's not seen as a must-do, it won't happen," says Patti Britton, Ph.D.

**Date:** THURSDAY, MAY 5

**Time:** 7 P.M.

**Location:** A LOUNGE

**Agenda:** It's Sexo de Mayo! Swap the margs and tacos for a booth at a sultry locale away from the crowds. Order some wine and finger food, like shrimp cocktail and a charcuterie plate. Feed him a bite of prosciutto, or simply lick cocktail sauce off of your finger. Be slow and deliberate, says sexologist Patti Britton, Ph.D., cofounder of SexCoachU.com.

**Why It's Hot:** Mouth play can boost your own arousal (the lips have many nerve endings) as it turns your guy on, says Britton. Not being able to mount each other in the booth will heighten the sexual anticipation—by the time you make it home, you'll be raring to go. Afterward, you won't be able to see prosciutto without blushing.

**Date:** SUNDAY, MAY 8

**Time:** 1 P.M.

**Location:** YOUR CAR

**Agenda:** After Mother's Day brunch, leave the kiddos at Grandma's or peace out from your parents' and drive to a secluded spot with your man. Mama's day means mama's way! Move to the backseat and straddle him, guiding him to kiss your neck, fondle your breasts, or stimulate your clitoris while you control the motion. The *feels!*

**Why It's Hot:** This opportunity brings back memories of when you were teens seizing a rare moment to be alone. "Your adrenaline and the thought of getting caught causes a feeling of aliveness," says clinical psychologist Megan Fleming, Ph.D., a sex and relationship therapist. "It's an erotic experience that lets you step outside your usual limits."

**Date:** WEDNESDAY, MAY 18

**Time:** 6 A.M.

**Location:** IN BED

**Agenda:** How many times have you heard the tip to wake him up with a BJ? Morning wood, yeah...we get it. Well, flip that on its, um, head and wake him up to the sounds of you masturbating. Your moans can be a new, tantalizing surprise as he watches and listens. When he can't resist any longer, have him give you a hand. "Solo sex is a great start to partner pleasure," says Britton. Who needs a cuppa joe when you can have a big O?

**Why It's Hot:** Expect a happy nooky daze all day—studies show that oxytocin, the love hormone, is released after sex, which heightens your bond. Plus, waking up earlier to make time for one another allows you to focus more deeply on each other's needs, says Fleming.

**Date:** SATURDAY, MAY 28

**Time:** 2 A.M.

**Location:** THE POOL

**Agenda:** Memorial Day weekend means vacationing at the beach or partying at a friend's pool. When everyone else is asleep, head out for an adult swim. Have your guy stand about waist-high in the water while you face him. Put your arms around his neck and your legs around his hips while he (and the buoyant water) holds you up. Whisper in his ear what you like and let out soft moans to make the naughty experience even more sensual, says Fleming.

**Why It's Hot:** Doing it in H<sub>2</sub>O feels much more freeing because it's so different from a land-locked hookup, says Britton. And experts say that a noticeable change in temperature (ooh, chilly!) can help intensify your orgasm.